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## **Health, Fitness, Weight training, Smoking and Drinking**

**Weight training makes a person healthy, fit and strong. It is not just for people who want to build muscle, but also for everyone who likes to stay fit and keep the excess weight off.**

**If you want to get in shape or stay in shape you can walk, run or cycle every morning, play sports with friends, but if you want to have muscles and look lean, then lifting some weights either at the gym or at home is your best bet.**

**People go to the gym for many reasons. eg:**

**To lose a few pounds if they are overweight.**

**To gain a few pounds (of muscle) if they are underweight.**

**To get fit and Healthy.**

**To get strong.**

**The most effective exercise plan for most should have some cardiovascular work and mostly weight training exercises. This helps burn calories and increase the muscle to fat ratio better than cardiovascular work alone.**

**Some Benefits of Weight training;**

- 1. It is the best way to maintain and improve ones health from a variety of diseases and premature death.**
- 2. It makes a person feel better and increases ones self-confidence, prevents depression, anxiety and gloom.**
- 3. A weight training lifestyle helps a person live longer than an inactive person.**
- 4. It instils discipline into a person, making other things in life easy.**
- 5. It makes one stronger physically and mentally.**

**To start: one should consult a physician to get the go ahead and then get into it gradually.**

**Getting stronger, fitter, healthier Week by week building up more endurance will be of great benefit to you.**

**Aim for 3 or 4 days a week working out, this is sufficient no matter what your goals are.**

**Maintain a reasonable diet.**

**You could consult with a professional to get an excellent eating plan to match your goals and gym activities. They will evaluate you based on your needs, and recommend a diet plan.**

**A good diet should have nutrients from all the food groups.**

**This is made up by 3 basic groups.**

**The first is carbohydrates. The energy source. The food that a person consumes should have vitamins, minerals and some fibre. A lot of this comes from oats,**

rice, potatoes, cereals and breads, and also from vegetables and fruits since these have phytochemicals, enzymes and micronutrients that are essential for a healthy diet.

The Second is Protein. The building blocks of muscle and essential organs. This comes from fish, chicken, red meat and dairy. Protein is broken down in the body to form amino acids for repair and growth of new cells.

The third is fat. The body's enemy, according to most. There are 4 types of fat: Saturated (the bad) from animals, the more animal fat you consume the higher your blood cholesterol will rise, increasing the risk of a malfunction in the body. Should be taken in small quantities. Sources are: Beef, dairy, coconut oil.

Polyunsaturated (the good) Comes from plants, reduces blood cholesterol.

Sources are: nuts, fish, safflower oil, seeds, corn oil and sunflower oil.

Monounsaturated (the best) also comes from plants, raises the good cholesterol.

Sources are: Avocado,

Olive oil, olives, nuts, canola oil and peanut butter.

Trans fats (the ugly) This is relatively new, the effects are unknown. It is believed that they behave like saturated fat (the bad) causing blood cholesterol levels to rise.

The consumption of fats (the good fats) is important for our health. They are used in the production of hormones and other activities. We do need some fat, but do limit the bad.

A great way to help your efforts in the gym is to give up some detrimental habits such as smoking and drinking alcohol. Smoking damages the lungs and dramatically increases the risk of lung cancer along with other diseases.

Excessive drinking has also been shown to causes major diseases.

These two habits are definitely not worth having around.

The best thing one can do for themselves is to quit any destructive habits they have and get into that gym, start pumping some iron and look forward to greater Health and Fitness.

<http://www.explosivemusclegrowth.com>

Take a look at Vince Delmonte's Massive Muscle Building Program

<http://www.insanemusclegain.explosive-muscle.com>

### ***Beginner Bodybuilding: How Often to Train***

Training the whole body three days a week (Monday, Wednesday, Friday) is ideal for the beginner. This allows the beginner nearly 48 hours of rest between workouts and gives the beginner an additional two days of rest over weekends.

**Do 1 - 2 exercises of two sets of ten reps per body part. The beginner may feel like doing more, but don't. The beginner should do this type of training for about a month before doing more exercises. This will allow the body proper stimulation for growth without overtaxing its ability to recuperate.**

**As the beginner progresses, he may decide to do more advanced training, such as working specific body parts in some workouts, with whole body sessions only two times a week. Examples of such training include the double split, the push pull system, four on/one off and three on/one off.**

**Your decision to get into new types of training depends on how fast your body adapts to each new level of training and your individual goals. The beginner may be ready to go beyond the three day a week workout only after one month of training. Another beginner may decide that three day a week training is ideal for his or her lifestyle and goals.**

**Sets and reps are important factors to your bodybuilding success. A good set is made up of good reps and a good workout is made up of both. At this point in your training, doing more than two sets of 10 reps per body part greatly increases your chance of overtraining (doing too much work and getting inadequate rest, leading to diminished gains). Ten reps provide optimal muscle stimulation without putting your body into a state of over or under training.**

**As your body improves in strength and condition, you may decide to use supersets, giant sets, pyramid training, staggered sets, high/moderate/low rep training, rest pause, volume training, speed training and many other advanced techniques, as a way of increasing the intensity of your workouts for maximum growth.**

**A beginner will often ask, 'How do I know when to increase the weight on the exercises I do?' Once you're able to do 10 reps fairly easy with a given weight, try increasing the weight by 10%. Let's say you can bench press 135 pounds for 10 easy reps. On your next set, try going up to 145 - 150 pounds for 10 reps. Continue to do this on all your exercises. This is the heart of progressive resistance training, which is the best way to gain size and strength.**

**Avoiding the Big Mistake: Why more is not better**

**Far too many beginner bodybuilders fall victim to more is better. Your body needs time to adjust to do the exercises you asking it to do. One exercise per body part may not sound like enough to produce any results, but if you're a beginner, it will. As you continue to train and your body adapts to the exercises and recuperative demands you place upon it, you'll be able to add more sets and exercises to your routine. Be patient and don't over train. Over training will halt your progress and increase your chances of injury. It takes time to build a great body, but the rewards are worth it.**

**Go with the Basics**

**Starting out with the basic exercises is something that you'll be grateful for later down the road. The basic exercises let your body get used to the proper groove for each movement. You've got to know how to do an exercise correctly before you can get the most benefit from it.**

The basic exercises should be the foundation for your bodybuilding program both now and in the future. Stay away from cables and machines at this point. They'll be important to your training later on. Concentrate on mastering the basic movements. Nearly every bodybuilding champion still uses basic movements as the cornerstone of his or her training routines.

One of the most important elements to laying the proper foundation for your bodybuilding success is using good form on every exercise. Good form means doing every exercise and every rep with complete control through the full range of motion. Incomplete reps build incomplete body parts, so always keep the weight under strict control through the full range of motion. Don't be so concerned with how much weight you can lift. Concentrate on feeling the exercise and working the muscle completely.

Sloppy form is a major cause of injury to muscle and connective tissue. An injury can side line you for weeks and even months. When you train, you want results, not injuries and no progress. Use good form and you'll avoid injuries while getting results toward your bodybuilding goals.

Sandra Prior runs her own bodybuilding website at <http://bodybuilding.somee.com>

### ***What Supplements Do I Need For Muscle Growth?***

Taking certain nutritional supplements for muscle building is not absolutely necessary; you can do without them, however, some of them really do have their advantages. They can give you an added physical and mental edge. They help to enhance performance and can help in the muscle-building process. Although some are a waste of your time money and effort, there are a few that do actually perform.

