

# How to build muscle essay



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### 1. Develop a Technique

Learn the proper way to do each exercise whether it is pushups or weight training. Developing a solid technique will maximize the workout and strengthen the muscles. Strength training is a method that should not be overlooked because it allows a person to start with minimal weight and add more weight as they progress. This builds more muscle which in turn builds more strength.

### 2. Machines vs. Free Weights

Those weightlifting machines that are for sale on the television are ridiculous and a waste of money. Resistance training is vital for building muscle.

Resistance training includes: - Stretch bands

- Free weights - Using body weight such as push ups This type of training increases strength and power because the muscles are working against the resistance; this not only builds muscle but also develops stronger bones. Using free weights forces the arms to balance the weight, whereas machines are fixed into place and add no real benefit other than the actual weight itself.

### 3. Full Body Workout

Before taking part in isolation exercises, consider a full body workout. Most isolation workouts are only effective until a solid foundation has been built, which means that a good portion of muscle mass has already formed. A full body workout builds muscle throughout the body and includes exercises such as: - Bench Press

– Pull-ups – Overhead Press – Squats

#### 4. Legs are Important

Squats and deadlifts are an important and fundamental exercise for building muscle throughout the body, not just in the legs. While doing squats, the entire body tenses and flexes, thus working other muscles. Also, deadlifts strengthen muscles in the back, which can help eliminate back pain and improve other aspects of a person's life.

#### 5. Compound vs. Isolation

As mentioned already, isolation exercises are one method to continue building muscle after mass has already been built. Until then, focus on compound exercises that work more than one muscle at a time. This includes: – Pull-ups and Chin-ups

– Barbell Rows – Bench Press – Deadlifts – Dips Working one muscle continuously will only hinder growth and possibly cause injury. All the bicep curls in the world will not develop a rock-hard muscle unless the surrounding muscles have also been worked.

#### 6. Recovery

Muscle must be allowed to recover in order to grow; without rest, muscles will weaken and fail. Overtraining is the biggest mistake for a beginner and is avoided by allowing a day of rest between workouts. Remember these four rules: – Keep a bottle of water on-hand during the workout. Take sips often and drink plenty of water during each meal. – Allow a minute of rest between

each exercise. Also, choose three or four days of the week to work out and rest on the off days. - Try for eight hours of sleep per night. Natural HGH, or human growth hormone, is released during sleep and aids in the muscle building process. - Be sure to get enough calories in a day to make up for calories burned during training. If calorie intake is low, then both fat and muscle are burned during the workout.

## 7. Proper Diet

Increase the amount of whole foods in the diet and throw the boxed food in the garbage. Eating more whole foods aids in lowering body fat, which helps the muscles show better. Here is a small list of important foods that are beneficial while training: - Proteins: Chicken, tuna, salmon, eggs

- Vegetables: Avocado, carrots, broccoli, spinach - Fruits: Bananas, apples, oranges, blueberries - Carbohydrates: Brown rice, whole grain pasta - Fats: Flax seeds, olive oil, fish oil, nuts

## 8. Increase Protein Intake

Protein builds muscle, and it is important to have one gram of protein per pound of body weight. Here is a list of foods that contain necessary protein for bodybuilding: - Red Meat: Steaks, ground round

- Poultry: Chicken, turkey - Fish: Tuna, salmon - Eggs: Whites contain more protein; the yolk contains the vitamins. - Dairy: Milk, cottage cheese While writing a grocery list, keep in mind that some fruits also contain proteins and fats, such as avocados. Avocados are relatively inexpensive and contain seven grams of protein, and they are also packed with fats that the body

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needs. This is an important fact for people who live a vegetarian lifestyle and still want to build muscle.

### 9. Gain Weight

It is hard to look muscular if a person is underweight. A man who weighs 140lb/63kg will still look skinny compared to a man who does the same exercises but weighs 160lb/72kg. That 20lb difference is a lot when it comes to looking big and muscular. Here are a few tips on how to gain weight: - Eat more calories. Use a food scale to track daily caloric intake. - Do not skip breakfast. Start eating early and eat every three hours. - If a man weighs 160lb/72kg, then he needs to eat at least his bodyweight in pounds times 20kcal a day to gain weight.

### 10. Stay Motivated

Train properly, get stronger, gain weight and stay motivated. Stay on target and do not lose sight of the goal. The only way to see results is by following a reliable and realistic method. A bigger physique doesn't happen overnight, but those muscles will begin to show with a little hard work and a lot of dedication and passion.