LAZAR ANGELOV’S
TOP 50 FITNESS FACTS
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Scientific facts that will help you improve your bodybuilding gains

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Lazar Angelov's Academy. Visit at lazarangelov.academy
They say you live and you learn. In my case it’s more like I lifted and I learned.

They say knowledge is power. In our case it’s more like fitness knowledge is strength.

Recently I created a Fitness Academy where people who are looking for that knowledge can get together, study and improve.

My motivation has always been making myself and the ones around me better. And how does one get better? It’s simple – identify a goal, the tools to achieve it and then learn from the mistakes along the way.

The path I’ve been on for the last 10+ years has given me tremendous experience and I’ve decided to share some with you.

In this book I have picked 50 of my favorite fitness facts and I hope by sharing them I would be able to help as many people as possible to get on the right track. Once you are on the right track and you have the tools and knowledge, everything else will come into place. Motivation will come from results and then better results will come with more motivation.

Trust me, I’ve been there!
NUTRITION

1. If bad food is in the house, you’ll be more likely to eat it.
How I managed hardcore diets? Easily, I keep only healthy foods at home. Overeating with broccoli is better than cheating with chocolate.

2. Just because a box says “whole grain” or “fitness” on it, it doesn’t make it healthy.
Labels such as “healthy” or “fitness” are mostly used for marketing purposes. They are by no means reflecting the quality of the product. In fact, some “fitness” products are more harmful than ordinary ones. Be careful and read the labels closely.

3. The average person can store up to 500 grams of glycogen.
No matter how much carbs you eat, the body has a maximum limit of glycogen accumulation. Take Alpha-Lipoic Acid and Chromium Picolinate in order to maximize muscle glycogen and increase your training capacity.

4. Muscle glycogen is about 3 parts water to 1 part glucose.
This means that increased carbohydrate consumption goes hand-in-hand with increase water consumption. Adequate water consumption is vital for the proper utilization of carbohydrates.
5. You can get glucose from both protein and glycerol – not just carbohydrates. Protein and fat are essential nutrients, but carbohydrates are not. The human body has complex mechanism of transforming protein and glycerol into glucose, needed for energy. That’s the main scientific rationale behind ketogenic diets.

6. The thermic effect of food (TEF) is highest for protein. Up to 30% of its calories are used for digestion and assimilation. Moral of the story: eat more protein to burn more fat, that’s why high-protein diets help burn fat faster.

7. Cooking your food at a very high temperature can both lower some nutrient content and make some more bioavailable. Long high-temperature boiling destroys the micronutrient profile of vegetables. On the contrary, using olive oil while cooking veggies actually increases the bioavailability of some nutrients.

8. Eating at night does not make you fat – overeating does. It’s not about when you eat, but rather how it fits into your overall caloric consumption. Plan your macronutrient intake wisely.

9. Carbohydrates, protein, fat, and alcohol have 4, 4, 9, and 7 calories per gram respectively. This means that 100 grams of fat has two-times more calorie dense that the same amount of protein. Moral of the story: watch your daily macronutrient intake.

10. Two cups of green tea per day can enhance your metabolic activity and fat burning. Green tea is part of my fat burning regiment, as it greatly helps with maintaining fast metabolism. When calories drop, the metabolism tends to slow down, so having green tea is a good way to keep it running.
11. 2 grams per kg of bodyweight – that’s how much protein you need in order to maintain a positive nitrogen balance.
That’s the minimum you need. I recommend 2.2-2.5 grams when trying to gain mass, training intensely or being on a low-carb diet. Make sure you drink plenty of water as well.

12. Just 5 grams of BCAA before a workout can make a noticeable difference in recovery and stimulate protein synthesis.
Recent studies show that 5 grams of BCAA increases protein synthesis as a whole meal with protein. Go for powder form as it is easier to get the required dosage.
13. 80% of people who begin an exercise program will quit. About the same goes for people starting a diet. I’ve seen many enthusiasts who come to the gym with great expectations, but don’t last for long; same with dieting. “Persistence” is the name of the game!