Supplements help to fulfil the missing link that may occur during an intense muscle-building phase.

You do need some supplements for greater muscle growth.

Here are the supplements I'd recommend for Muscle-building.

**Creatine:**

A great supplement that always produces positive health and muscle-building benefits. Helps to fill the muscles with fluid making you stronger and able to lift heavier and recover faster.

Good bodyweight gains achieved with this, which allows you to lift more for better muscle growth stimulation.

**Protein Powders:**

Whey protein isolate is the best fast acting protein to aid in repair and growth of muscle tissue after an intense training session.

Casein Protein is a slow digesting protein best taken just before bed to supply the body with a continuous flow of amino acids for repair and growth through the night while you sleep.

**Weight Gainers:**

A high calorie supplement is a good idea if you consider yourself as being under weight. High calories are needed for muscle endurance and optimum performance and effective muscle repair.

You'll want to stay healthy while you're on a muscle-building quest so I'd also recommend:

**A good multi-vitamin/mineral supplement:**

To offset any nutrient deficits that may occur during an intense training program. Vitamins and minerals are essential for good health and well being.

**Vitamin C:**

A great immunity booster and free radical destroyer.

**Vitamin E:**

Great for Cell integrity and vitality.

**EFA's:****Essential Fatty Acids:**

Great for overall health and helps promote the body's production of Testosterone - the muscle builder.

**Note:** You should always check with your GP or other health professional before taking any nutritional supplements.

Along with the supplements there are other elements that you need for muscle-growth:

A sound workout routine that induces muscle growth and does not over-train the muscles.

A good healthy high calorie diet. Eat six smaller meals instead of 3 large meals. Sufficient rest and recovery time. Your muscles have to be fully recovered.

Discipline Commitment and Consistency.

A few supplements like the above.

The bodybuilding supplement industry is big business. You really don't need all those "miracle" muscle-building supplements that come onto the market, but once in a while they do actually bring about a supplement that actually does what it's reported to do.

For more information on the Greatest Muscle-building Programs visit <http://www.explosivemusclegrowth.com/explosive-muscle.html>

and for top Brand/ low cost supplements  
visit <http://www.explosivemusclegrowth.com/nutrition.html>

One of the Best Muscle building Programs available  
<http://www.musclegaintruth.explosive-muscle.com>

### **Getting shut of those bodybuilding myths once and for all**

Every single culture on the planet has it's myths and, whether it be "Big Foot", or "The Lochness Monster", bodybuilding has it's fair share of myths too. Like a lot of myths most of them have some truth to them and some are have no truth to them whatsoever. Bodybuilders and fitness experts the world over have been trying to get rid of these myths but have failed. I may fail too, but I am going to give it one hell of a go. It's time to stop these myths once and for all!

A lot of myths about bodybuilding start within the bodybuilding community, but there are the odd few that start outside by the general public or medical industry. The myths I am going to touch on here are in no particular order. Let's start with a well known classic first of all:

**Bogus Myth #1. "When you stop working out your muscles will turn to fat"**

This myth is mainly used as an excuse as to why people don't start a weight training program and are resenting those that have. My Auntie used to say this to me a lot when I started going to the gym at 16. There is no proven physiological mechanism by which muscles amazingly turn to fat when a person stops working out! What happens, however, when a person stops training, their muscle mass will decrease due to the lack of stimulation. People who do not exercise and eat too many calories get fat, it's not ground breaking stuff. So what you have here is often a lack of muscle mass coupled with an increase in fat due to an intake of excess calories and complete lack of exercise. The next time you look at someone who used to be nice and ripped but are now fat, it's not because there muscles converted to fat. They are fat because of the reason so many others are fat; too many calories and not enough exercise.

What if it was true? Is the fear of this crazy idea that your muscles convert to fat a reason not to start a bodybuilding program? If you stop washing you get dirty, but that's not a legitimate reason to never start washing in the first place is it! I have gained and lost a lot of muscle in the past, and I have known and worked with a lot of people who have gained and lost weight, and I have yet to see and truth behind the myth of muscles converting to fat. Let this be the end of this myth and let's here nothing else about it.

**Bogus Myth#2. "Bodybuilders are not strong"**

This myth comes from people who haven't even stepped foot in a gym. Strength in people varies greatly, some bodybuilders can lift upto 800lb squats and 500lb bench presses. Some weights I have seen being lifted have to be seen to be

**believed. Not all bodybuilders are this strong, but any bodybuilder who is serious about lifting is considerably stronger than the average person, it's not earth shattering news that the more muscle mass you have the heavier you can lift. Some bodybuilders who I know enter both in weight lifting competitions and bodybuilding competitions and do really well in both of them. Don't get me wrong some bodybuilders are not as strong as they look, but some are much stronger than they look, some are unbelievably strong.**

### **Bogus Myth #3. "Pro's eat strict diets all year round"**

**This myth comes from the bodybuilding magazines and publications who want readers to think that these guys eat low fat healthy clean food all year round. This leads to many beginners trying to get all the calories they need from chicken, rice, veggies, etc. In fact getting the idealic 4000 calories from just clean foods alone is virtually impossible. This can be sometimes off putting and depressing for the newbies as they try and stuff themselves with healthy foods to make gains and they just can't seem to eat enough. For the truth of things: I have seen a lot of bodybuilders while off season who binge on fast foods and pizzas, no joke! This however should not be done for the average joe who is trying to build muscle and gain weight healthily. These pro guys are really strict when on season so they need a blowout when they're off season, who can blame them!**

**Obviously I can't speak for every bodybuilders off season diet because I don't know them all, some could have an absolutely spotless diet, but the majority I know don't. It is mainly an advertising myth mostly, as many bodybuilders say they carry much more body fat than they claim in these magazines. If you told these publications that they pulled into Burger King every other day they would not sell many issues. So you can see the advantage of how saying that these guys are clean all year round is to these big magazine companies.**

### **Bogus Myth #4. "All Bodybuilders have small penises"**

**I bet you've heard this one before havn't you? Now, I havn't seen any bodybuilders' manly assets, but it's been my thought that they tend to be like every other man in that department. Some are small, some are normal, and some are big. One fact, however, is that a big guy with a normal sized member would look smaller than a skinny guys normal sized member. It's all in the proportions.**

### **Bogus Myth# 5 "Bodybuilders are all full of themselves"**

**This one does have a bit of truth to it. Some bodybuilders can be full of themselves and can be the most narcissistic people you will ever meet. Some however can be very down to earth and humble people. Some cockiness and narcissism is sometimes par and parcel with the course of bodybuilding.**

### **Bogus Myth #6. "Bodybuilders are all gay"**

**This one is another stupid myth and is often started by those people who are envious of the bodybuilders physique and the attention they get from the ladies. It is my experience that bodybuilders are as often gay as the general public is, I know more gay people who aren't bodybuilders than I know gay bodybuilders. This is a really stupid myth and it should be put to rest right here right now.**

These are just some of the really crazy myths going round now that put people off trying to gain muscle, there are many more that are circulating around the general public and they will be covered by me in the future I'm sure.

See you down the gym then!

