WEEKENDER

A night to forget

After a streak-breaking defeat at home, Gamecocks must work to get back on track to SEC Championship game.

PG 15
A building that stands 20 stories tall in the middle of downtown Columbia, The Hub aims to provide USC students with an innovative experience.

“This is the area to be. Everyone really enjoys being up here,” said Stuart Turner, leasing and marketing professional for The Hub and fourth-year management student. “It’s like nothing else that student housing has in Columbia.”

Students moved into The Hub, Columbia’s newest off-campus housing complex, this semester. Turner said he believes that the 850 students living in The Hub’s 248 apartments chose to live there with the perks in mind.

“There’s just a lot that the building has to offer just for being here,” Turner said. “And the location, as well. It’s very close to campus; it’s a different location than most other places. It’s in a very downtown area, so there’s a lot of shops, a lot of food, a lot going on ... There’s no other apartment that students live in this location.”

Even the building itself is unique; it isn’t built in a garden style like many other off-campus student housing complexes. Turner has seen the entire building come together and is excited to finally see students enjoying the amenities such as the pool, fitness room and lounge area.

“I was working here when everything was basically just floors and ceilings, when there were no walls or anything, so to see it all come together finished with people actually living here is pretty cool,” he said.

If you decide to live at The Hub, there are over 60 different floor plans for you to choose from, Turner said, with everything from one to five bedrooms and apartments up to 2,800 square feet.
Floor 19 is the spa floor, complete with a wall of body sprayers and a special shower head and a sauna. If you want to live on the VIP floor, or floor 20, you’ll have your own smart television, built-in surround sound system, hot tub and pool table. All of the rooms come fully furnished with stainless-steel appliances and an open floor plan. It’s what Turner calls a “pretty easy sell,” given the fact that The Hub was able to lease over half of the building by showing only the model.

The Hub has a 2,200 square foot weight room with free weights, cardio machines and mats for core work. There’s even a golf simulator in the back. There’s a room full of yoga mats, and residents can select over 100 classes to take on the television in the room. The indoor spa is right next door, with a salt-water hot tub, steam room, sauna and tanning beds.

Turner said the pool is “everyone’s favorite part.” The three-foot deep wading pool is open from 11 a.m. to 7 p.m. and is located on top of the building’s parking garage. The pool is surrounded by cabanas, fire pits, hammocks, gas grills, pingpong tables and sand volleyball courts and sits in front of a 20-foot-wide LED television. There’s also 60-person hot tub with a capacity of 60 people on the pool deck.

The Hub’s lounge area sees its biggest traffic at night, though these indoor amenities — including pool tables and a full kitchen — are available to residents at all times. A computer lab and group study room are just off of the lounge, and if students want to enjoy the weather on a nice day, they can step onto the patio and see the pool.
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I’m a new freshman, and I’m living on campus. No matter how hard I try, I can’t adjust to living in a dorm. I just don’t feel at home. What should I do?

— Housing Helen

Dear Housing Helen,

I know it can be hard to open the door to your own little cement box for the first time and imagine it as home. Target spends a lot of time trying to sell you the feeling of home through colorful plastic containers and quirky posters, but while these things can make your room appear homier, that feeling of otherness does not fade when poster putty hits the wall. The feeling of home is something that grows from the experiences you have there. Home is the night you and your roommate laughed until your stomach ached. Home is the winding conversations with friends that stretch on and on but feel like time has ceased to exist. Home is the wave of relief you feel shutting your laptop after grinding out that essay right under the wire. Helen, I promise you home is on its way, and it will be wonderful.

So, I’ve been drunk before, but last night I was obliterated. It actually really scared me. All my other friends say it was an awesome night, but I don’t feel that way. Am I being too serious about this? Is this just how I’m supposed to feel?

— Boozy Buster

Dear Boozy Buster,

Let’s be frank: People drink in college. It’s a fact. However, I’ll let you in on another fact: Good friends don’t care how much you drink, if you choose to drink at all. You should never feel pressured to “keep up” with someone else. My rule of thumb in all areas of life is this: If it’s going in your body, it should be your choice. The only concern someone else should feel about your alcohol intake is if they are concerned for your safety. While it’s never good to be the preacher in the bar, feel free to say, “No, thanks” or “Maybe later” to someone offering you more than you can handle. There are no rules except the ones you make for yourself.

