



**Obi Obadike**

is one of the world's top male fitness models in the fitness industry. He is a fitness expert for more than 10 fitness magazines globally. He is also a MusclePharm sponsored athlete and the WBFF Pro Male Fitness Model World Champion. To contact Obi, visit: [www.obiodadike.com](http://www.obiodadike.com)

**Q:** Hello Obi my name is Jake. What should I do to eat to efficiently bulk up? I've been "bulking" for the past month almost but really all I've been doing is lifting 4 days a week with minimal cardio so I can rest my muscles as much as possible and I've been eating a ton of fats, carbs, and proteins. I've pretty much just been eating whenever I can and as much as I can, but I can't help but feel some-

thing is wrong with this routine. I've asked some friends and acquaintances for ideas but I figure nobody would know as good as an expert on nutrition and health such as yourself Obi.

**A:** If your goal is to bulk up then I would advise you to incorporate more carbohydrates in your diet and increase your calorie intake to about 3500 to 3700 calories. I would have my macronutrients ratio for my carbs at 55 to 60 percent. I would also decrease my cardiovascular training and possibly cut it in half. If you are doing 45 minutes of cardio a day for 4 days a week then I would cut it down to 25 minutes for 3 days a week.

The main advice I would give to you is you need to consume more calories if your goal is to bulk up more. You need to also increase the weight in your weight-training routine. If you are lifting 60 percent of your maximum weight in all of your weight-training exercises then I would increase your weight to 75 to 80 percent of your maximum weight in all of your exercises. I would also decrease your repetitions from 12 reps to 6 to 8 reps. If you can incorporate this information in your diet and training I am sure this will definitely help you in your goal in bulking up.

**Q:** Obi, what is the best type of protein to take?

**A:** The best type of protein to take is 'whey protein' because it quickly digests through your body and one of its main functions is to stimulate protein synthesis. It is best to be used after workouts to help increase amino acids in the blood which are taken up by the muscles to increase lean muscle mass and help repair the muscle. Whey protein comes in three different forms: concentrates, isolates and hydrolysates. Hydrolysates are predigested partially hydrolyzed whey protein and this type of protein is more easily absorbed in the body. Isolates are typically processed to remove the fat and lactose and is usually lower in bioactivated compounds. Concentrates contain a low level of fat and cholesterol but a higher level of carbohydrates in the form of lactose and a higher bioactivated compound. **EF**

**Got a Question?**

Drop your mail to : [obi@extrafitmag.com](mailto:obi@extrafitmag.com)