Wesley McDermott is a bodybuilding and fitness expert and has over 5 years experience in the industry. If you would like to know anything on bodybuilding or you would like to know [how to gain weight and build muscle](http://www.weightgain4you.com) more effectively visit his site here <http://www.weightgain4you.com>

### **10 Reasons to Quit Smoking Today**

We all know that thousands of people die each year from diseases brought about by smoking and we are all aware that smoking is the culprit in the cause of many cancers. We've all been warned about the dangers and we are aware of the thousands of dangerous chemicals in cigarettes, but yet many people continue to smoke. Why do many people still do it? Why can't they just stop smoking and not continue to put their health and lives at risk?

It's very easy for non-smokers to judge, ridicule and point the finger. They have no idea how difficult it is for most people to quit smoking. They don't realise how powerfully addictive the nicotine in cigarettes is. They simply don't understand. Yes it's hard to quit, but you can quit smoking. Many people have quit successfully and never smoke again. Sometimes it's just a matter of getting past the first few days and then getting past the first few weeks – then it becomes much easier to stay away from them. Sometimes it's just a matter of finding the right quit smoking technique that works for you.

Here's 10 Reasons to Quit Smoking

1. Your chance of developing many cancers will be drastically reduced.
2. Your family and friends will be able to breath fresh air for a change.
3. You'll have more money in your pocket for much nicer things.
4. Your lungs and heart will finally be able to recover from all the abuse.
5. All those dangerous chemicals will eventually be flushed from your blood stream.
6. You won't smell of stale cigarette smoke anymore.
7. Non-smokers will no longer see you as a weak addictive person.
8. You'll feel much healthier and stronger every day without cigarettes
9. You'll feel a great sense of accomplishment soon after quitting and confidence will be high.
10. People who understand how difficult it really is will respect you and know that it is a great obstacle to finally defeat.

So there's another 10 reasons to quit, and I'm sure you can think of many more reasons why you should quit this incredibly destructive habit. If you need another 30 reasons to quit then go here <http://www.quit-smoking-2day.com> Giving up smoking takes discipline commitment and time. At least we know that this habit can be overcome and eventually realise that we didn't need them at all.

If you really want to quit smoking then take a look here <http://www.quit-smoking-2day.com> and <http://www.quitfast.quit-smoking-2day.com>

### **Muscle Mass and Gaining Weight**

What I love best about workouts for muscle mass and gaining weight is that no matter what great salesman comes up with a new and improved workout gym, exercise, or supplement, there is nothing better to build a mass of muscle than the same basic exercises men did way back in the 50s. This routine will last 90 days, and a follow up routine utilizing the same principle of total body workout, section by section with more difficult exercises can be used. You should be in your workout clothes when doing these breast enhancement exercises.

You eavesdrop on their trainers giving instructions and then you secretly work out according to what you have overheard not realizing that each and everyone is different and workout plans are to be tailored to each individual condition factoring in other issues like lifestyle, dietary habits and even the choice of exercises. Change exercises or invite friends to join you to make your workout more enjoyable. Fe ), exercise type (multi-joint or single joint, free-weight or machine based), the number of exercises per workout, the amount of resistance, the time under tension, the base of stability (standing, seated, on stability ball, one-legged, etc.

This simple workout plan will utilize classic exercises such as the bench press, bicep curls and squats. Heck, I bet you use many of the exercises in your boot camps and you know how little equipment is needed for a hard workout. No one said you can't change elements of your workout based on how you feel on that day, but having a plan allows you to get down to business fast and prevent wasted time deciding which exercises you'll do.

E6 If you are looking for a basic home gym and equipment to primarily tone muscles and provide a nice, steady workout for a wide range of muscle groups, it is best to focus more on details like the variety of exercises. Here is a sample workout that will leave you huffing and puffing: WARM-UP bike, treadmill, elliptical, rower 5-10 min CIRCUIT (45 seconds for each exercise, with 15 seconds rest between exercises) 5-7 min Lunge walks with lateral raises Plank (on stability ball) Squats with medicine ball shoulder press Push-ups Side Bridges Reverse Pull-ups Burpies INTERVAL TRAINING (cardio equipment) 20 sec @ 100% : 40 sec @ 70% x 5 5-min Repeat Circuit and Interval 3 times Total Workout Time: 45 - 60 min. If you would like to experience what an

intense workout feels like then be sure to inquire about the revolutionary Fitter U MP3 personal training program.

Soli Katir <http://www.solikatir.com/Workout-Pass.html> Get your Workout Pass now! These websites will show you how to get access to 40+ workout websites.

### **Bringing Out The Abdominal Muscles**

When it comes to exercises for the abdominal muscles you're spoilt for choice, there are so many to choose from. That's great but which ones are the most effective is the question and in what order.

There are many ineffective abs exercises out there, so it is important to spend time and energy only on the ones that will actually work.

Try these effective exercises for RIPPED abs:

**Crunches –**

Lie on an adjustable abs bench with roller pads. Set it to 30°

Wrap your legs around the roller pads so that your legs are locked into place.

Your head should be lower than you legs.

Keep hands crossed at chest.

Raise your head and shoulders off the bench.

Contract your abs for a count of two at the top position.

Reps – 15 12 10 8 8

**Hanging Leg Raises –**

Hang from a chin bar with toes pointing straight ahead.

Raise legs up to just above 90°

Hold for a count of 2.

Return to start position.

Don't use momentum to swing your legs up.

Reps – 15 12 10 8 8

**Lying Leg Raises -**

Lie on a 40° angle bench and grab the bench behind your head with both hands.

Raises legs quickly to 90°

Hold the position for a count of 2 while contracting the abs.

Reps – 15 12 10 8 8

**Note: You should always check with your GP or Health Practitioner before starting or changing any exercise program.**

**Here's how it's done:**

The above three exercises are done as one giant set with no rest in between exercises. The only rest you have is how long it takes you to walk from one exercise to the next.

**Do 1 set of Crunches for 15 reps followed immediately by 1 set of Hanging Leg Raises, then onto the Lying Leg Raises.**

**Rest for 1 minute and repeat the giant set above for 12 reps. Rest again for 1 minute and repeat for 10 reps. Then 8 reps and then another 8 reps. The reps should be performed slowly and with full concentration on bringing out the abs.**

**That's it. Do this twice a week and you should notice a big difference in a few short weeks. If you're looking for more detail on how to Firm and Flatten your Abs then visit <http://www.abs.explosivemusclegrowth.com>**

### **How To Properly Build Muscle and Put On Size In The Gym**

**First of all, it is important to have a goal - weight training is good for increasing strength, adding more bulk to your frame, or toning existing muscle. This article will focus on the techniques needed to build MASS. In order to build mass, it is essential to damage existing muscle in order for it to be repaired. Given the right stimulus, the body is incredibly efficient at repairing itself, new tissue is often stronger and healthier. Here are some essential tips for piling on the muscle:**

**1) Feed your muscles Muscle needs protein order to grow; a high protein diet will ensure that you get maximum growth from your muscles. Lean red meats are a good source of protein and also contain other nutrients essential for muscle growth. It is better to eat little and often as opposed to larger meals less frequently, it is also a good idea to have meals prepared prior to your workout, or to have a protein shake handy - this will prevent snacking. Your diet should also include quality calories, vitamins, good fats, minerals and lots of water.**