I’ve been talking to this guy, and I think he wants to have sex. Here’s the problem: I’m a virgin. I’ve done stuff before, but I’m worried about going “all the way.” What should I do?

— Victoria Virginity

Dear Victoria Virginity,

Being a virgin, like most things in life, is exactly what you make it. If sex is something special to you, it may be better to wait until you know the guy a little better. But if the only reason you’re holding back is because you’re worried about other people judging you, then go for it. Your body is your own, and you can do with it whatever will make you the happiest. Once again, my rule of thumb in all areas of life is: If it’s going in your body it should be your choice, no one else’s.
WEAR YOUR GAMECOCK COLORS TODAY!
Reaching the SEC championship game isn’t a lost cause for the No. 9 South Carolina football team. But it is going to be much harder than anticipated.

In Thursday night’s season opener against No. 21 Texas A&M, the Gamecocks took a 52-28 thrashing to a conference opponent and dug themselves into a sizable hole.

“That team was so much better than us it wasn’t funny. They out-coached us, out-played us, they were better prepared and they knew what they were doing,” head coach Steve Spurrier said. “If we played them again they’d be a three-touchdown favorite.”

The loss puts an end to South Carolina’s 18-game home winning streak, the best active run in the nation going into Thursday’s loss.

Spurrier’s unbeaten record in season openers at South Carolina came to an end with the defeat.

“We don’t have to worry about any more win streaks,” he said.
said. “It was a good one while it lasted, and now we can go back to trying to be a decent team and not read the papers too much.”

While several things went wrong Thursday night, the most glaring deficiency was in South Carolina's secondary. Young and untested, the unit allowed 511 passing yards on 44 completions and three touchdowns through the air to A&M's sophomore quarterback Kenny Hill.

At times, the Aggies’ wide receivers looked unstoppable. Clearly outmatching the Gamecock defenders and leaving vast open spaces for Hill to deliver the ball, seven different Texas A&M players caught multiple balls.

Senior cornerback Brison Williams is one of the only South Carolina defensive backs with considerable in-game experience, and he was just as surprised at the aerial assault the Aggies brought to Columbia.

“It caught us off guard, how they came out playing against us,” Williams said. “We should’ve known that they were going to come out ready to play and having a chip on their shoulder to come beat us in our hometown.”

If the Gamecocks are going to make anything out of the 2014 season after starting off 0-1, the first part of the machine to be repaired is the defense — more specifically, the secondary.

Defensive coordinator Lorenzo Ward implemented a new 3-4 defense this offseason, and Thursday served as the maiden voyage for the new defensive scheme. While the Gamecocks weren’t lined up in this formation for the entire length of the game, it did see them give up a school-record 680 total yards of offense.

Ward remains confident in the new 3-4 though, and plans to continue to work at it until results show.

“I don’t think it’s the system, whether we’re in 4-2-5 or whether we’re in 3-4 we’ve got to tackle,” he said. “We’ve got to play in space, and we’ve got to find a way to get to the quarterback.”

Along with the question mark in South Carolina's secondary, the pass rush is another issue that must be resolved. In their first game without the likes of Jadeveon Clowney, Keley Quarles and Chaz Sutton, the Gamecocks struggled to worry Hill.

South Carolina only had one sack and collected just three quarterback hurries Thursday.

Despite facing a more formidable pass rush than his opponent, Gamecock quarterback Dylan Thompson turned in a performance that would be considered strong outside of the confines of a loss.

The redshirt senior threw for 366 yards and four touchdowns, but also added a critical interception when South Carolina appeared to be gaining momentum for a comeback.

“It honestly doesn’t matter how well I think I played. The scoreboard will tell you that story,” Thompson said. “We’ve just got to get better next week and come back ready to go to work.”

Next week the Gamecocks will take on a presumably lesser opponent in East Carolina, which could be seen as either an opportunity for recovery or a trap.

