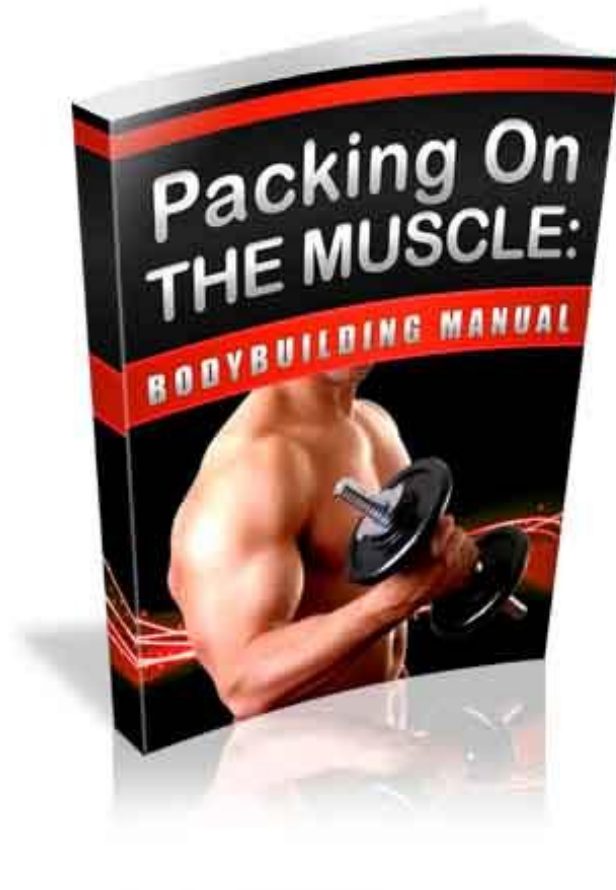


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**Packing On the Muscle:  
Bodybuilder Manual**

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## **Introduction**

Body building is a complex discipline and not a simple lifting of weights as many of us think. Body-building has to be done the right way through feasible workouts that are integrated with expertly crafted body shaping diets. Many people have attempted to get their bodies into shape and have plunged into various training and fitness programs and products without proper guidance. This has often resulted in failure and frustration. In a health conscious society like the one we live in today it is of paramount importance to seek the facts about really effective ways of getting your body and muscles into good shape. In this eBook we share with you vital aspects and concepts of effective body building. This eBook presents various dynamics of body or muscle building. The book touches on muscle building diets, doing the right stunts and focusing on core and relevant muscle groups for certain muscle building objectives. This eBook is a wealth of knowledge for those who want their body building endeavors to be a resounding success.

## **SECTION ONE**

### **Bodybuilding: The Building Mindset**

Healthy living is the buzz phrase in today's lifestyle and one of the key areas many people are focused on is getting into shape with admirable and fit bodies. Many people are searching high and low for information on how to get their bodies into good shape. People are keen to lay their hands on any information perceived to be helpful on the subject of healthy living and body shaping. This has opened the gates to various innovations and inventions around health and fitness workout concepts. The starting point in the efforts to build up your body is to understand that the good looking body is already there, it's just covered under a veneer of fat. Work out programs are designed to help you shape up your body and hence must be tailored to help you wear off the fat and leave your muscles visible right around the key areas of your body. One critical area in the domains of body building is to set on your mind on your goals and make it a point that you are mentally prepared for the task you are about to get into. This is because body building is a discipline which will call for determination, consistency and patience.

The first step in tackling the dynamic of weight loss and body building is to enter into a well laid out and professionally structured program that will enable you to get your body into shape. Getting fit is one of the critically important things if you want to live your life to the fullest. There are many ways of getting fit yet natural weight loss methods have proved to be some of the most effective methods. Being fit generally denotes being in a healthy condition in which one is able to perform ably in physically demanding activities. There are many indicators of the lack of fitness. One common indicator is running out of breathe in carrying simple physical tasks. The other common indicator is the

accumulation of fat and gaining undesirable body weight. These indicators must be taken seriously if the problem of lack of fitness has to be nipped in the bud. Body building calls for an understanding of the fact that the discipline will take some time before some results can be seen. You must then be mentally conditioned for hard work leveraged on the key aspects of determination and patience. Shortcuts such as taking in steroids and other detrimental supplements must be avoided at all costs.

