PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • BUILDING MUSCLE MASS • ADULTS

Muscle mass: train, fuel, recover

Building muscle, or hypertrophy, comes from progressive resistance training supported by enough food and recovery. Progress varies with experience, age and health; expect a steady process over months.

YOUR MUSCLE-BUILDING PLAN

01	**TRAIN CONSISTENTLY** **Use a repeatable plan**	Train all major muscle groups across your week. Choose exercises you can perform comfortably and progress, using weights, machines, bands or bodyweight as appropriate.
02	**APPLY ENOUGH EFFORT** **Make sets challenging**	A practical starting example is 2 sets of 8-12 controlled repetitions per exercise. Finish with a little effort in reserve. You do not need to fail every set.
03	**BUILD THE WORK** **Progress gradually**	As recovery and skill improve, increase resistance or weekly sets. Spread work across sessions rather than cramming it into one day. More is useful only if you can recover from it.
04	**SUPPORT ADAPTATION** **Eat & rest enough**	Include protein-containing foods across meals, enough overall energy and carbohydrate for training. Keep a regular sleep routine. Avoid aggressive dieting while trying to build muscle.

PROTEIN WITHOUT THE HYPE

Beans, lentils, tofu, eggs, fish, dairy and meat can all contribute. Daily intake matters more than a single shake. A dietitian can help personalise needs, including for plant-based diets.

MEASURE WHAT MATTERS

Track exercise performance and how you feel over weeks. Short-term bodyweight changes include water and food, not just muscle. Adjust gradually rather than chasing rapid weight gain.

TRAIN SMART / WHEN TO GET ADVICE

Individualise food targets: kidney disease or another condition affecting diet needs advice before increasing protein substantially. Supplements are optional and do not replace an adequate diet.

Review excessive fatigue: persistent soreness, declining performance, recurrent injuries or difficult relationships with food or body image deserve support. Adding more sets is not always the answer.

Train safely: use suitable supports or a spotter for challenging lifts. Stop for sharp pain or new weakness. Sudden severe muscle pain with dark urine needs urgent medical assessment.

INFORMED BY: ACSM: Resistance training (2026) • NSCA: Sets & effort • ISSN: Protein & exercise • CDC: Rhabdomyolysis

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

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