**2) Stick to a plan Firstly, identify your goal - getting "bigger" is simply not specific enough, how big do you want to be? Why not identify a target weight, or chest measurement? Making your goal specific will ensure that you have something to aim for, something against which you can measure your performance. Once you have decided on a goal, you need to then formulate a plan which will enable you to achieve it. Most gyms will be able to help you with a routine which will help you achieve your goals, but unless you can afford a personal trainer, it is up to you to follow it. It is easy to deviate from your plans, doing so can lead to setbacks and also cause you to lose motivation altogether. Firstly, you will need to give your plan time to work; you will not see results overnight, building muscle takes time. Some muscle building magazines will tell you the latest "killer abs" exercises, or "how to build massive biceps" but hopping from system to system will not get you anywhere. This is why it is important to stick to your plan.**

**3) Core muscle building exercises** It makes sense to target the stronger, larger muscles when aiming to increase your muscle mass. It is possible to build a lot of muscle using only the following exercises: Squat, bench press and wide grip pull up. Using these methods will help you build strength and muscle mass in primary and secondary muscle groups. Squats target quadriceps, hamstrings and glutes, the bench press will target your entire chest (pectorals,) triceps and front shoulders (deltoids.) The wide chin grip pull up focuses on lats, but also targets the entire upper back, biceps and forearms. These exercises should be the foundation of your weight training routine, they target a wide range of muscle groups and you will see results much faster.

**4) Master the techniques** Before you add an extra 20kg to the bar, are you at risk of injuring yourself? To get the most out of your session you must ensure you are lifting correctly. Your muscles learn correct movement through repetition; this is why it is advisable for new gym members' not to begin with heavy weights. Bad habits lead to bad technique which can lead to injury. If you are not sure whether you are lifting a weight correctly or it does not feel right, you should seek advice from someone more experienced. For example, you often see people arching their back struggling to bench a massive weight - this is a bad technique that must be unlearned in order to progress. If you perform your lifts correctly, your muscles will learn the correct techniques and you will benefit more from your training.

**5) Train hard** Building muscle is not a walk in the park; it is going to be hard work. You must train with intensity in order to gain the maximum benefit from your training.

**6) Use free weights** Most gyms have a combination of free weights and resistance machines, it is essential to use free weights wherever possible. Free weights require a greater range of motion than most resistance machines; therefore, using them makes better use of primary and secondary muscle groups. This, in turn, will build compound mass because it increases the number of muscles used in training.

**7) Identify your weaknesses** Under developed muscle groups often show growth quicker than those which are more developed. With experience, you will be able to identify your weaker areas and target them with specific exercises.

Tim is the owner of the online supplement store, [Scottsdale Nutrition Supply](#), he enjoys writing articles that are informative to everybody that maybe looking for nutritional and supplement information that can help anybody in their everyday lives.

## **Building Muscle: How is it really done?**

Most people believe that in order to build noticeable muscle size, they have to devote many hours in the gym, 5 or 6 days a week for many years. This is untrue, yes, hard work is required, but to devote that much time is unnecessary.

Substantial muscle growth can be achieved with 40-minute sessions 3 days a week, sometimes much less if done correctly. Muscles will only grow in size when they have fully recovered from the gym workout, then, and only then will muscle growth happen. If your goal is to achieve maximum muscle growth in the shortest possible time then there needs to be more rest days than actual workout days.

It's difficult for some people to believe that substantial muscle growth can be induced with only 2 or 3 days a week at 40 minutes a session, or less. It can be done and it is being done by many, however, there is a catch:

These "few and far between" gym sessions will have to be short and extremely intensive. More intense than ever, you have to justify your days off. You have to give your body a very good reason to grow bigger muscles. The sessions will be about what you thought you could not do, but somehow managed to do.

Eg: if you're lifting a certain weight and you know you can only get 8 reps, you will push yourself further than ever before and squeeze out another 2 reps of that weight, with the help of your training partner or someone else of course. You will need help with the last 2 reps but the idea is to execute a greater effort than you are used to doing, this creates the environment for greater muscle growth (all other things being equal).

Below is an example of an 8 Week "every other day" muscle building routine. It's an example of how short the training sessions should be. It can also be done taking 2 days rest in between training sessions. I am assuming that you have weight training experience behind you, and also that you are familiar with the jargon. If not, then I would not recommend that you push yourself too far until you have built up your strength and fitness level. You should always get the go-ahead from your GP or health professional before starting or changing any physical exercise program.

Warm ups are not included in the below.

**Day 1:**

Chest - 2 sets 10 reps      1 exercise. Use the same weight for your 2nd set.  
Biceps - 2 sets 8 reps      1 exercise. Use the same weight for your 2nd set.

**Day 2: REST.**

**Day 3:**

**Thighs** - 2 sets 10 reps 1 exercise. Use the same weight for your 2nd set.  
**Hamstrings** - 2 sets 8 reps 1 exercise. Use the same weight for your 2nd set.  
**Calves** - 2 sets 12 reps 1 exercise. Use the same weight for your 2nd set.

**Day 4: REST.**

**Day 5:**

**Shoulders** - 2 sets 10 reps 1 exercise. Use the same weight for your 2nd set.  
**Triceps** - 2 sets 8 reps 1 exercise. Use the same weight for your 2nd set.

**Day 6: REST.**

**Day 7:**

**Back** - 2 sets 10 reps 1 exercise. Use the same weight for your 2nd set.  
**Abdominals** - 2 sets 10 reps 1 exercise. Use the same weight for your 2nd set.

**Day 8: REST.**

**Day 9: Start again.**

**Notes:**

You will need someone to help you for the last 2 or 3 reps of every set.

So if you're doing a set of 10 reps, the weight should be heavy enough to allow only 8 reps

on your own, and you will need help to get the other 2 reps to make it 10.

If you're doing a set of 8 reps, it's really only 5 or 6 reps that you can get on your own; help will be needed to complete the 8 reps.

Increase the weight every week, even if it's only 5lbs in total. Safety takes priority over ego.

On the 4th week reduce the rep range by 2 for all sets and continue.

The idea is to put forth a much greater intensive effort than you imagine you can. The reward for these infrequent efforts is, shorter training sessions and more rest days away from it and of course much Greater Muscle Growth. Many people are now achieving greater results through smarter training methods, spending less time in the gym with more free time to enjoy other activities. Excessive hours and days in the gym is, at last! No longer the way to go.

For more information on how to achieve the greatest Muscle Growth in the shortest possible time visit <http://www.explosivemusclegrowth.com/explosive-muscle.html>

Steppin' up to mega Muscle and Power <http://www.megamuscle.explosive-muscle.com>

## **Build Muscles And Smash Plateau**

Five times a week, two hours each visit. You've been more faithful to your gym schedule than you've ever been to any girlfriend you've had. And for a while it paid off: those muscles started rippling and the girls started paying attention.

But then, like a bad dream you wake up from, your muscles suddenly wasn't growing like what it used to do. Your muscles stop responding to your heavy workout no matter how intensely you've been training. So you said to yourself, now I will train harder. So now you put in three hours a session and but even as you upped your gym dosage, horrors of horrors, your muscles are actually shrinking.