The simple secret to getting fit is consistency. Getting your body involved in regular workouts helps to burn out the calories that amount to the undesirable body weight. Workouts lead to the utilization of these fats and thus lead to a significant reduction of the fat leaving your body trimmed to size, making you appear sexy and healthy. Workouts are not a reserve for the celebrities and models who are keen to maintain lean sexy shapes, they are for everyone especially those who treasure healthy living. Assuming you work out safely there are also no side effects of picking up this healthy habit.

Many people have regarded the objective of staying fit as an objective of models and celebrities who have to carve up good shapes for the cameras or celebrity roles. This is a misconception. Negligence on the aspects of healthy living and physical fitness leads to grave ill health conditions at best and death at worst. Medical researchers have attested to the fact that there is a prevalence of heart related diseases like heart failure, coronary diseases, diabetes and many others which are attributable to unhealthy living. Some of the serious health conditions can be avoided through healthy eating and doing exercise regularly.

Nonetheless there are times when your medical condition is not suitable for health and fitness measures. Medical researchers have shown that when one's

health is already compromised in cases where one is already under some form of illness the immune system is already struggling. Doing workouts in this condition is not recommended as it may lead to the deterioration for your immunity condition. However workouts in normal conditions are some of the best natural weight loss methods and also feasible means of boosting your immunity system. To succeed in your body building endeavor you have to set realistic goals. You then have to break these down to smaller achievable objectives. Failure to do this will result in your body building dream towering upon you like a stumbling block. The result is failure and frustration. Some individuals in keen pursuit of well shaped bodies and well grown muscles have gotten lured into the temptation of using detrimental health supplements in order to quicken the muscle build-up process. Research has proved that there are detrimental so called health supplements in the market which will compromise your health in the long run. It is wise to seek professional counsel in your health and fitness program. You also have to always remember that the best results in growing your muscles come from the natural methods. This ebook presents to you some of the incisive ways of getting your body into good shape.



## **Body Building: The Feasible Training Models**

It is important to start your body building mission on the right footing. This means that you have to know what steps to follow; how to do what and when to do it. The feasible training schedules which will deliver success to you have to well be structured in a manner that can stimulate your body to conform to your work outs. Feasible training concepts acknowledge that one must lose fat prior or concurrently with the body building endeavors. Appropriate workouts have to follow in the custom design of what muscle groups are targeted. This section covers these aspects of feasible training models.

- **Growing muscles the proper and effective way**

Information is galore, especially over the internet and various health forums on how to build muscle. The abundance of information may lead to confusion if you try to make use of everything that you come across. True, the market of health and fitness offers some useful products, but you still need to exercise a level of caution and leverage wide research to make a good choice of the products and program you want to enlist in your fitness regimen. Getting your body into shape and growing muscles may cost you as you may have to purchase some special programs suitable for your condition. It goes without say that it is therefore of significant importance to be able to distinguish between authentic and false claims before your dig holes in your pockets purchasing some useless so called 'health and fitness' program. One of the imperative things to do in laying a foundation for growing muscles in proper and effective ways is to have a well assembled diet with little or no saturated fats. This may sound generic but it is one of the feasible approaches to developing a health body and getting your muscles into shape. Which ever fitness program you settle for the program will have to be complimented by feasible workouts and

exercise. These will keep your muscles busy and will help burn that unwanted fat out and get your muscles in shape. In doing this you must be careful not to overwork your body as this may compromise your health.

## How to Lose Stomach Fat

Accumulating unwanted stomach fat is one common phenomenon for teenagers, youths and adults alike. There have been various ways presented in an effort of fighting stomach fat yet not all these ways are effective. Natural weight loss measures are the best option to put up a good fight against belly fat. Belly fat occurs in the deeper areas of the body which is in contrast to subcutaneous fat (fat that accumulates under the skin). Stomach fat is a serious condition since the fat accumulates around critical organs that are in the abdomen. There is a resonating concern between high body fat and the prevalence of fat related diseases such as heart and coronary diseases among other fat related deteriorations such as diabetes.

