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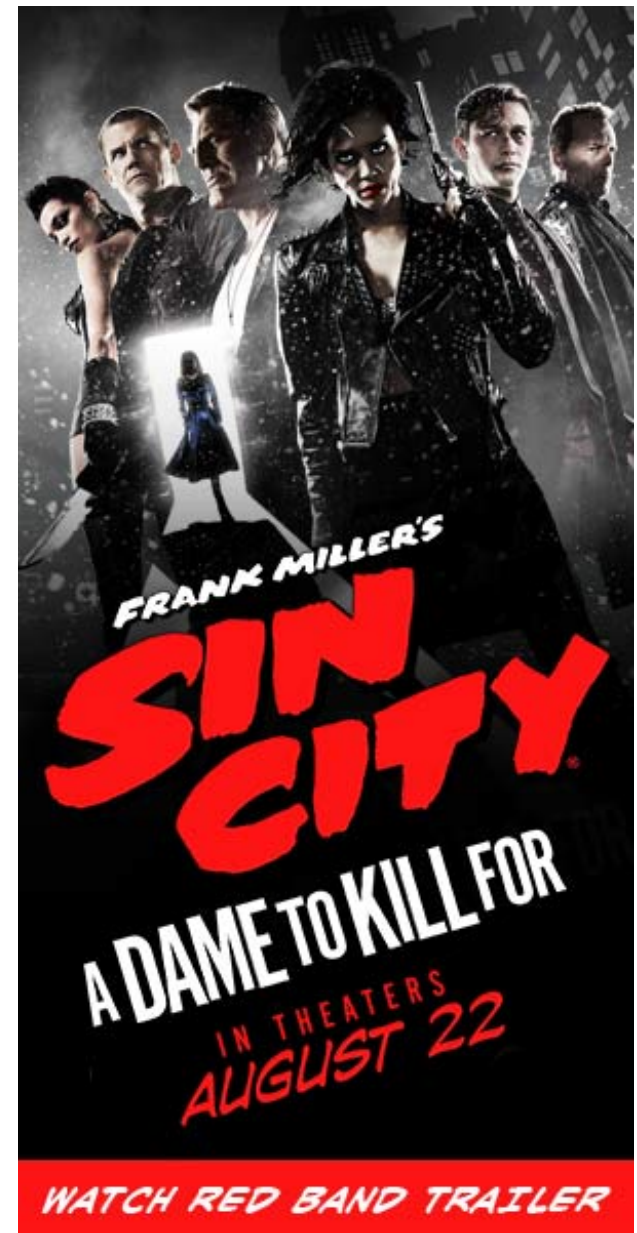
5 WAYS YOU'RE WASTING YOUR WORKOUTS

Fix the bad habits that are killing your results.

MENS FITNESS

BY Yael Grauer

5 / 7



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4. You're Neglecting Nutrition



Working hard in the gym doesn't give you a license to eat anything you want. The right foods and the correct number of macronutrients will allow gains to come much faster. Adam Gilbert, a nutrition coach at MyBodyTutor.com, recommends consuming one gram of protein per pound of your body weight for optimal muscle gains. Look to get 40% of your calories from protein, 40 percent from carbs, and about 20% from fat daily, adjusting the overall number up or down depending on whether your goal is muscle gain or fat loss.

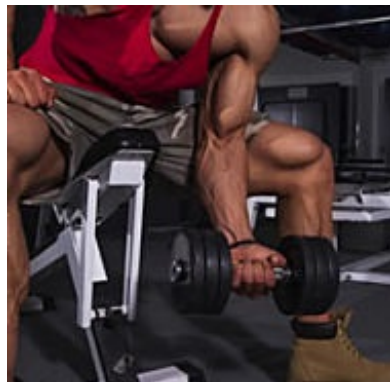
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TOPICS: **BULK UP**, **MASS BUILDING**, **STRENGTH TRAINING**



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BEHIND THE SCENES

Inside Michael Strahan's cover shoot.

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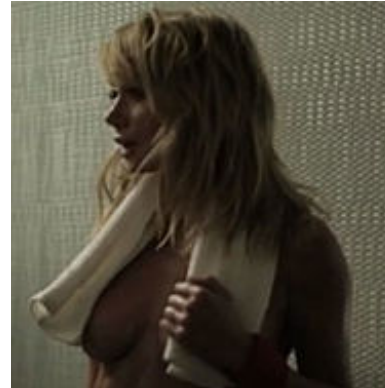
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