Ahhhhh, the Gym Plateau. It afflicts all of us and few of us ever gotten out of it. In fact, most people don't even know that they have hit the dreaded plateau and thought that their muscles can only grow so much due to inherent genetic factors. Not to worry though, if you read the following fitness tips, and follow these tips to the latter, I can assure you that your muscles will start growing again and grow bigger they will.

Here are your free fitness tips.

### **Fitness Tip #1 Take A Break**

This tip is easy to comply for most of us but very difficult for some gym rats. Simply take a break from your workout. Do not step into the gym or do any workout for 2 weeks. Its time to let your body recover from the punishments you are dishing out to your muscles. Some bodybuilders may find this difficult to do because working out is addictive. You produce endorphin when you workout and endorphin is also known as happy hormone. The same hormone you produce when having sex.

Professional bodybuilders take a break after every 4-5 months of hard training and when they are back in the gym, they shock their well rested but complacent muscles back into massive muscle gain.

### **Fitness Tip #2 Are you training too often?**

If your exercises are intense enough, you need only to train each muscle group once or twice a week. Your training schedule shouldn't repeat muscle groups in the same week. Every time you train, you do your muscles damage. Muscles need time to repair and it does so in the after your training when you are resting. This means that if you lift weights on consecutive days, there isn't sufficient time for the body to recover. Try to have one day rest between each weight lifting day.

If your routine requires intensive weight training, remember not to prolong your gym time longer than an hour. This is because your cortisol, a muscle eating hormone level will be elevated and thus will be counter productive to your efforts. It eats your muscles.

Most of all, you must sleep! Eight hours or even better, go for ten hours. Muscles do not grow in the gym; they grow when you sleep. When you sleep, you are

secreting growth hormones for many bodily functions and one of those functions is to build muscles. That is why they called it beauty sleep!

**Fitness Tip #3 Are you using the correct weight lifting techniques?**

If your technique or form is incorrect, not only is your training retarded, you are also inviting injury. Don't laugh. But when you exercise you must think and focus, instead of mindlessly repeating the motions, do take note of how you perform each exercise and rep. Do so with deliberation and at the beginning and end of every lift, pause and squeeze the muscles you are exercising. Mind and muscle must connect! Never use momentum of the swing to lift the weights and let gravity pull the weight down. That is why you must lift slowly and lower slowly feeling the tension in your muscles and resisting the load all the time.

In order for muscles to want to grow, you have to stress them to the maximum, and then further. Do enough repetitions until you feel you cannot go any further using good form. You must then either increase the weight or the number of repetitions at the next session. This is called progressive overload, and progressive overload is what forces your muscles to grow. As a general guide, if you can lift more than 12 reps the weight is probably too light and it is too heavy if your muscles fail you in less than 5 reps. You may wish to consult your physical fitness trainer on the correct form and technique for each exercise.

**Fitness Tip #4 Are you using free weights?**

Most machines do not involve as much of the synergistic muscles (supporting muscles) as free weights do. And, therefore, do not build as much muscle mass. Synergistic muscles are the smaller muscles that aid the main muscles in balance and strength in each lift. Machines has its uses, but for beginners and for smashing plateaus, use free weights.

**Fitness Tip#5 Workout with compound exercises**

Compound exercises are exercises that involve 2 or more joint movements and thereby employing bigger muscles and more synergistic muscles . Bench presses, dead lifts, squats, and barbell curls amongst others are fantastic compound exercises . For example, when you squat , all the muscles in your lower body get a workout and that alone is about 60 percent of your overall musculature . Squat also works your back and abs too. Using more muscles at one go means that you get a better overall workout. To add icing to the cake, because of the massive utilization of your muscles , you will pant, huff and sweat more. That means your routine also has a cardio effect and you will burn calories even hours after you stepped out of the gym .

**Fitness Tip#6 Are you working out your legs?**

Your body is programmed to grow proportionately with only slight variations. If you do not train your legs, your upper body mass will stop growing before it becomes large. Surely, you've heard of chicken legs! Just because leg training can be brutal, it doesn't give you reason to hide your legs in your pants. To get that super hero X-frame, pepper your routine with squats . A word of caution though: compound exercises such as dead lifts, squats, and bench presses must be done in excellent form and a spotter is highly recommended. This is where

**your physical fitness trainer will come in handy as your spotter. If not, injuries are bound to happen and that may put you permanently out of the gym.**

#### **Fitness Tip#7 What are you eating?**

**Muscle building requires protein - the more, the better. Meat, especially red meats and fish, are the best source. It is in your food that your body will draw nutrients from, for strength and necessary fats for joint and organ protection.**

**To have massive muscle gain and help in muscle preservation , you need about 2-3 grams of good protein per kilogram of your body weight . If you want to get serious about muscles , you may need to supplement them with protein shakes . Eating a meal and having a protein shake immediately after your workout also maximizes the window for rapid absorption of nutrients. This is important as you need to feed the muscles now that you have damaged them. You should also 6 small meals a day so your muscles are constantly fed throughout the day. This will help rev up your metabolism to burn fat too. This will tremendously help you in your build muscle lose weight program. Remember to take your protein shake half an hour before you workout too.**

#### **Fitness Tip#8 How about Carbs?**

**Glycogen is the main energy source for any muscle-building exercise. The body stores whatever carbohydrates you eat as glycogen and muscles use it to give you energy during your workout. After an intense workout, do consume carbohydrates immediately to replace the used glycogen. You can even indulge in high glycemic carbs such as ice creams and white bread as these will turn into insulin and shuttles nutrients such as protein to your muscle cells quickly.**

#### **Fitness Tip #9 And Fats?**

**Yes, your body do need do need fats . But try to avoid saturated fats such as animal fats or worse, trans fats which are artificial fats found in pastries, confectionaries and preserved food. Consume healthy unsaturated fats such as olive oil, canola oil, fish oils, flax seed oil.**

#### **Fitness Tip#10 Water Water is essential.**

**Water is essential. It is the most underrated macronutrient. You need at least eight glasses of water every day but when you exercise , you lose even more water because of the sweating. So drink before, during and after your workout. Weigh yourself before and after the workout, and compensate for the loss by drinking at least 16 ounces of fluid for every pound or half a kg lost.**

#### **Fitness Tip#11 Creatine**

**While meats are the best source for creatine, which is a nutrient that helps speed up muscle gain and power you up during workouts, those who do not get enough from their regular diet must be supplemented. Creatine puts volume into your muscle cells and gives you that muscle pump thus your muscles feels tighter, look bigger and overall illusion of superb muscularity . It also helps to prevent muscle breakdown.**

### **Fitness Tip#12 Glutamine**

**When supplemented, it may help bodybuilders reduce the amount of muscle wasting away or used up as energy. It also helps in muscle recovery.**

### **Fitness Tip #13 Do you change your routine? bodybuilders may find this**

**The human body is fantastic at adaptation. So whatever routine you are on, your body will get used to it. So do change your routine every 6-8 weeks. For example, instead of working out your chest muscles at the start of your workout, work your back muscles instead. You can reverse your whole routine or change the variations of your exercises or add new ones and take away some old ones. By changing your routines, you not only shock your muscles to new growth, it will also prevent boredom by doing the same thing all the time.**

**Chris Chew is a fitness personal trainer and author of "Burn Fat Build Muscles Fast". More free articles at his site and blog [Lose weight get toned muscles fast](#) and [Be a certified personal trainer](#)**

