

How to Build Muscle Fast

**This report is brought to you by
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Why Exercise with Weights

Far too many people overlook the many health and fitness benefits that weight training has to offer, and because of this, experience problems down the road such as decreased bone density, a slowed metabolic rate, increased stress levels and other negative consequences that are associated with constant stress.

Numerous studies have demonstrated that regular weight training can have a positive effect on health by showing reductions in the rate of insulin resistance, blood pressure, diabetes, heart disease, and even cancer.

If you couple a solid weight training program with a well-thought out diet, you'll be putting your best foot forward at warding off these chronic problems

Increased Bone Density Weight lifting will increase your bone density and help ward off osteoporosis or stress fractures in the future.

Many people think running is the best exercise for increasing bone density, but running actually promotes muscle breakdown, while weight lifting, being an anabolic process, helps to promote the building of tissues and therefore is much better at preserving your bone mass.

Decreased Frequency of Injuries When you strength train, not only are your muscles going to get stronger, but you'll also work the ligaments and tendons that are connecting bones, muscles, and

other tissues, thus reducing the chance they become injured when participating in other physical activities.

In about 80% of all sports injury cases, the injury is a direct result of a tendon, ligament, or muscle not being strong enough when a stressful force is applied.

Since weight training hits all those deep tendons and ligaments, it's the best injury prevention out there.

Prevention of Fat Gain The more you weight lift, the higher your metabolism will be, thus the more food you can eat while *maintaining* your weight.

Having said that, it should be understood that using a muscle building program will not of it's own make you big and bulky.

It's not just about the way you train, but more about the way you eat – calories must be supplied for the growth process to take place.

Likewise, you can workout all you want, but if those building blocks – in the form of amino acids, carbohydrates, and dietary fats are not there, you aren't going to see too much muscle growth.

So, just because you're weight lifting, it does not mean you will end up with bulky muscles as a result. Many people make this incorrect assumption – but it really is the diet that makes all the difference in how this weight lifting will shape your body.

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Chapter 2

Find the right gym

It is important to choose a gym that you will feel comfortable going to on a regular basis. If it isn't, chances are you are not going to stick with any type of regular plan and will eventually just stop going altogether.

By being sure your gym is a good fit for you, you help take yourself one step further to realizing your health and fitness goals.

If you feel that a traditional gym isn't for you, you can set up a home gym where you can get complete workouts all in the privacy of your own home.

There are a number of home gym systems out there that include all the equipment you need to perform all the key lifts that should be included in any workout program.

Think about either choosing a gym that is located close to your house or else on the drive to or from work.

This is a great option since if you have to pass by it every day, you'll be reminded of the fact that you should be working out if you choose to skip it.

Gym memberships can vary in cost so it's a good idea to shop around before making a commitment.

Also consider how long you are signing the contract for as this can vary too. Many gyms will have

special promotions going on around late summer or New Year.

Always be sure to check the opening hours of the gym. If you like to exercise early morning or late evening you will want to be sure they are able to cater for your preferences. Check that their holiday policies suit the times you want to train.

Ask if there are qualified personal trainers on hand, and what fitness classes are available even if you are not thinking of joining a class just yet.

It is important to check out the cleanliness of the gym. Gyms are places where germs can be in high concentration so make sure they have towels and spray bottles in various places around the gym to clean up after workouts, and have a look at the bathrooms and change rooms to make sure they are up to your standards.

The type and quality of the equipment offered in the gym is another thing you must factor in.

Whether you prefer free weights, guided machines or cardio training make sure there is a large number of dumbbells or machines available how because during rush hours, these could be hard to come by.

Finally take a look at the gym's cancellation policy. If you sign up for a long membership and then end up moving house after a period of time, are you going to be partially refunded? It will be a bad situation if they offer no refund or transfer membership.

Overlooking just one of these essential factors could lead you to being less than happy with your

workout facility and this could end up being the reason why you do not stick with your program.

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Chapter 3

Build muscle using four simple rules

Follow the four simple rules to build muscle quickly without bogus supplements or any drugs.

Rule #1

Committ to lifting weights at least three to four times per week. Your goal is to stimulate your muscles with resistance (stress) which results in your muscles growing bigger to avoid the stress from occurring again.

Once you go home, let the muscle heal through nutrition and rest, it will grow bigger and you will repeat this process again.

Ideally you should hit your muscles once every 72 hours so you could perform 2 upper body workouts per week and 2 lower body workouts per week.

Rule #2

Focus on eating at least 5-7x a day with balanced meals from carbohydrates, proteins and fats. If your goal is to build muscle than you should be eating at least 15-18 x your current body weight.

Your carbohydrates should equate about 45% of your intake, your proteins should equate about 35% of your intake and your fat should be the remaining 20% of your intake.

You should focus on over half of those meals being solid whole food meals and the remainder can be liquid meal replacement shakes.

Rule #3

You should focus on stretching at least half the amount that you lift weights. One of the biggest mistakes I see is people training, training and training with out any stretching.

Stretching helps restore normal length to the tissue and if you are constantly training, your muscle tissues will shorten and big to perform weaker and slower and have a higher incidence of injuries.

So if you are lifting weights 4 hours in the week, at least an additional 2 hours should be dedicated to stretching.

You must counteract the shortening of the muscle tissues that occurs with weights or else you are a injury screaming to happen.

Rule #4

Avoid supplements that have not been around for longer than 3 years. I learned this philosophy from an Australian strength coach who recommended not trying any supplement until it has been around at least 3 years to pass the test of time.

This will make your life much easier and help you avoid all the marketing hoopla in the latest fitness and bodybuilding magazine.

If you follow this rule, you will discover only a small handful of supplements still standing.

Here are the ones you should not go without: a high quality multi-vitamin, fish oil capsules, powdered creatine and a protein powder. These products will cover your nutritional basis for health, healthy body composition, strength and muscle mass.

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