One of the feasible natural weight loss ways of fighting stomach fat is eating 5 to 6 times a day. You may think to yourself, "but this can actually lead to a development of a pot belly'. The catch is that when people stick to the traditional three meals-a-day pattern there is a tendency to binge. Having 5 to 6 smaller meals a day works well as a natural weight loss method because when you take light meals in well slotted intervals you will be less tempted to guzzle down disproportionate amounts of food. The 5-6 meals a day approach is a practical way of avoiding overeating and enhances as well as boosts metabolic processes.

The other natural fat or weight loss approach which has been proved to pay off is the intake of the kinds of foods that burn fat. Empirical research has proved that foods that have high levels of protein and low components of carbohydrates, sugar as well as saturated fats are effective in fighting stomach fat. In pursuing a diet of such foods like lean meats, vegetables and wholesome grains one must also avoid the kind of refined foods that have fine

carbohydrates especially those with white sugar. Foods which also contain white flour must be avoided or at least minimized in these natural weight loss methods. Fighting belly fat takes a holistic approach which enlists various methods such as drinking recommended fluids and plenty of water, weight lifting and doing some cardio workouts. The main focus in fighting stomach fat is about burning the calories and doing a lot of exercise in a realistic way that compliments a good diet. Diet and nutrition has to precede the actual body building workouts and training.

- **Building muscles while losing fat**

Objectives of losing fat and building muscles have some tricky and contradictory dynamics. Many people have not been able to accomplish their goals in this challenge of building muscles while at the same time losing unwanted fat. The important point to take note of is that muscles cannot be created from nothing and therefore you need to take in more calories than those that your body uses up. This is the simplest point to take note of because the building of muscles revolves around manipulating the energy reserves in your cells through the calories deposits in your body. A well structured training program can help you balance the dynamics of the calories you take in and those that you burn in the process of building muscles and losing fat.

The dilemma in pursuing fat loss goals simultaneously with muscle building goals is that fat loss is leveraged on taking-in less calories that your body needs so that the deficit can lead to the using up of the already accumulated unwanted fat. On the other side muscle building entails taking in more calories that your body actually needs. Clearly the two are opposites. This is the reason why many fitness programs that integrate the goals of fat loss and muscle building do not cut it. The solution to this dilemma is to have well laid out plans of fat loss first

for instance and then you can focus on muscle building when your first set of goals have been achieved. Losing fat and then building muscles demands that you get into a well structured and well timed training program that will ensure that your first set goals of fitness objectives are accomplished. The first set of objectives must lay a feasible foundation for the accomplishment of the next set of goals. Getting your muscles into good shape and losing that unwanted body fat cannot be accomplished over night. Success will come through a combination of appropriate methods executed in feasible pace and this is where you need to solicit professional guidance on your entire health and fitness program.

In your quest in getting your body into good shape you perhaps have internalized the fact that you have to prioritize weight loss before you attempt packing on the muscle. The smart way of building up your body is to take off the unwanted volumes of fat and get you body into a condition in which body building can be conducted feasibly. Failure to prioritize weight loss and body building methods appropriately will result in dismal failure and you will end up frustrated and devitalized.

One crucial factor in weight loss is that people of more than 40 years of age can not be expected to approach the objective of body building the same way as younger people can in their 20s. The reality here is that at different ages and age ranges bodies have different challenges and needs and one will have to settle for fitness and training methodologies that run in tandem with the custom needs and challenges of the body. This is where many people often get it wrong.

An individual of around 40 years of age will have to deal with the fact that according to their number of years they have accumulated significant

proportions of fat that have to be dealt with decisively before any other body building programs can be initialized. The individual will have to start off with modifying the diet and getting into a kind of diet that will convert his or her body into a fat burning machine. This will entail a consistent thrust of weight loss and fitness exercises and protein rich diets. The exercises have to be conducted on regular and consistent schedule. 40 minutes each day will cut it if the exercise is done the right way and supported on the appropriate diet. The bottom line is setting up feasible and realistic objectives and knowing what comes after what. This will enable you to avoid wasting your time and money and ultimately, failure. In doing further research around other associative means of getting it right be sure to get accurate expert guidance which will not amount to misinformation. This is crucial if you are to get it right from get go.