But one thing is certain: South Carolina still has 11 games left to play.

And with one loss already to its name, another could prove disastrous for the Gamecocks’ season.

“We got manhandled. We got clobbered tonight. That’s all you can say. And we’ve got some serious coaching to do before the next game to see if we can be a competitive team.”

-Steve Spurrier

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Receivers rely on explosive plays

Jones leads South Carolina offense with 113 yards and 2 touchdowns

The Gamecock receiving core was one of the only bright spots after the team was overshadowed by an atrocious defensive performance against Texas A&M Thursday.

South Carolina’s receivers hauled in four touchdowns from quarterback Dylan Thompson, accounting for all of the team’s points, but it wasn’t nearly enough to match the Aggies’ 52-point explosion.

Redshirt senior Nick Jones had the best game of any receiver, and statistically, the best game of his career, with five catches for 113 yards and two touchdowns.

Jones was asked if he could assess his performance while ignoring the results, something the Gamecock veteran couldn’t do.

“It’s kind of hard to take away the results because this is a team sport and I’m a team type of guy,” he said. “Even with what I did, it wasn’t enough for the team.”

Jones had the Gamecocks’ first big offensive play with a 69-yard touchdown reception in the first quarter, putting his team back in the game after a rough defensive start that never ceased.

Head coach Steve Spurrier named Jones as just about the only bright spot of the game.

“Nicky’s a good player,” he said. “He can get open, he made some big plays. We’re going to use him.”

Spurrier did mention that Jones almost had a crucial touchdown catch before halftime, but he couldn’t hang on after getting clobbered in the end zone as the ball reached him.

The Head Ball Coach expected a bigger game from sophomore Pharoh Cooper, who still performed serviceable after three catches for 58 yards and a touchdown on the day. Cooper caught a five-yard pass over the middle in the end zone through traffic to complete the score in the third quarter.

Damiere Byrd gave the Gamecocks the other huge offensive play, burning the Texas A&M secondary for a 46-yard touchdown on the senior’s only catch of the night.

One player who needs to bounce back in the receiving core is junior Shaq Roland. He said he only cares about the team’s performance, not his own numbers, but it is tough for the South Carolina offense when Roland’s output is one catch for two yards. The junior had trouble getting separation from Aggie defenders all game.

JONES • 20
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Tire Rotation Service
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**Kenny Hill**

It took sophomore quarterback Kenny Hill only one game as a starter to pass for more yards in a game than former Texas A&M quarterback and Heisman winner Johnny Manziel, and he shattered Manziel’s mark. Hill threw for 511 yards, which is 47 more yards than Johnny Football’s career-high 464 yards against Alabama last season. Not only was it more than Manziel, but it was the most passing yards against the Gamecocks in school history. Seemingly unfazed by the thousands of white towels twirling in rhythm with Sandstorm, Hill completed six of his first seven passes on his way to an opening-drive touchdown. If one drive could be indicative of an entire game, that would be the one. Hill’s poise was on display Thursday night, as was the rest of the Texas A&M offense in the Aggies’ 52-28 mutilating upset of South Carolina. Twelve different Aggie receivers caught passes Thursday night, helping Hill adjust to his starting duty by gaining most of the yards after the catch. Texas A&M’s game plan was clear from the start: Get the receivers the ball quickly and get them in space. That game plan was evidenced by the fact that the Aggies ran 99 plays Thursday night.

**USC defensive line**

South Carolina’s defensive line only managed one sack, and the defensive did not record a turnover on the night. For a team that has built its reputation on quarterback hurries — the team had three tonight — South Carolina was not able to garner any pressure on Hill, who had virtually all day the throw. The Aggies’ high-percentage throws kept any potential pressure away from Hill and frustrated Gamecock defensive coordinator Lorenzo Ward. “We were bringing pressure and couldn’t get there with pressure,” Ward said. “Whether we ran a max blitz, whether we ran zone pressure, we still couldn’t get there.”