14. Training abs every day is not necessary to get good abs. Only a good diet combined with the proper exercises will make them visible. You can have the greatest abs in the world, but nobody will be able to see them if they are covered with a layer of fat. You heard that from the Abs-man himself...

15. 71% of men admit that they should exercise more. There is a very big gap between intentions and actions. Make sure you are a man of actions.

16. It takes just 4% of your time each day to exercise. Still having excuses?

17. You need to burn about 3500 calories to lose 0.5 kg of fat. Running a marathon won’t be very effective, since you will lose equal amount of muscle mass. Think long-term.

18. You burn more calories during the 23 hours you don’t exercise than the 1 hour you do. True story. Muscle growth and fat loss occur while resting, however, don’t take this for granted. Without a diet and exercise you are getting nowhere.
19. Around 80% of your gains are a result of 20% of the exercises that you do – that’s mostly the basic compound movements. Most of my strength gains have come as a result of basic compound lifts, so if your goal is to gain muscle mass – focus on the basics.

20. You don’t need to do cardio to lose weight. You only need a calorie deficit. But that doesn’t mean it isn’t a useful tool. Small amount of aerobic work improves heart functioning, which is a vital health factor.

21. The fat burning zone does not burn more total fat calories – only a higher percentage of calories from fat. Total caloric expenditure per day is what matters.

22. Workout times and negative side effects are positively correlated. The quality of your workouts is more important than the quantity. Make sure you spend your time in the gym productively and don’t socialize too much.

23. Growth and thyroid hormone output and exercise intensity are positively correlated. Make sure you train heavy and use compound movements. This guarantees not only maximum muscle stimulus, but also effective hormonal output, which facilitates muscle growth and fat loss.
24. Supplementing with creatine monohydrate may increase your explosive power up to 10%.
Adequate consumption of creatine monohydrate regenerates ATP stores (primary source of quick energy for the human body), which allows the muscles to maintain performance at very high levels of intensity for longer duration. It also facilitates muscle growth by hydrating muscle cells.

25. **Workout intensity is positively correlated with the degree of the afterburn effect.**
Boost your intensity if you want to burn more fat. Train harder and don’t take long rest times. It’s about how hard you train, not how long.

26. **Strength gains come from muscle hypertrophy and improved muscle fiber recruitment.**
Include a variety of rep ranges in your workouts in order to keep the muscle in a constant state of “guessing”. Changing the repetition range (3-6-8-15) is a great tool to keep a progressing in strength increase. I do it often and it always helps with overcoming plateaus.

27. **The more muscle mass you have, the more calories you burn at rest.**
Muscle tissue eats fat at all hours of the day. The more muscle you have – the more calories you need in order to sustain it. Believe me, it is much easier to burn fat and stay relatively lean when you have more muscle mass.
28. 1 out of 4 people in the gym don’t really know what they are doing. Don’t be that guy. Really, don’t be that guy. Constantly try to educate yourself and ask for help and guidance. Everyone has started from zero, there is nothing to be ashamed of.

29. On average, a person walks 113,000 km in their lifetime. Just imagine how many tons you would have lifted in a lifetime if you were exercising daily? What are you waiting for, go to the gym!

30. Smokers who exercised for 30 minutes a day were 55% more likely to quit and 43% less likely to start smoking again than inactive smokers. Regular exercising helps to overcome many bad habits, including smoking and alcohol abuse. What’s more, it lowers depression and improves mood. It’s the nature’s drug of choice.

31. Just thinking about going to the gym burns between 0 and 0 calories. Stop finding excuses. Promising yourself “to start from Monday” or from “the 1st of next month” leads to nowhere. Do it and do it now! Don't be a “talker”, but a “doer”.

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32. **Insulin and growth hormone have an inverse relationship.** You must keep insulin under control if you want growth hormone to do its job of mobilizing fat. Lower carbohydrate consumption and limit it to complex carbs in order to facilitate fat loss. That’s a basic rule for any fat loss diet.

33. **You can’t target fat loss – fat loss is systemic.** Fat loss is a process that occurs in the whole body, it cannot be limited to a specific area. There are certain areas to which fat tends to stick more, but that doesn’t mean that you can specifically target those areas.

