

W E L L N E S S S E R I E S

10 RULES *FOR BUILDING* *MUSCLE*



Contents

Contents	2
Disclaimer	3
Introduction.....	4
#1 Don't "Live" in the Gym.....	4
#2 Aim for 75% to 85% of Your Maximum Expenditure.....	5
#3 Workout Properly at the Dinner Table As Well As the Gym	6
#4 Get the Right Workout Partner and Gym.....	6
#5 Hit the Free Weights	7
#6 Write Everything Down.....	7
#7 Get Plenty of Sleep to Boost Your Muscle Mass	8
#8 Boosting Mass Is More Efficient When You Work on Multiple Muscle Groups at Once	8
#9 Confuse Your Muscles by Changing Your Workout Frequently	9
#10 3 to 4 Heavy Weight Workouts per Week Is All You Need.....	9
Ongoing Advice and Support.....	10
Recommended Resources	11

Disclaimer

The author of this publication will use reasonable efforts to include up-to-date and accurate information on this publication, but make no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. Every precaution has been taken to make sure this publication is accurate and reliable. The author of this publication shall not be liable for any damages or injury resulting from your access to, or inability to access this publication, or from your reliance upon any information provided in this publication. Our goal is simply to arm you with facts and information that can help you make the best decisions possible.

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author.

Anyway, if you liked this publication on “10 Rules for Building Muscle”, please share this publication to any of your friends, family, or co-workers that also want to build muscle!

Introduction



Hi, Daniel here. Building muscle is not difficult. If you consistently demand more of your body physically, give it plenty of hydration and proper nutrition, as well as sleep and time to repair, you will become stronger. Your improved strength comes from the fact that your muscles get bigger and more efficient the more you overload them.

This drives muscle mass development, which has the excellent side benefit of helping your heart move oxygen throughout your body in a more efficient manner. You become healthier overall, inside and outside. If you are looking to build muscle with the most efficient and rewarding methods possible, follow the top 10 rules of building muscle mass listed below for the quickest results as well as successful maintenance.

Let's get started!

- By Daniel

MyFitnessGalaxy.com

BurnFatFormula.com

"A healthy body, for a beautiful lifestyle!"

#1 Don't "Live" in the Gym

There are always going to be those guys who hang out in the gym, seemingly forever. Every time you go, they are there. But for maximum muscle mass you only need to work out between 45 minutes and an hour each session. Your muscle building (anabolic) and muscle destruction (catabolic) hormones must be kept in the proper balance for your efforts to be



successful.

When you focus hard on your exercises for 45 to 60 minutes, you keep your anabolic hormones high and your catabolic hormones low. This is the "sweet spot" for muscle mass development. And quite frankly, if it takes you more than 60 minutes to work out, you are probably not working hard enough. Push yourself through focused muscle building workouts of 60 minutes or less, and you will find yourself building more muscle mass per hour than those gym rats who never seem to go home.

#2 Aim for 75% to 85% of Your Maximum Expenditure

If you are working out at less than 65% to 75% of your maximum, you usually do not build muscle mass because you are not demanding enough of your body. The magic range is 75% to 85% of your maximum weight to most effectively build and strengthen your muscles.

So if your maximum single bench press is 200 pounds, you need to be hitting sets of 150 to 170 pounds per repetition. When you get higher than 85% of your maximum, you generally stimulate most of your available muscle fibers on your very first rep. Since you want to maximize every minute you spend in the gym, stick to the 75% to 85% max rule to get the most out of every single repetition.



#3 Workout Properly at the Dinner Table As Well As the Gym

If you are not building your muscle mass quick enough to make yourself happy, you may not be loading the plates. And we are not referring to the plates in the gym. You simply must get the job done in the kitchen as well as with the weights if you are going to build muscle mass properly. You can't eat like a bird and expect muscles to start popping up all over your body. It may be tough, and you may even have to force yourself to do so, but you need large amounts of protein in your diet if your work in the gym is going to translate to improved muscle mass.

Be careful to cut down on your carbohydrates if you are naturally skinny or over 40 years of age. Commit to eating plenty of chicken, fish, meat and eggs to get much-needed protein into your body, which can be translated into good-looking muscle mass.

Eat breakfast every day, full of proteins and carbohydrates. And immediately after you are finished working out, eat carbs and fast digesting proteins. To build muscle mass, your workout should be accompanied by a diet with 1.5 to 1.8 times your body weight in calories. And you should get 0.75 to 1.0 gram of protein for every pound that you weigh every day.



#4 Get the Right Workout Partner and Gym

Everyone knows that teaming up with a partner improves your workout results. But make sure you are getting the right type of partner. Just because you and your best friend have so much in common does not mean that you have the same goals in the gymnasium. You may be trying to build maximum muscle mass and bulk, while he may simply be trying to lose a few pounds and get in shape.

Do not dilute your efforts by choosing a workout partner that doesn't understand and agree with what you are trying to do. And the same thing can be said for the gym where you work out. Stick to a "hard-core" type of "old school" free weight training center where other muscle mass builders hang out to see the best and quickest results.

#5 Hit the Free Weights

Barbells and dumbbells allow you to add as much weight as you desire. These free weights offer so much flexibility in the way that you work out. Simply put, "To get big, you have to lift big." And if you can't consistently add more weight and repetitions for your strength training program, this can't happen. Progressive overload with compound exercises is most effectively achieved with free weights.

More weight means greater stress on your body, and improved muscle mass over time. Barbells allow you to quickly add more weight, and you can purchase them for a home workout for a lot less money than band resistance, strength training machines.