**Green secondary**

South Carolina’s unproven secondary didn’t get off to the start they hoped they would against Texas A&M. Defensive coordinator Lorenzo Ward said that the team started out playing man-to-man but switched to zone after a bevy of bubble screens thrashed the Gamecocks’ defense. After not being able to get pressure, the team then began to run man again, but by then, it was too late. The 511 passing yards record posted by Hill is the most in Texas A&M school history, and the 24-point loss is the worst home loss in Spurrier’s coaching career. Four of the five leading tacklers on the night for South Carolina were safeties, which tells you all you need to know about A&M’s success through the air. Freshman corner Al Harris Jr. looked utterly lost on one Hill touchdown pass, a definite learning experience for Harris Jr. in the first start of his career. “As a [defensive back], we have short-term memories,” Harris Jr. said. “So, we’re just going to come back Saturday and work hard.”

**Nick Jones**

The fifth-year senior from Moore, South Carolina had a coming-out party against Texas A&M, reeling in 113 yards and two scores off five receptions, emerging as redshirt senior Dylan Thompson’s favorite target on the night. Jones scored the Gamecocks’ first and last points of the night on a 69-yard toss from Thompson and a beautiful 10-yard catch for the team’s final touchdown. Many speculated who would replace receiver Bruce Ellington as the Gamecocks’ primary receiver, and junior Shaq Roland seemed like he was finally ready to step up to the task. However, Roland was only able to reel in one catch for two yards the entire night. Five players caught more passes than Roland on the night, including both tight ends, junior Jerell Adams and senior Rory Anderson.
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According to Spurrier, Davis took a rib injury sustained in preseason. The coaching staff also figured if the offense was going to be passing a lot, it would probably be better to hold the junior out.

The Gamecocks have nine days to prepare for East Carolina, which could help get the offense more in sync. While the receivers did make some big plays, Thompson only completed 20-of-40 passes, which is not good enough if the Gamecocks want to rebound and contend in the SEC.

Jones was still getting over the shock of defeat after the game. "It's a huge wakeup call," he said. "Everybody knew the hype we had coming into the season. We didn't live up to that tonight so we got to get back to the drawing board and get back to work."
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Volleyball set to open season at home

**Gardner-Webb, Jacksonville, Georgia Tech to face Gamecocks**

David Roberts
@DAVIDJAYROBERTS

A poor finish to the 2013 season left a bitter taste in the mouth of the South Carolina volleyball team, but an offseason full of preparation has the Gamecocks ready to back and ready for action.

This weekend, South Carolina welcomes three teams — Gardner-Webb, Jacksonville University, Georgia Tech — to Columbia for the Gamecock Invitational.

"I think everybody is fired up to play somebody new," head coach Scott Swanson said. "We, along with Georgia Tech, are kind of the bigger name schools, and I think that automatically puts a target on our backs. We have to be very careful about not taking anyone for granted."

Jacksonville comes into the tournament after a 30-4 (16-2 Atlantic Sun) campaign in which the...
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University of South Carolina
Dolphins took home the Atlantic Sun Championship on the way to an NCAA Tournament appearance. They were knocked out by then-No. 5 Florida in straight sets, but return two All-Atlantic Sun selections from a year ago, including junior outside hitter Sammie Strausbaugh. Though it’s been nearly 23 years since Jacksonville faced the Gamecocks, South Carolina is 4-0 all time against the Dolphins.

The tail end of Gardner-Webb’s 2013 season bears a striking resemblance to how Swanson and company finished last season, as the Runnin’ Bulldogs dropped the final six matches of the season to end at 15-18 (6-8 Big South.)

Last year’s 15-win campaign and six conference wins last year resulted in head coach Leo Sayles’ most successful season in his three-year tenure at the school.

But the Runnin’ Bulldogs must rebound after losing a significant amount of players from last year’s team.

Outside Hitter Erin Anderson and right side Emily Holte led the team with 362 and 303 kills, respectively, but have since graduated, leaving a hole to fill in the team’s offensive production.

Gardner-Webb lost four seniors from last season, but bring in seven freshmen in an attempt to revitalize the program.

Last year’s underwhelming 12-20 (6-14 ACC) season gives visiting Georgia Tech plenty to prove in this weekend’s tournament.