34. **There’s a high correlation between the fitness level of the people close to you, and your own physical fitness.** If your buddies are into fitness and maintain a healthy lifestyle – chances are you will be visiting the gym instead of the nightclub. Choose your friends wisely. Surround yourself with likeminded and positive people.

35. **It’s much harder to put on 10 pounds of muscle than it is to lose 10 pounds of fat.** Muscle gain is a very slow and difficult process. It takes years to build a substantial amount of muscle mass naturally. However, it takes months to get rid of excess fat provided you are experienced with dieting and training.

36. **Once an adult, fat cells can be created, but they cannot be lost – only shrunken.** But that doesn’t mean they can’t shrink to close to nothing if you diet properly.

37. **Healthy (within range) levels of testosterone are good for both men and women.** Optimal testosterone levels are essential for the normal functioning of all bodily systems. Muscle growth and fat loss are heavily influenced by the levels of that hormone.
38. There are 3 types of skeletal muscle fibers – type I, type II-A, and type II-B. II-B are the so-called fast twitch fibers, which are responsible for explosive movements. Their size is very large, thus people practicing weight lifting or sprinting tend to have larger muscle mass.

39. The body has 3 energy systems – ATP-PC, anaerobic glycolysis, and aerobic. Bodybuilders, weight lifters and sprinters use mostly the ATP system. As ATP stores in the body get low as a result of explosive movements for longer period of time, the body switches to anaerobic glycolysis. That’s when muscle glycogen starts being used as primary fuel. You can optimize ATP re-synthesis by supplementing with creatine.

40. Dehydrating a muscle by 3% can cause a 10% loss of strength. Drink plenty of water throughout the day. Always carry a water bottle with you. Your body is mostly composed of water, so any sub-optimal levels could lead to decrease performance and could have negative health consequences.

41. Lactic acid is not the cause of delayed-onset muscle soreness (DOMS). Lactic acid returns to normal levels within 60 minutes of finishing exercising. Performing heavy compound movements for low-to-average reps is what tears down the muscle fibers and causes micro tears, which the body recuperates and the muscle grows stronger and bigger as a result. Intense stretching while exercising also has a similar effect, that’s why the negative part of the exercise is equally important when it comes to stimulating the muscle.

42. The human body has more than 650 muscles. Good thing you don’t need to train them all in the gym...
43. The hearts is the strongest muscle in the body – it beats around 100 000 times per day.
Take care of your heart health. Keep body fat percentage low, regularly do cardio and take L-carnitine and Omega-3.

44. Each muscle fiber is thinner than a human hair and can support up to 1000 times its own weight.
Now that’s a perspective that gives an idea of how powerful the muscle tissue really is.

45. The more muscles you have – the more energy your body uses at rest. You want big muscle mass? Better get ready to eat 6 times per day to support it...Muscle mass needs calories!

46. If all 650 muscles pulled in one direction you could lift 25 tons. That’s 25 000 kilograms...And I thought my deadlift number was impressive...

47. 8 hours of sleep per day – that’s all you need.
I’ve found that 8 hours work fine for me. Sleeping more is only acceptable in case I’ve done a “killer leg workout”. Take casein, ZMA and melatonin for improved quality of sleep.

48. The muscle that can generate the most power is your jaw muscle, and the record for human jaw strength is 442 kg of pressure for 2 seconds. Jawlifting – the process of chewing food 6 times per day as part of your fitness diet

49. Moderate exercising can improve immune function. Extreme physical stress can suppress the immune system.
Extreme physical training leads to vulnerable immune system, as many of the white blood cells are used for recovery of the training trauma and local inflammation. When following a fat loss diet it is even more stressful, as calories are lower and the immune system loses its full capacity to operate. Make sure you keep track and take extra Echinacea, Vitamin C and Astragalus in order to keep the immune system working well.
50. If you do not put in the work, none of the above will matter!

THANKS FOR READING!

Lazar Angelov’s Fitness Academy is an amazing platform where you will get access to everything you need to progress in your physical development, including personal mentorship & support from Lazar Angelov himself!

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