

Muscle Growth Guide

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2 Muscle Building Secrets Guaranteed to Add Muscle Mass!

Building muscle mass is much easier to do when you are armed with the correct information. With the correct information, you'll build muscle mass faster than you thought possible.

If you're frustrated with your muscle gain or fat loss goals, I sympathize with you completely, and understand exactly what you are going through. I worked out for years before finally figuring out the correct ways to go about building muscles and losing fat.

I finally figured out that the routines and weight lifting tips touted by professional bodybuilders and the muscle magazines just aren't going to work for most people. But take heart, you can start building muscle with effective weight training routines and nutrition programs.

Following are a couple of weight lifting tips that I've found to be extremely effective in building muscle and adding strength as quickly as possible. Putting together a program that incorporates the following weightlifting tips will point you in the right direction and get you making gains you hadn't thought were possible.

Building Muscle Tip #1 - An Intense Twist

Arthur Jones, inventor of Nautilus, pioneered the concept of training with 100% intensity, ie, training to failure. And this is an extremely important part of your routine if you are interested in building muscles as quickly as possible.

However, as others caught on to Arthur's effective training ideas and the training to failure concept became more widespread, an important piece of advice by Arthur was forgotten. Arthur suggested that people go beyond failure.

And I'm not talking about some of the more popular high intensity techniques available today such as rest-pause, forced reps, drop sets, etc. I'm talking about a very specific way of training to failure that is very effective for building muscle mass.

Arthur Jones suggested that once you could no longer complete another repetition, you should continue pushing or pulling on the weight for approximately another 20 seconds. Obviously, on certain exercises like squats or bench presses, you either need to work in a power rack with safety pins or have a very good spotter.

Let's use the bench press as an example of how to use this bodybuilding technique for building muscles. Most people, when they start a rep and get stuck near the bottom, they drop the weight against the safety pins or have their spotter help rack it. Instead, you should continue pushing against that immovable weight for a good twenty seconds.

On barbell curls, you would most likely come to a grinding halt about two or three inches into the rep, when your arms are slightly bent. You know you won't make the rep but you continue to pull on the bar for as long as you can before finishing the set.

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Muscle Building Tip #2 - Squat, Squat, Squat

You have to fall in love with the squat. It truly is the king of all muscle building exercises, bar none. While some people can build muscle mass on almost any training routine or diet, most of us can't. So put as many factors in your favor as you can control and one of the biggest is work hard on an effective squat program.

Hard work on the squat is the single most important thing you can do to ensure your bodybuilding success. Forget about the latest greatest high tech routine or the newest supplement fad. The key component to any program you do is hard work. Building muscle isn't easy. But it can be made easier. Hard work will take you much further than your choice of exercises, sets or reps.

But if you get the other components of your training program put together correctly and then add hard work and dedication, you'll be absolutely amazed at the progress you can make. You'll be building muscle so fast, you'll go from a before to an after before you know it.

You need to use all the weight you can handle and then add some more. Since the squat is the toughest weight lifting exercise you can do physically, it's also the toughest mentally.

Your mind gives in on the squat well before your body does. If you want to gain lots of muscle, you need to put an end to that. Everything you have has to go into your squatting program.

The key to the success of rapid weight gain by squatting is the amount of work you put into it. After your warm ups, load the bar to a weight you normally do 10 reps with. Now, do 20 reps. No, I'm not kidding. Like I said before, the squat is the most mental exercise there is. I've never seen anyone, when properly prepared mentally, fail to get 20 reps with their 10 rep weight.

These bodybuilding tips are very effective tips for building muscle and getting stronger. Add them to your weight training program and watch your muscle mass increase.

Keep in mind that weightlifting workouts like this are the best way for effectively building muscle mass fast but it's also the best way to lose fat, completely change the shape of your body, and keep the fat off. Weight lifting is much more effective for fat loss than aerobics or dieting alone.

About the author:

Gregg Gillies is the founder of <http://www.buildleanmuscle.com> His articles have appeared in Ironman Magazine. He has written two books and writes for Body Talk Magazine. He publishes a free newsletter available at <http://www.buildleanmuscle.com/fast-mass.html> and see how you can get a customized muscle building nutrition plan at <http://www.mynutritionjournal.com>

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Build Big Muscles Fast. Gain Muscle Mass Guide

So you want to **build big** muscles? Simple isn't it? Just join a gym and hit those weights regularly and viola, in a couple of months, you will **gain** so much **muscle mass** that you are ready to take on any bodybuilding contest. Is it really that simple to **build big** muscles? Well, to **gain muscle** mass, there is much more than just hitting the gym regularly. Here are some **muscle mass** gaining tips :-

a) Eat and Eat - To **build** muscles, you must eat. Your calorie consumption must be more than your calorie expenditure. If you expand all the calories you have eaten, then where are the calories to **build** muscles?

2) Protein - Make sure that you eat enough protein. You should eat at least one gram of protein per pound of your body weight everyday if you want to **gain muscle mass** fast. If you don't get enough protein, your **muscles** won't grow big.

3) Supplement - If you cannot have adequate protein from your normal meals, supplement with protein shakes. If you want more strength so that you can lift heavier weights to grow bigger muscles, take Creatine supplement.

4) Weight Training - You must lift with heavy weights and to add on more weight consistently to progressively **build** your muscles. But it is very important not to sacrifice correct lifting techniques and form for the sake of lifting heavier.