### ***Do You Need a Fitness Trainer?***

**The same thing happens every new year, it's time to make another effort at kicking bad habits and taking on good habits such as: joining a Gym to get fit and lose a few pounds. When most people join a gym, motivation runs high for the first couple of months and it's great, but then they start to lose interest, this usually happens around March or April, some times sooner. People get tired of doing the same old routine with little or no results. Boredom overtakes and they quit. There are a few secrets to maintaining a successful training program:**

- 1. There must be a plan of action based on the person's goals**
- 2. Progress must be tracked and logged.**
- 3. The program must be interesting and appealing**
- 4. It must be changed every 4 to 6 weeks for greater results and the keep its appeal.**

**Many people who are new to the fitness scene follow the same training routine day in day out for a couple of months and then give up in despair.**

**So what is the solution?**

**Those people could employ the services of a Fitness Trainer to keep them motivated and provide them with sound exercise routines that are interesting and will actually work.**

**Fitness trainers are qualified experts in analysing and creating a fitness program that is right for you and your goals. They will provide you with a certain program depending on your “fitness level,” and create it according to your needs, and keep you stimulated and inspired by giving you the correct exercises that will not bore you and you will not wish you were somewhere else.**

**If you are considering a Fitness Trainer, keep in mind that they will vary in fitness education and skill.**

**Here are some factors to consider when hiring a Fitness Trainer:**

**1. Proof of Certification**

**To ensure your success,**

**They must be certified by a highly accredited Fitness Institute. This implies greater knowledge and higher quality.**

**2. Education and Training**

**Choose a Fitness Trainer who has acquired a very high level of education and training in the health and fitness field.**

**They will have the edge over the others regarding your results and value for money.**

**3. Gives the right attention to you.**

**A good fitness trainer will provide his or her client undivided attention at all times during their session. You should not find them looking around the gym or chatting to others, the trainer should be able to stay focused on the task ensuring that you are performing the exercise safely and correctly.**

**4. Knows how to track progress**

**Choose a fitness trainer that knows how to track progress and implement the required changes.**

**This way, the trainer will be able to provide new activities that will match your new fitness level.**

**5. Good Personality**

**They must have a good likable personality. You will be spending some time with this trainer so it makes sense that you choose one that you are sure you will like and will be comfortable with. Be sure that you will get along with them.**

**The services of a Fitness Trainer and the results you can achieve with them are much greater than going it alone, and will keep you on track and motivated, which will definitely ensure that you make it past March in the gym.**

**For more information on Fitness Trainers or if you would like to get certified and become a Fitness Trainer visit**

**<http://www.explosivemusclegrowth.com/online-courses.html>**

**Gain 26lbs of rock hard muscle in 12 weeks**

**<http://www.muscleainingsecrets.explosive-muscle.com>**

## **How To Gain Weight And Bulk Up Muscle Mass**

**If you want to gain weight and bulk up your muscle mass, there are specific aspects of your diet that you must attend to, although the main key is to understand the energy equation.**

**If you take in less energy than you use in exercise, then you will lose weight. Too many people start a diet and exercise regime more suited to weight loss than weight gain, and wonder why their muscles are not getting bigger. What will happen in such a situation is that the body will first make up the energy deficit from your body fat, and when that has been depleted it will use your muscle mass.**

**Yes, that's right. If you do not take in more calories than you use, then the more exercise you carry out the SMALLER your muscles will get, not the larger. I know that you likely think that your muscles should develop in line with the amount of exercise you do, but this is a misconception. The energy you expend, not only in exercise but also in your normal metabolism (the life processes such as breathing, digestion and blood circulation) must come from somewhere.**

**If not from the food you eat, then it must come from your body store. The first to go is the liver's store of glycogen - the body's emergency energy store. Then the fat stored under the skin. The muscles start to go along with the hard fat deposits around the abdomen and major organs that cause so many health problems. Ultimately, your muscles lose so much density that you get too weak to exercise. That is the bad and ineffective way to try to bulk up your muscle mass.**

**The correct way is to take in more energy than you use. Let's refer to energy as calories, since basically that is what the calorie is - a measure of heat content or heat energy, but in dietary terms a measure of the energy potential of food. Not exactly, but near enough for most people to be able to equate calories with diets and weight.**

**If you eat more calories than you use, then you will put weight on. If you don't exercise much, then that weight will be as fat. If you do exercise, what happens is that more blood flows to the muscles being exercised and certain biochemical reactions work to build up the muscles. It's a complex process, but the end result is that if you use up most of the calories you eat in exercising your biceps, then your biceps will grow in preference to any other muscle in your body.**

**However, if you use up more calories in doing that than you eat, then eventually your biceps will waste away along with the rest of your body tissue. The answer to bulking up your muscles is to eat a carefully controlled diet offering a balance of short and longer term calorie release, together with a controlled exercise program aimed at developing specific muscle groups. Golfers can do this by swinging a club with added weight, and all the muscles used in their golf swing are made stronger and larger thus allowing them to impart more speed and energy to the club face as it drives through the ball.**

**Weightlifters do it by working the muscles used in their lifts, so that those most needed in doing what they do are used during the exercise program. Swimmers do so by exercising their shoulder and leg muscles: you don't see swimmers with massive biceps or a fantastic grip, but their shoulders are well developed. The secret is to eat more calories than you need, and then use the excess by working the muscles you want to build up.**

**Check up your muscle girth and also your total weight. If you need more calories, then eat them, and if you're putting on too much weight then either eat less or exercise more. It is a simple equation and it cannot be altered. It is a law of biochemistry, and just as Scotty claims that 'You canna change the laws o' physics', you also canna change the laws o' biochemistry. Nobody can.**

**So, to recap: if calories in < calories used, you lose fat first then muscle mass. If calories in > calories used, you add weight. If you don't exercise, that weight is fat. If you do, that weight is added to the muscles you exercise.**

**If you know the best foods to eat for a balanced calorie diet, and what exercise to take to bulk up the muscles you want to strengthen or make bigger, then you can control your diet/exercise/muscle bulk. It is not just any calories that you should take in. For example, a diet of sugary sweets or chocolate cake generates rapid energy that has to be used up faster than you are probably able to, and hence will result in fat no matter what exercise you take.**

**Your calories should be released at a rate equivalent to the rate at which they are used up for best effect in allowing you to gain weight in the way that you want to. Most people who are trying to achieve this are advised to take supplements containing who knows what! However, there is a way to pack on muscle where you want it, and to bulk up either for a better shaped body to wow the girls, or even from competition.**

**There is also a way for the girls to do the same, again without the use of dubious supplements. Most websites on the internet offering advice on muscle bulk and gaining weight are very incomplete in that they go no further than recommending expensive supplements. However, there are a few that demonstrate how to achieve what you are looking for in a safe and inexpensive fashion.**

**If you want to know how to gain weight and bulk up muscle mass safely in without the cost of expensive supplements, there are sites online that can provide you with that information, and also the exercises needed for you to bulk up your major muscle groups and gain weight in muscle not in fat.**

**For further information and to learn how to bulk up and gain weight safely, check out Pete's web page [Gain Weight](#) where you will find out how to gain weight without the use of expensive supplements.**

## *Exercise Equipment for a Home Gym*

Attending a Gym or Health Club can be a very rewarding pastime. Those that go to the gym love to exercise and stay fit, they love that feeling of being fit and healthy, however most people just can't seem to find the time or the motivation these days, with work demands or the thought of having to get off that comfortable couch and face that long drive to the gym, it's getting more and more difficult to consistently get there.

