

Gain Muscle Mass & Increase Strength

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Gain Muscle Mass & Increase Strength

If you are trying to find a way of how to gain muscle mass and increase strength, go no further than your nearest gym. There is a way to safely increase muscle mass. However, you need to understand that certain practices like yo-yo dieting does more harm than good.

If you want to achieve results you need to stay lean for quite some time. That does not mean you need to starve but also should avoid overeating. The best way is to have a controlled intake of food that has adequate amounts of carbohydrates, fats and proteins that will help your body build permanent muscle mass without the body fat.

Increased Muscle Mass VS Increased Body Weight

So many people want to find a quick way to build muscles and there are times when they even try to achieve this by increasing their body weight. The thinking behind such a bizarre idea is that by eating huge amounts of food they will become heavier and will be able to lift heavier weights. Many believe that the increased weight will somehow stimulate the muscle fibers and will mean growth. However, this thinking simply confuses muscle weight with the total body weight. It is a fact that people with more muscle mass will be able to lift more. But muscle mass is very different from body fat. Body fat has no role in muscle contraction.

The reality is too much fat, protein or carbohydrates only result in the increased deposits of body fat. It is true that your body needs nutrients but the correct amount of nutrients depends upon your muscle mass, exercise intensity and base metabolic rate. This means every person has unique nutritional requirements. Having a diet that is suited to your levels will help you build your muscle mass. Anything more than that will only build blubber.

A pound of body fat has approximately 3,500 calories and the very nature of progressive resistance training, the utilization of the fat stores during exercises is relatively minimal. Exercises or moderate intensity like aerobics can help burn body fat for use as fuel for the body; the body is also capable of utilizing carbohydrates as energy.

Increasing Muscle Mass

Most of the time, people tend to build their exercise regimen based on articles they read in magazines or shows they watch on television. The thing is, the biggest mistake people who want to increase their muscle mass make is to do or copy routines that they read in those body building magazines or shows.

The muscled specimens featured in such magazines or shows do not train naturally because most of them are genetically gifted. Copying their routines will not make you build those sculpted muscles fast.

The normal person needs to try a very different tack. The approach must be one that builds the muscles fast but also prevents mental and physical overtraining by doing too much, too fast. The definitive guide to building muscle mass involves:

1. **Getting Stronger.** The rule of thumb is, the more strength, the more muscle. So you need to get into weight training to build strength. Weight training allows you to start with light weights and add weight gradually as you progress in your training. Those body-weight exercises are also great. You can start with an empty bar and learn the right technique. Then, gradually, you can add weight to each workout to push yourself out of the comfort zone and keep progressing. Keep in mind that you must not get overeager. If you want long-lasting results, you need to do it properly.
2. **Free Weights Are Great.** Barbells allow you to lift the heaviest weights. More weights mean more stress and that means more muscle. But you need to make sure that you do not jump ahead of yourself and try to lift weights too heavy for you. For assistance exercises, you can use dumbbells but you need to use barbells for your main lifting exercises. You also need to steer clear of the machines.
 - a. **Free weights are safe.** Those fancy machines may look good and all really cool but they will only force you into doing unnatural and forced movements. Free weights allow for the replication of

natural motion.

- b. **Free weights are efficient.** Machines balance the weight for you. Free weights force you into controlling and balancing the weights that you lift. This helps build more muscle.
 - c. **Free weights are more functional.** The strength that has been built on machines does not transfer to free weights.
 - d. **Free weights are versatile.** With just one barbell, you can do an innumerable number of exercises. This saves you a lot of space and money especially if you are trying to build your own home gym.
3. **Compound Exercises** Those isolation exercises are fine for building your base muscle mass and strength, but if you are starting to build muscle, you need those exercises that can impact several muscles at the same time.
4. **Your Legs Also Need Training** The most important exercises are the squats. This is because they work your whole body. All the muscles tense when you do deadlifts and squats because they work all the areas of the body as one and allow you to lift heavy weights. Forget about those bicep curls. Your arms will automatically get bigger when you can deadlift and squat heavy weights.
5. **Full Body Workouts Are Good** You may need 3 workouts per week that is about one hour duration each, including compound exercises like deadlifts, squats, overhead presses, barbell rows, bench presses, dips, pull-ups and the like.
6. **Recovery.** Those huge muscled professional athletes workout about 5 to 6 times per week but they obviously did not start that way. They started simple and added more and more workouts as they got bigger and stronger. You will definitely suffer from overtraining if you jump a step and start doing their routines. A beginner needs more recovery.
- a. **You need rest.** Muscles grow when you are resting and not when you work-out. You can start with about three full body

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