OGP

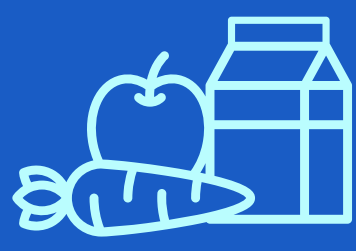
Daily Checklist: Muscle Gain

Hydration:

- Drink 2-3 liters of water throughout the day.

Nutrition:

- **Meals:** Focus on high-protein meals with complex carbs and healthy fats.
- **Snacks:** Include protein-rich snacks like Greek yogurt, protein bars, or nuts.
- **Post-Workout Nutrition:** Consume a protein shake or a meal within 30 minutes after your workout.



Physical Activity:

- **Strength Training:** Choose from Beginner, Intermediate, or Advanced Workouts in your Member Portal.
- **OGP Focus:** Perform OGP Optimal Growth Positions for as long as you can during workout sets. You may also want to perform them at home after your days workout.

Consider Tracking & Progress:

- Track workouts, weights lifted, and muscle gain.
- Monitor protein intake.

Sleep:

- Ensure 7-9 hours of quality sleep.