The Yellow Jackets picked up steam down the stretch of the 2013 season but found it too difficult to rebound from a stretch that saw them lose six-straight conference games in the middle of the season.

Georgia Tech is now under the leadership of head coach Michelle Collier, who served as an assistant coach at South Carolina in 2010 and 2011.

As for the Gamecocks, the season-opening tournament will be the first for the new team since outside hitter Juliette Thevenin graduated.

Freshman outside hitter Taylor McNeil is assigned the task of replacing Thevenin and her 1,590 kills, which ranks third in all-time South Carolina history. McNeil registered 18 kills in the Garnet & Black spring game last weekend, including 13 for the garnet team.

With the team’s newfound talent in several positions, Swanson believes this year’s team is much better than last year’s squad that went 12-19 (3-15 SEC.)

“We compete at a different level,” Swanson said. “There seems to be more intensity — [they seem] more invested than we have in the past. The coaching staff couldn’t be more thrilled, and I know the kids feel it, too.”

Volleyball • Continued from 22
Reader photo contest

Topic: GAME DAY

Rules for submissions

- Pictures must include USC students, alumni, fans, landmarks, pets, etc. Really, anything USC-related.
- Pictures must show school spirit and Gamecock pride.
- Entries are encouraged to include excessive amounts of garnet and black.
- Submission deadline: Thursday at 6 p.m.

We’ll let you know if your photo is selected. If you win, your prize will be waiting for you in the Student Media wing on the third floor of the Russell House University Union. Thanks for playing and go Cocks!

Caption Contest

Tweet your captions to @thegamecock with the hashtag:

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Art Bar
Sun, 5 p.m., $8
Stereolfy will host second Labor Day Festival at the Art Bar in the Vista, complete with local bands and barbecue.

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Columbia Museum of Art
Fri, 11 a.m. - 5p.m. Sat, 10 a.m. - 5 p.m. Sun, noon - 5 p.m., $12
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**Saturday**

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Fri, 11 a.m. - 5p.m. Sat, 10 a.m. - 5 p.m. Sun, noon - 5 p.m., $12
The Columbia Museum Art is running a career retrospective on American artist Shelley Reed.
WEAR YOUR GAMECOCK COLORS TODAY!
In Columbia:

Nature spots to explore

Belvin Olasov
@BELVINOLASOV

1. Riverwalk
The Congaree River is nice, but you can’t walk on it. That’s where the Riverwalk comes in — with its lighting, benches and paved trails, the walk is furnished for comfort that goes right along the river. And after you’re done admiring the water, the Riverwalk Park has an amphitheater with family-friendly shows.

2. Finlay Park
Resting in the center of downtown Columbia, Finlay Park is the biggest around. The park hosts jazz shows on the weekends, offers scenic paths to walk or jog down and has swings on the hillside for old-fashioned fun with a view. The centerpiece is an elaborate fountain, complete with waterfalls that cascade down the hills. So when you’re looking for a city-based natural space with a lot of things to do, Finlay Park is waiting.

3. Sesquicentennial State Park
It’s short drive away from downtown Columbia, but there’s enough going on at Sesquicentennial State Park to make the trip worth your while. The park is home to over 1,400 acres of pines and full of high-energy activities, like kayaking and hiking, to burn off some steam. Whether you want to go camping or fishing, the Sesquicentennial State Park this weekend’s destination.

4. Botanical Garden
Though technically part of the Riverbanks Zoo, the Botanical Garden has plenty to offer on its own. With more than 70 acres and 4,200 plant species, it’s one of the top botanical gardens in the country, and it’s hidden away in our own back yard. Take a day to appreciate Columbia’s flora, and take a trip down to Riverbanks Botanical Garden this weekend.
Burnt Books brings it

*Local hardcore punk band bucks conventions, is working on LP*

Erika Ryan
@RIKA_RYAN

For the last three years, Burnt Books has been an integral part of South Carolina’s hardcore punk scene. Born and bred in the Soda City, members Troy Thames, Matt Thompson, Chuck Sligh, Zoë Lollis and Joey Parker got together to create Burnt Books after leaving their former bands: Thompson from Thank God; Thames from Guyana Punchline; and Parker and Sligh from Tunguska.

