

How to Build Muscle Fast

There are many of us that would love to know how to build muscle fast. To be able walk into the gym "pump some iron" and walk out looking like a competition body builder or maybe even Mr. Olympia, Ronnie Coleman. If we could just use one of those workouts from the magazines and get real results, like they promise. If we only understood how to build muscle fast, we would commit to doing whatever it takes. Well I have information that worked for me and I'm proud to pass it over to you. There are some important things to consider when building muscle however. First of all, your natural body type, do you have a small frame do you pack on weight easily? Second, what are you're goals and what would you like to achieve? Also very important is where you are at physically, and how far you need to go. The best and most exciting thing is that anyone can build muscle and it is possible to build muscle fast. It breaks down to two simple things, diet and exercise. Yes, diet and exercise may not be what you wanted to hear, but it is the truth. Now this does not mean that you have to change your life or never enjoy your food. It does mean that you will need to make some simple but very serious adjustments to your everyday life.

First Step: Diet The key to a good diet, one that will build muscle, is getting the right mix of protein, carbs, and fat. Despite what the media may have you believe you need all three everyday. You need protein to help keep and build the muscle, especially after workouts. You need carbs for energy, especially before workouts. Fats should be cut way back, but still very necessary as fat will help you gain mass. Your diet should have about 60% carbohydrates, 35% protein, and no more than 15% fat. Easy ways to do this are to make sure that you are eating foods that have these proportions naturally. Start replacing any white foods (white bread, plain pasta, white rice) with brown foods (whole wheat bread, pasta, and brown rice). Also make sure you are getting plenty of vegetables. At meals fill your plate 2/3 with vegetables and 1/3 with lean protein (white meat chicken or turkey, and fish). Some great sources of protein are egg whites, and cottage cheese. Both are low in fat and high in protein. The best meat for you to eat is fish. Tuna, salmon, and cod are excellent choices. When looking to choose poultry, go for 98% fat free turkey breast. These are all great foods that will give you needed protein without adding fat to your body. Some great choices for carbs are oatmeal, whole wheat breads and pastas, and sweet potatoes. This doesn't mean that you have to cut out everything that tastes good, just remember moderation! Try to limit things with empty calories (calories that offer no nutritional value). You will need to start to understand the calories you're taking in if you truly want to manipulate the weight you gain or lose. So start becoming aware of calories!

Second Step: Strength Training Obviously, strength training is very important when it comes to building muscle. This doesn't have to be done in a gym; it can be done at home. There are many different magazines and books that offer ways to do resistance training at home. You can use resistance bands or purchase weights from a local sports equipment store. In order to build muscle, it is important to lift heavy. Lift heavy enough that you can do no more than 15 repetitions. If you are trying to add muscle mass, lift even heavier and do fewer reps. Do three to four sets of each exercise, you should feel fatigued. Always make sure that your muscles are warmed up well before you start lifting, and that you have someone with you to spot. It is easy to injure yourself when lifting heavy, so make sure you are always using proper technique. If you are unsure of what to do, there are a lot of great fitness books out there that will guide through exercises and diet.

Step Three: Aerobic Exercise The first and second steps are very important, but you are never going to be able to see the muscles that you have worked so hard to build if they are hiding behind a layer of fat. Aerobic exercise burns fat; so if you want tight, cut muscle definition, there is no way around it. Again, it does not have to be done in a gym. Find an activity that you enjoy doing. Choose an activity that will elevate your heart rate and do it for at least thirty minutes to an hour, five days a week. Walk, run, play tennis, bike, shoot hoops, whatever it takes to get you moving and your heart rate elevated. Another plus to aerobic exercise is, it raises your caloric limit for the day. If you cheated during lunch, and you're counting the calories, you can make it up during your cardio session.

About the Author

The Johns Hopkins scientists who first created mighty mice have developed, with pharmaceutical company Wyeth and the biotechnology.

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