

MY EXPERIENCES DURING AT7

Competing in AT7 was essentially the challenge of increasing muscle mass while still keeping my fat mass low. I had lost a lot of fat and had very low body fat percentages by the end of AT6.

I started off with MBF right after completion of AT6, the week after thanksgiving. Being able to eat at maintenance gave me a lot of energy to give it all I had with MBF. When I started off MBF, my squat and Bench numbers were relatively low. However by the end, I had almost doubled them both.

A key challenge during my muscle building phase was that I needed to be slightly over maintenance on my calories to be able to lift heavier each time. The way I handled it was to eat over maintenance on my 5 training days and cut the calories on the rest days.

I also did frequent DEXA scans to track my growth in my lean body mass (and also to ensure that any weight gain wasn't fat). According to the DEXA technician, I gained close to 9 lbs in lean body mass since the end of AT6, without gaining any fat mass. I am excited about the muscle mass progress that I have been able to make by the end of AT7