When the band initially got together, they were in search of a vocalist until after they began performing. “We just saw [Lollis] and fell in love with her,” Thames said. “We had Zoë go with us to our first show, she rode with us ... After that, she joined the band, and within six months we were recording our first LP.”

**A UNIQUE SOUND**

Besides having a female voice lead a predominately male, hardcore punk group — an arrangement the punk scene could stand to see more of — there’s something

“We just saw [Lollis] and fell in love with her.”
unique about Burnt Books.

“It’s definitely not straight forward punk,” Lollis said. “It’s surprising the amount of people that don’t really listen to punk or metal that actually really enjoy our band.”

The memorable sound of this group is what makes it stand out from other hardcore groups, both locally and nationally. Taking influences everywhere from Bikini Kill to Bad Religion, the group’s music stems from the diverse spread of their own musical influences, forming a unique Burnt Books sound.

“We have the same social, political lyrics [as punk],” Thames said, “I would say the music is more intense, but not quite as refined as metal.”

Thames described the album’s new sound as “catchy and melodic.”

BACK IN THE STUDIO

After they released their first album a few years back and got signed to Retro Futurist Records, Burnt Books has really started to attract some attention.

Their second LP will be released in March of 2015, and the band is confident. They are unsure, however, about the feedback they’ll get from fans and where it will take them.

“It’s hard to say what we’re going to do,” Thames said. “If the response of the record is mediocre, we’ll probably play regionally and up and down the coast. If there’s a larger response, you never know.”

Burnt Books is looking forward to releasing the new album, but they admitted it won’t be easy transitioning from a year of writing to go back to a life on the road while touring.

PLAYING AT HOME

They play plenty of different venues, but Burnt Books is staying here this weekend to play at Columbia’s home base for local music.

The New Brookland Tavern is celebrating its 10th anniversary under the current ownership and will feature local bands all weekend.

Burnt Books is happy to headline the New Brookland this Sunday and celebrate what they consider to be the most important venue in the area.

“The New Brookland Tavern has been a focal point in the punk and metal scene for many, many years,” Thames said. “Whether you like the bands or not, this weekend is a great opportunity to support a local business that, with its peaks and valleys, has kept its doors open and consistently provided Columbia with great live music.”

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Campus Ministry

On-Campus Worship each Sunday night at 7:00 in Russell House 303
www.palmettochurch.org/csc

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September 5th!

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Live Music
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How to get swole: beginner’s weightlifting

Sure, everyone **wants** to work out. In a perfect version of life, we'd keep a tight daily exercise schedule, while balancing our perfect relationship, 4.0 GPA and tasteful level of partying.

But this is the real world, and carving out enough time for a workout routine in college is tough.

That’s where this guide comes in. Aimed at the beginner, it’ll take you through the fundamentals you need to make some real progress, and once you have your foot in the door, it only gets easier from there.

1. **Get consistent**

Getting in shape is 50 percent consistency. It doesn’t matter how hard you push yourself in your intense 3-hour workout sesh — if you only do that once per week, progress will be slow and halting. Muscles need progressive breakdown to grow stronger, so set up a schedule where you go to the gym every other day. Start small — an hour every other day is plenty for a beginner.

2. **Keep your form**

Just starting out can be frustrating. It’s hard to tell what weight is right for you — gyms are littered with newbies wasting their time on five pound dumbbells or hurting themselves with too much weight the first day. Try using this rule of thumb: when lifting, do between eight and 16 reps per set. If you can’t do at least eight, then you’re trying to lift too much weight, and if you can do over 16 then it’s probably time to move on to the next highest weight.

3. **Eat. A lot.**

It can be hard to get enough to eat with everything going on in our lives. For students, classes rob us of hearty meals during the day and cramped dorms make it tough to eat enough at night. However, getting enough protein, carbs and nutrients is invaluable for muscle buildup. No matter how hard you work out, if your body isn’t getting what it needs, your gains will suffer. Gradually work yourself up to eating more throughout the day — your muscles will thank you.

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*Belvin Olasov
@BELVINOLASOV*