

Unlock the Secrets to Building Muscle Fast by Learning the Weightlifting Beginner Basics

You probably already know that as a weightlifting beginner there is so much to take into consideration. But, the most important thing you need keep in mind is to take everything gradually because you do not overwhelm yourself physically or mentally. Before you begin your training, it is important to set goals for weightlifting that are realistic for yourself. Also, you must determine what kind of body type you have from the list below. There are three distinct kinds of body types, which include endomorph, ectomorph and mesomorph. Endomorph – This body type has the highest percentage of fat. An individual with this type of body type often has difficulties losing weight. Ectomorph - This body type is too lean and has problems both building muscle as well as gaining weight. These people are often referred as the "skinny kid" or "stick man". Mesomorph - This body type is considered the ideal body type, as this is an person with a "well-formed physique" who has little problem gaining or losing weight. Once you have set realistic goals for yourself as a weightlifting beginner, you must learn the language. Two basic terms that are necessary to learn from the beginning are "reps" and "sets". A rep means one movement or one kind of exercise and nothing more. To use an example, if you do one pull up then you have completed one rep. Doing a series of reps in a row without stopping becomes a set. So for example, 10 reps of pull-ups constitute one set. In the weightlifting world if you are asked in a routine to complete 3 sets of 10 pulls ups then that translates to doing 10 pull ups in 3 sets (or 3 times) while taking breaks as you finish each set. Spending time in the gym is good but never overdo. Contrary to what most weightlifter believe, overtraining and overdoing any type of exercise routine can actually take you two steps back as opposed to two steps forward. A weightlifting beginner should spend no more than 60 minutes at a time on a work out at the gym. It is possible that only 30 minutes at a time can achieve optimum results for beginners as long as you are doing the exercises properly and stay focused on the task. Focus is so important when you are at the gym training. If you cannot be focused on what you are doing come back later. Don't waste precious time in the gym chatting with people or doing other things. You have come to the gym to train so do so and then leave. A weightlifting beginner should always concentrate on exercises that help work the largest muscle groups in the body. In the beginning, pay attention to the back, chest and leg muscles. The more you concentrate on these areas the better. Keep in mind that the large muscle groups that are the most important. You will build more muscle faster the more attention you pay to building larger muscle groups. It is important for the weightlifting beginner to eat as healthy as possible. Be sure to eat lots of carbohydrates, proteins and essential fatty acids on a regular basis. Getting adequate rest on a nightly basis is vital as well. It is during sleep that muscles both grow and repair themselves.

About the Author

Natural bodybuilding tips and supplements to help you build muscle and lose fat naturally.

Source: <http://www.productsherbal.com>