One of the ways around those obstacles would be to invest in a Home Gym. It doesn't have to be fancy or very expensive, just a basic Home Gym will suffice. Here are some advantages of have a home gym:

- ❖ No more travelling to and from the gym.
- ❖ No waiting around for someone to finish their set.
- ❖ More time available at home.
- ❖ No more silly music – you can choose your own.
- ❖ Better concentration, no distractions.
- ❖ No Gym fees.
- ❖ You can exercise anytime day or night 7 days a week.
- ❖ You only need a medium sized floor space.
- ❖ Greater control of hygiene at home.

So what [Exercise Equipment](#) do I need for a Home Gym?

That depends on your goals, your budget, and your floor space. Assuming that your budget is fair (a home gym is really not that expensive) and your floor space is a decent size, you need to consider your exercise goals. What do you want to accomplish? Do you want to:

- ❖ Lose weight and get Fit?
- ❖ Build Muscle Size?
- ❖ Build Strength?

### To Lose Weight and get Fit

You'll need a Treadmill, an Exercise Bike and a Rowing Machine. 20 minutes on each as a circuit. Increasing the resistance at every session or as you see "fit". The increase in resistance is important to induce an anaerobic effect, this is a great way to lose weight and build fitness.

### To Build Muscle Size

You'll need an Exercise Bike for a warm up and cool down. A Squat Rack, a Bench, Barbells, Dumbbells and weights. This is sufficient to build muscle size, however, you will need to lift heavy weights to induce muscle growth. If you're lifting heavy weights you will need someone there to help for those heavy sets.

### To Build Strength

You'll need the same as above for muscle size, but you could also use a Power Rack with safety pins. To build strength you'll need to lift very heavy weights for low repetitions so safety is of great importance and you will need someone there to help when going very heavy.

**You can always search the web for a more detailed exercise routine that will suit your goals. You should also, before starting any exercise program, get the go ahead from your GP or health professional.**

**So all you'll really need to set up a home gym is about 3 to 4 pieces of exercise equipment with weights. You don't need to spend thousands on a home gym when the basics will be enough for you to complete your goal.**

### **Should I get New or Used?**

**It's not that important whether the equipment is new or used or refurbished, just make sure it is of high quality and you can depend on it. Some people prefer new some used, some people prefer refurbished because it looks new and has a high quality but isn't as expensive as brand new. It all depends on your personal preferences.**

**The important thing is that anyone can set up a basic Home Gym to suit your needs, it really is not that difficult or expensive. If you would like more information on Home Gyms new or refurbished, visit <http://www.explosivemusclegrowth.com/exercise-equipment.html>**

**Build Massive Muscle with only 3 hours a week  
<http://www.musclehead.explosive-muscle.com>**

### **All About Leg Exercises**

**What kind of leg exercises you do will, of course, depend on your goal. Are you trying to build massive thighs or heart-shaped calves? Do you want to build strength, increase running endurance or improve balance and flexibility? Are you a weight-lifter, a jogger or a ballerina?**

**Naturally, not all goals are mutually exclusive. Building strength can combine well with improving balance, for example. Having toned, strong leg muscles helps keep joints stable and improves appearance.**

**Remember that any strenuous exercise should be done only after a warm-up period that includes stretching.**

#### **Spinning**

**One of the best exercises for toning and strengthening leg muscles is 'spinning', using a stationary bike. Using an ordinary bicycle is good too, but the exercise is less controllable and involves a lot of other muscle groups.**

**A 15-minute spin will help tone the calves, hamstrings and quads, improve joint flexibility and (sometimes) reduce cellulite and fat. It's also a great cardiovascular activity so you get two for the price of one when you spin.**

#### **Knee Exercises**

**If you want something a little less vigorous, say you only want to help strengthen the knee, here are a couple of options.**

**This first one is really good for those who suffer from conditions such as chondromalacia patella. That's a roughening of the cartilage underneath the knee cap, sometimes as the result of the bones not sitting properly in the 'V' of the knee joint.**

**Sit in a chair, back straight but not tensed. Your leg should be bent at 90 degrees, the thigh parallel to the ground, the lower leg vertical. Tense the thigh, hold for 5 seconds then release. Switch legs and repeat. Do 10 reps for each leg. Easy, huh!**

**Be sure to breathe normally during the exercise.**

**Another exercise does a little more to build strength in the muscles that control bending at the knee.**

**Sit up straight and breathe normally, then cross your legs at the ankle. Push forward with the rear leg and back with the front leg. (A little tricky at first, but think about it!)**

**Switch legs by reversing the direction of the cross. If the right leg was in front, move it to the rear. Repeat the exercise 10 times for each position.**

### **Calf Burns**

**Now for something a little more strenuous.**

**Depending on your balance and the surface you're standing on, you may need to do this on a mat or carpet, or on a wooden floor. Avoid using a cement or metal floor.**

**Stand up straight, heels together, toes slightly apart. Make sure you are well-balanced.**

**Lift the heels, balancing on the balls of your feet. Imagine a string attached to the center of your head pulling you up. Hold for 5 seconds, then lower slowly. Repeat 10 times. Over time, as you build strength and balance, increase the length of time you're on the balls of the feet.**

**Vary the action by bending slightly at the knee while you still have the heels raised. This will bring the thighs (quadriceps or 'quads' and hamstrings) as well as the buttocks into play. Straighten up, then lower the heels. Repeat 10 times.**

**Among the many health benefits of strong, flexible legs there is one that is especially important for the older crowd. Many falls lead to broken hips, one of the leading causes of severe health problems for the elderly. A long-term practice of keeping the legs in shape will help prevent this later in life.**

**Aditi Miscall is a Independent SUZANNE Sales Consultant and the owner of <http://www.ageless-diva.com> and <http://www.thigh-toning.com>**

## **Building Massive Leg Muscles without the Squat**

The squat is considered the king of all exercises when it comes to building muscle. When done correctly with heavy weights and for the right amount of reps usually 8 to 12, it is the most effective growth producing exercise you can do, along with the dead lift and very heavy presses. If you are on a muscle-building routine that does not involve the squat then you are not really on a muscle-building routine. So is there anything else you can do if you just do not want to squat or you simply don't like the exercise? Can you still build massive legs without the squat? Yes you can but you will still need to work as hard and sometimes even harder if you are not squatting. There is no getting around the hard work for massive legs.

If you want to avoid the squat and still build up those legs, here's what you can do: Start doing giant sets as your leg routine using the leg press. Here's a giant set leg routine:

Leg extensions 1 set 12 reps 1-minute rest. Leg Curl 1 set 12 reps 1-minute rest. Standing Calf raises 1 set 12 reps 1-minute rest. Leg Press 1 set 12 reps 5 minutes rest.

Leg extensions 1 set 10 reps 1-minute rest. Leg Curl 1 set 10 reps 1 minute rest. Standing Calf raises 1 set 10 reps 1-minute rest. Leg Press 1 set 10 reps 5 minutes rest.