5) Lift Free Weights - Use **free** weights like dumbbells and barbells to recruit more **muscle** fibers so that more **muscle** fibers can be worked on.

6) Compound Exercises - Work with compound exercises like bench presses, squats, barbell rows, chin ups and dead lifts to **build big muscle** mass. If you concentrate on working your puny **muscles** like your biceps, then you will only have puny **muscle** growth.

7) Get Enough Rest - Have rest days in between your workout days and do not work the same **muscle** group more than twice a week. Your **muscles** need to recover from your workouts in order to grow big.

8) Get Enough Sleep - Sleep at least 8 hours a day. More even better. Your **muscles** grow when you sleep.

If you practise the above 8 steps consistently, your **muscles** will grow **fast** and big. Of course there are many more things you can do to achieve a competitive bodybuilder's physique of which I cannot cover in just an article here. So do research for more knowledge.

About The Author:

Chris Chew is a fitness personal trainer of models, actors and international male pageant winners. Checkout his sites for more interesting tips. <http://www.sgfitness.com> and

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Creating An Anabolic State That Supports Muscle Growth

Fitness. You can only build muscle if your body is in the correct anabolic balance to allow growth to take place.

Intensive exercise is clearly an important part of the muscle building process but achieving the maximum muscle mass depends on putting the building blocks in place. This is achieved through sound nutritional practices so you need to be aware of the following anabolic enhancing principles:

1. Protein is the basic raw material needed to build muscle. Protein supplies the amino acids that the body uses to repair and build muscle following intensive exercise. Aim to consume 1 to 1.5 grams of protein per pound of body weight each day from food like beef, fish, poultry, eggs, milk and whey. Spread the load over at least six meals to derive the optimum benefit and avoid overloading the liver.
2. Carbohydrates are needed to energize the muscle building process. Carbohydrates stimulate the release of insulin which pushes the amino acids into muscle cells to begin the process of repair. The body uses carbohydrates as a source of energy - consume too little and the body will steal protein that would otherwise be used for repairing and building muscle. Aim to consume 1.5 to 2 grams of carbohydrate per pound of body weight each day from foods like potatoes, pasta, rice, vegetables and whole wheat bread.
3. Boost your calories. Unless your main aim is to reduce fat you need a positive caloric balance if you want to build muscle. Make sure that your daily calorie intake is 10% higher than your energy expenditure for daily maintenance and that the calories are acquired from a diet characterized by a ratio of 50% carbohydrates, 40% proteins and 10% fat.
4. Get plenty of rest both in terms of adequate rest days between training sessions and sufficient sleep. Your muscles won't grow if you don't build adequate recovery time into your training program. Similarly, you can only optimize your body's levels of testosterone and growth hormone if you spend enough time sleeping.
5. Consume quality supplements to support a sound nutritious diet. For most people it should be enough to add whey protein, creatine and l-glutamine to your daily diet.
6. Don't overdo the aerobic exercise. Your aim is to increase muscle mass therefore you don't want to burn excessive calories that could be utilized for bulking up.
7. Drink plenty of water. Failure to drink sufficient quantities of water will lead to dehydration and adversely affect your muscle mass. Don't forget that muscle is 70% water so a generous intake will maintain muscle volume and help growth.

You can find out more about building muscle by visiting the site listed below.

ABOUT THE AUTHOR

For more information about Whey proteins, Multivitamins, Antioxidants and Creatines go to :
<http://homebusiness.nexuswebs.net/wheyprotein.htm>

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How To Get Incredible Gains If You Aren't Getting Them Already... And... How To Get Them Fast!

The key to rapid muscle growth, is to perform all your exercises well outside your comfort zone. If you had performed the barbell curl to the point of complete and momentary exhaustion, instead of "copping out" at the tenth. Then your bicep muscles would be forced to work harder than normal. Much harder. As a result, they would grow and build size rapidly.

What matters here is not the number of repetitions performed beyond the initial ten. What's most important is that you understand the reason behind the need to force yourself to work at higher levels of intensity. To produce the greatest possible muscle gains in the shortest possible time frame, you must continually strive to perform at a level well beyond your comfort zone.

If you perform a set of barbell curls until you can no longer lift the bar, no matter how hard you try, or how many pair of strides you split, then you will be involving the highest possible number of muscle fibers. It may not be the total number available, but it will be enough to produce massive increases in muscle size.

Muscle gains produced by a very small amount of intense exercise, will always be much, much more, than that produced by a large amount of low intensity exercise. It is never the quantity of exercise that produces muscle gains, it is always the quality.

Most guys who exercise today are completely ignorant of the need for maximum intensity in their workouts. And as a result, most are blind to their true potential. Even when they are training six days a week, most guys make have no muscle gains to show for it. They just don't know that they need to workout at a much higher level of intensity. But, in many cases they're just too damn lazy to do so.

If they don't exert the level of intensity needed, they will never achieve astounding muscle gains. So, unless you are content to train for years and have nothing to show for it like Frankie No-Gains and Jermima Got-No-Brains, you must accept and respect what is required of you. Your exercise must be brief, but it must be intense.

About the Author

Trent Brook is the Author of "Huge Gains Fast - How to Get More Rock-Hard Muscle Mass In A Month Than You Now Get All Year. His "Huge Gains Fast" muscle building program is an easy-to-follow system so simple and understandable it's fully explained to you in just 4 easy steps! The Revised Edition is now available online at his website, <http://www.hugegainsfast.com>

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