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Tips on How to Promote Muscle Growth Fast

Muscle growth is not just about lifting weights and going to the gym everyday but there is a science behind it. You have to remember that the body has certain ways on dealing with stress. Every person also has different metabolism rates, and because of this, they may need different exercise programs.

When it comes to body building, you should be able to know about the different theories concerning it. By knowing about the theories, you will be able to apply it in your exercise regime and get the results you want at a much faster rate.

For building muscles, you have to remember that resting is very important if you lift weights at the gym. Never ever exercise the same muscle group everyday unless you are concentrating on fat loss. However, if you want to gain muscle, resting the muscles is a very important part of it.

For example, if you exercise your chest today, don't exercise it tomorrow. This means no bench presses tomorrow.

You have to consider the fact that whenever we lift weights, we injure our muscles. Therefore, the body will react by fixing it with bigger and much stronger muscles. And, in order to promote muscle repair, we need to get some sleep and let the muscle we injure rest for at least two days.

Diet is also an important factor when you want to gain muscle mass. Always remember that protein is very important when it comes to muscle growth. Protein helps in rebuilding muscles and promote muscle repair. So, how much protein you should eat? Basically, the rule of thumb is that for every pound you weigh, you need at least 1.5 grams of protein. This means that if you weigh 200 pounds, you need to take in 300 grams of protein a day. That is if you work out regularly.

There are supplements that you may want to try. Some are rich in amino acids that also promote protein production and muscle growth, while there is also whey protein that directly introduces the needed daily protein intake in your body.

If you want to gain muscle, another key is proper execution of exercises and the right exercises.

The right exercises for muscle gain are usually free weight exercises. As much as possible, you should do free weight exercises and minimize the use of machines. Although machines do lower the risk of injury, you have to remember that free weight is much more effective in promoting muscle growth. Always remember that in order to promote muscle growth, you also need to strengthen the supporting muscles. For example, if you want to promote muscle growth on your biceps, you also need to strengthen the muscles that surround the biceps.

And, only free weight exercises can do this. Machine exercises virtually does not put any strain on the supporting muscles, which means that it will not promote the growth of your primary muscles as well as free weight exercises can.

Proper execution of the exercise is also very important. By doing the exercises slowly and in a controlled and smooth motion, you will promote maximum muscle contractions which means that it will promote muscle growth.

These are just some of the many body building muscle gain tips that you need to keep in mind. There are quite a lot of techniques that will be able to help you gain muscle. With these tips, you will be able to get the body you want in no time at all.

A Gaining Muscle Primer for Teenage Boys

High school, most of us have many happy memories about it. Many of our most memorable experiences come from this carefree moment in our lives. And as each student prepare for this time of their lives, they also discover the joy of meeting the opposite sex. Teenage boys for one will do most anything to create a good impression and one of them is having a well chiseled body. This is when most teenage boys would think about working out and lifting weights.

Remember your own teenage years? Do you continually compare muscle gain with some of your friends? It was that then and it is still that way now. In fact, it is more prevalent today as more teenage boys are becoming more conscious of their bodies. There is simply no denying it; gaining muscle is the in thing.

As a parent, it is wise to support this mentality, not only will your teenage son be able have a healthier body, they will also develop self confidence. The problem is, some boys would go take the easier route. They would take steroids or whatever to help facilitate the fastest way in gaining muscle; this will not help them at all, especially in the determination and motivation department. As a parent it is their duty to show them the proper way to grow muscles.

The best way to gain muscles would always be the tried and tested means,

the proper diet and a rigorous and painstaking weight lifting workout regimen. A proper diet will be determined if your son is overweight or underweight. In the first scenario, your kid should lose weight first and eliminate body fat. Muscle building will follow suit after at least a significant weight loss is experienced.

This diet would mean eliminating fats and calories; just enough should remain for fueling muscle growth. In the latter, it is the opposite, a skinny kid should eat more but should have the proper intake so that body fat is not created, rigorous strength training should be done simultaneously to build up bulk, mostly of muscles.

It is not advisable to immediately push a teenage boy into a full intense workout as their body is still developing. They should be gradually introduced in the program to allow their body to adjust. Make sure also that they have sufficient rest as teenage boys are a bundle of energy. Redirecting this energy in a well planned workout program will allow them to maximize the use of their energy.

Most importantly though it is the attitude that should be set first before embarking on a gaining muscle journey. Teenage boys are easily distracted and they can easily forget that they are working on a goal. They must be determined to finish what they will be starting. With full commitment, they will be able to achieve success in gaining muscle in no time at all.

These are just some of the things one must consider when starting a

program of gaining muscle. There are lots more, but most importantly, it is all about discipline. Having a healthy and great looking body works wonders to a person, especially to a teenage boy. There is nothing quite like the present to start on this fruitful journey. So there you go.

Alcohol Can Ruin Muscle Gain

You heard it right. Alcohol is one of the major reasons for wasting your most beloved physique and muscles that you have taken care of for years. Alcohol is considered as one of the most significant causes to lose your muscle's nice features. Despite of what health experts are trying to imply about the negative effects of alcohol, others are still on the verge of tiring themselves with it. Drinking alcohol will definitely ruin muscle gain.

Alcohol is considered as one of the most influential drinks ever invented. Not that it tastes funny but also this drink can now be considered as a drug because of its addictive effects which can affect your life including your family, friends and work. If you really want to maintain your six packs (abs not beer) and your mass, you have to be conscious about drinking alcohol because it can cause deterioration of your years of fruitful labor. What are the effects of alcohol in your body?

1. Increases estrogen and decreases testosterone levels.

If you wanted to increase your muscles, then you have to maintain or increase the levels of testosterone inside your body because it is that hormone that can gear to building your muscles. It will be a loss on your part, as men, if you allowed estrogen to overcome your testosterone levels because that can also cause secondary female characteristics.

2. Affects protein synthesis, big time!

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