#6 Write Everything Down

If you are not journaling your muscle mass efforts, you could be wasting a lot of valuable time. That is because "progressive overload" is the simplest way to build muscle mass and strength when weight training. Over time you progressively increase the amount of load you put on your muscles.

The human body is an amazing machine. The more you test and push your body, the stronger you become. Progressive overload is the quickest and simplest way to use your body's natural strengthening tendency to build muscle mass. And if you do not write down the number of reps and the weights you are using, you cannot consistently and progressively increase your load, which increases your results.

If your maximum bench press session is 12 reps of 200 pounds, you are going to be much stronger and bigger when you can bench 15 reps of 240 pounds. And this can only happen gradually, by recording your efforts and slowly ramping them up.

#7 Get Plenty of Sleep to Boost Your Muscle Mass

Everyone has heard that the average person needs 8 hours of sleep daily for optimal health. The same applies to bodybuilders and weightlifters trying to build and maintain muscle mass. Your sleep time is when your body recovers and grows stronger. And that portion of your nightly sleep pattern when you are in a deep slumber is very important. This is when your growth hormones and testosterone levels are boosted, as well as your cortisol levels.

Your insulin sensitivity is also enhanced. If you consistently tore down your muscles and did not give them time to heal and grow stronger, all the correct diet and weight lifting tips and tactics would be fruitless. Make sure you are getting 8 hours of sleep nightly for proper muscle recovery. If you have a hard time sleeping 8 hours at a time, add one or two daily naps to hit your 8 hour total.



#8 Boosting Mass Is More Efficient When You Work on Multiple Muscle Groups at Once

Isolation exercises are okay when you want to target a specific area. But you can maximize the efficiency of your time in the gym when a single exercise works several different muscle groups. Compound exercises where you lift and move heavy weights are important for anyone trying to build muscle mass, whether you are a veteran power lifter or a skinny beginner.

Once you have begun to build your muscle mass and strength, then you can focus on isolation exercises for definition. However, consistently work

multiple muscle groups at the same time and you will see your muscle mass improve more rapidly.

#9 Confuse Your Muscles by Changing Your Workout Frequently

The reason that progressive overload works so well to improve muscle mass is it confuses your body. Just when your system is getting used to a particular weight and a certain number of repetitions, you add more weight and more reps. This muscle confusion makes your body work harder to repair and strengthen your muscles, you build more muscle mass, and you become stronger.

The same thing happens when you change your set workout program every 4 to 6 weeks. And we are not talking major changes here. Simply altering your grip, your rep ranges, and the order in which you perform your exercises can be enough to boost your muscle mass development when you have "hit the wall".

#10 3 to 4 Heavy Weight Workouts per Week Is All You Need

There is a reason the "every other day" weightlifting process works so well. You are actually damaging your muscles when you lift weights and strength train. But the improved size and mass of your musculature is actually created when you rest and allow your body to heal and grow, not when you are working out. With 7 days each week, working out and resting every other day is a perfect recipe for your body's natural muscle growing system.

This means 3 to 4 serious strength training workouts per week is all you need to see real results, and to maintain your improved muscle mass. This is even more important if you are



active and you play basketball, jog, go mountain biking, or engage in some other cardiovascular activity on a regular basis. Never forget that recovery time is just as important as training time, and one hour of heavy weights strength training requires up to 24 hours of rest.

I hope you found this information useful. I'll continue to send you tips to make sure you're getting slim and healthy!

If you liked this publication on "10 Rules for Building Muscle", please share this publication to any of your friends, family, or co-workers that also want to build muscle!

If you like to use exercise to improve all areas of your life, I'd recommend you to [read my post](#) or [download this "Fit For Life" publication](#)!

- By Daniel

MyFitnessGalaxy.com

BurnFatFormula.com

"A healthy body, for a beautiful lifestyle!"

Ongoing Advice and Support

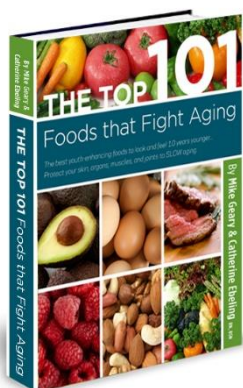
Still need to get in touch with me?

Here's how:

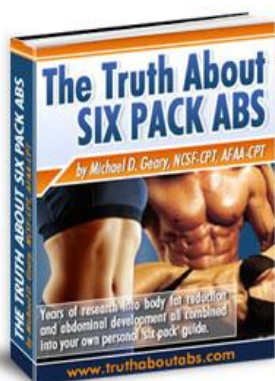
1. Head over to my [Google+ profile](#);
2. Send me a private message and I'll get back to you;
3. I'll also get back with you if you leave a comment on any blog post at [My Fitness Galaxy](#).

Recommended Resources

Want to read more? Then I'd recommend you these:



Brand new anti-aging NATURAL foods manual. Please take 2 minutes to [read this page](#) and discover the exciting (and SIMPLE) ways the foods you eat can turn back the hands of time to help you look and feel YEARS younger! Click [here](#).



7 odd foods that KILL your abdominal fat (surprising fat-fighters). You'll [discover in this cool video](#):

- * At least 2 foods that you thought were "healthy" that are silently packing on more stomach fat
- * 7 surprising foods you probably thought were unhealthy that can actually HELP you to burn off stubborn abdominal fat

* Unique combinations of exercises that are MUCH more effective for fat loss compared to traditional "cardio".

[Watch this cool video now!](#)