Leg extensions 1 set 8 reps 1-minute rest. Leg Curl 1 set 8 reps 1 minute rest. Standing Calf raises 1 set 8 reps 1-minute rest. Leg Press 1 set 8 reps 5 minutes rest.

Things to remember: Warm up sets for the above are not included. On your 12 rep sets you should be able to get 12 without much difficulty. On your 10 rep sets you should just about be able to get 10, maybe 11 if you wanted to. On your 8 rep sets you should only be able to get 8 reps. The Weight should be heavy enough to allow only 8 reps. These are the sets that will induce the most muscle growth if done correctly. You should not be able to get 9 and 10 reps, but on those 8 rep sets you should always be pushing to get as many reps as you can. If you find yourself able to get more than 8 reps then you need to increase the weight for next time and continue to push for more than 8 reps increasing the weight again until you absolutely cannot get more than 8 reps for those muscle building sets. You must keep in mind that it is the 8 rep sets that are the muscle builders and give an all out effort to get those 8 reps and to go beyond 8 to see if the weight is really heavy enough. If you do decide to attempt the above you should get the go ahead from your GP or Health Practitioner before doing so.

There are many reasons why some people avoid doing the squat when it comes to muscle building routines. Some people have lower back trouble, some people believe they are too tall for squats and some just don't want to bother with the squat because it's just too stressing for them. The Squat continues to reign as the king of all exercises for massive muscle building, but at least now you know that there is a way around it, and that is to pre-exhaust the thighs, hamstrings and

calves before the mass building leg press. Just like the giant set routine above. Yes you can build Massive Legs without the Squat.

The Top 2 Muscle Building Programs:

<http://www.xtrememusclegrowth.com>

<http://www.insanemusclegain.explosive-muscle.com>

### **Bodybuilding - Bodybuilding For Hardgainers**

When it comes to bodybuilding for hardgainers, one word comes to mind...soft! That's right soft! Hardgainers may be less fortunate to have a slow developing body, however there is nothing stopping them from putting on a substantial amount of muscle. By the way, I'm classified as being a hardgainer too, but I didn't let that identity stop me from putting on 22 pounds of muscle in just 3 months!

#### **Training**

Pull your head together and start training like a man! You're never going to get huge by training like a girl and lifting petty little weights that were meant for grandma's to lift! When it comes to training for hardgainers, you have to lift heavy weights with low repetition sets. That's the only way you're ever going to shock your body into believing it has to change in order to counter the severe pain it is being put under.

Another thing I notice in a lot of hardgainers is they just don't train their legs enough. I know, I know it's very painful, but guess what? Pain is the name of this game and if you can't hack it then you don't deserve to get massive and look great! Stop complaining about how much it hurts to train your legs and just do them! They have the capacity to release a large percentage of your bodies natural growth hormones, intern allowing your body to grow.

#### **Diet**

When it comes to diet, this is where hardgainers struggle, I know I've been there. Most of us find it incredibly difficult to fit the required amount of food into our bellies throughout the day. For you to get big, you're going to have to get past this hurdle and it will require at least a month's worth of constant nausea.

You wake up, you eat 4 eggs on toast and a large bowl of muesli. Two hours later, have a protein shake and a banana sandwich. For lunch eat half a cup of rice with at least 300g of pure chicken breast. Three hours later, another protein shake after training and maybe some left over lunch if you have any.

For supper, stuff yourself with a huge meal and try to get at least 50g of protein from a steak, chicken or fish. After supper 2 hours later, eat another meal high in protein and low in carbs. This meal will be used supply your muscles with the necessary nutrients it will need when recovering that night as you go to bed.

Guess what? That's not enough food to allow your body to make huge gains, but it will get you started! For a month you'll hate it, but then something happens, you start to get hungry again. This is the time when you add another meal to your daily diet. If you continue this for 3 months, with a hard training regime, you will put on weight, that I'm certain of!

If you want to learn more about [weight gain](#) or anything else about [bodybuilding](#), then MyWeightGainDiary.com is the place to go for free information!

### **My 10 Steps To Massive Muscles**

Building muscle is easy, you just have to know how it's done and apply that knowledge. There are so many things that you can do wrong when trying to build muscle that it is very important that you attempt it with the correct knowledge, otherwise you'll end up wasting your time and energy with little or no results for all your efforts and expense. It's quite easy to get fit, but to pack on pounds of muscle needs the correct knowledge – then it becomes easy.

Here are my 10 steps to Massive Muscles:

**Note:** Always get the go-ahead from your GP or Health Practitioner before starting or changing a training routine and before taking any nutritional supplements.

#### **Step 1**

Throw away your old routine and open your mind to new training ideas and techniques. Take two weeks off to take it easy and relax.

#### **Step 2**

Get yourself a copy of Rob Maraby's Massive Growth System and follow that for 12 weeks. Condense the system down to at least 12 weeks by not taking as many days off from the gym as recommended.

Get it here <http://www.massive.explosivemusclegrowth.com>

#### **Step 3**

**In the Gym:** Slow down with your rep speed taking 2 seconds to raise the weight and 4 seconds to lower it, applying much greater effort and concentration. Aim to make slight improvements every couple of days or so, at least every week.

#### **Step 4**

**Write everything down in a notebook like sets, reps, amount of weight used, your body weight, your goals, meals, supplements, diet.**

#### **Step 5**

##### **Supplements:**

- ❖ **Creatine – almost immediately before and immediately after training**
- ❖ **Whey Protein – 45 minutes before and after training**
- ❖ **Casein – before bed**
- ❖ **Multi Vit/min – 1 a day with a meal**
- ❖ **Vit C – twice a day morning and evening with meals**
- ❖ **Vit E – 1 a day**
- ❖ **EFA's – 1 a day**

#### **Step 6**

##### **Diet**

**Try and Eat 4 times a day, not including protein shakes. Eat plenty of vegetables with Chicken, Beef or Fish. Eat fruit first thing in the morning only.**

#### **Step 7**

**Water – and plenty of it. It's a lot more important than food but food just happens to be more satisfying. Drink at least 2 litres a day, at least. Take a litre to the gym if they don't have a fresh clean supply. Plenty of Water is needed.**

#### **Step 8**

**After 12 weeks of training with the Massive Growth System it's time to change things. First take note of your improvements. It's always a good idea to have the knowledge of more than one muscle-building expert...so...go and get yourself a copy of Jeff Anderson's Optimum Anabolics and follow that for at least 12 weeks or more. Get it here <http://www.optimum.explosivemusclegrowth.com>**

#### **Step 9**

**After 12 weeks or so, take note of your improvements and give yourself a pat on the back for a job well done. Take two weeks off, relax and enjoy.**

#### **Step 10**

**It's time to start all over again – at least now you have a lot more muscle than you started with.**

**You might want to stick with the same two muscle-building systems again if you are pleased with your results... or you can move onto another two muscle building systems. Look here for the greatest muscle-building systems ever <http://www.explosivemusclegrowth.com/explosive-muscle.html>**

**So there you have it – My 10 Steps For Massive Muscles.**

**Once again: It really is always a good idea to get expert help, instead of going around in circles getting nowhere fast.**

**Muscle Growth, Health, Fitness, Fatloss and Nutrition -**

**<http://www.massive.explosivemusclegrowth.com>**

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