The health and fitness market is galore with some useful but albeit some misguided information around various subjects and dimensions of health, fitness and body building. There has not been adequate information on the subject of the need for men and women over 40 to do work outs that help shed the unwanted layers of fat in their bodies. Most people have been comfortable with their height/weight ratio and find solace in the assumption that much of their weight is coming from muscle weight when in fact it comes from fat. If you are a man over the age of 49 then you have to face the reality that there is so much fat that has accumulated around your body over the years that the only way to get rid of it is through a well planned routine. It's recommended that you achieve fat loss before thinking about adding muscle. Sarcopenia is known as the gradual loss of muscle density which takes place in the middle age and onwards. This is the reason why over the age of 40 men especially; must regularly be involved in fitness training and workouts to keep in good shape. The training packages of men over the age of 40 will have to ensure that the kind of exercises incorporate workouts which work on the cardiovascular as well

as your musculoskeletal systems daily. Below are a few tips on redressing the damages and ravages of Sarcopenia.

One of the things you got to do to reverse the impact of Sarcopenia is to eat more meals frequently and avoid the traditional routine of eating three meals each day and feeling tired after each one. You can break down your daily eating schedule to around 6 small meals so that you avoid the need to guzzle down volumes of food that will contribute to the accumulation of unwanted fat. The other thing is to get into strength training which will build and tone your muscles. This must be done at least 3-4x a week. All you need to do if you are a man over the age of 40 and you want to shape up your body is to balance your workout activity with a good light food diet. This will ensure that you achieve your set fitness objectives.

## **Top Two Secrets of Effective Body Building**

The two top secrets are the concepts of Progressive Resistance as well as Compound Movements. Progressive Resistance is the strength training method in which the body is treated like the frog in a pot of water. If a frog is placed in pot of water and then the heat is turned on the water will heat up gradually and the frog will not realize that it is being cooked. The concepts of progressive resistance are vital for the working out of your muscles and to properly build strength. This is due to the fact the body adapts to exercise and needs to be constantly worked out in order to continue to grow and to change. A gradual increase of workload will keep the muscles worked out without damaging the ligaments of your tissues.

Compound movements deal with a combination of either two or more muscle groups rolled into one exercise. These function in a way that will activate as many muscles as possible. The thrust of working numerous muscle groups simultaneously makes the body work harder due to the fact that several key groups are working together to take on a heavier load over that which an isolated muscle would handle independently. Good examples of compound movements are the dead lift, bench press, and squats. The dead lift deals with a variety of muscles which include the lower back, upper back, the trapezius, the hamstrings and various other sets of muscles. On the other end the bench press works with the pectorals which are your chest muscles as well as the front deltoids. Progressive Resistance and Compound Movements are the two key thrusts that will catalyze the achievement of your goals and objectives in your quest to get your body in good shape.



### **Three Things You Must Know to Get Abs Fast**

In the modern health conscious society getting good looking abs is a dream worth working towards for most men and women. It is important to get a good package of information before committing your energies, time and financial resources into any fitness and health program. This is even true for abs developing fitness programs. In this section we will share with you some techniques that you can implement to get admirable abs really fast. The development of abs requires a balanced integration of cardiovascular exercises, as well as healthy eating, and abdominal workouts. The secret to abs is not in the ab workouts but in achieving a low body fat to get them visible.

Healthy eating is a must for anyone seeking to trim their body into good shape. The same is true for anyone seeking to get their abs exposed in that admirable awe. When engaged in weight loss body building endeavors it is wise to stay away from refined and highly processed foods. It is good to settle for organic food or wholesome foods which are still in their natural state or close to it. There are no shortcuts on the path of getting anything worthwhile hence you have to understand that getting those abs faster still entails some discipline and consistency on your part.

The other critical dynamic around eating healthily is to get out of the three heavy meals routine and settle for about 5-6 light meals a day. The more the better as you will be activating your metabolism more frequently. This also ensures that you do not get into excessive hunger which may prompt you to crave. The key thing to remember is that these meals are small. Usually 350-550 calories if you are a man and 250-450 if a woman. When you get into the condition of excessive hunger you are then mostly likely to guzzle and this will result in eating way over needed proportions and this has been one of the

major causes of obesity. Eating in-between meals also ensures that your body always has enough energy thus prompting your metabolism to burn out those unwanted calories. The other critical component of developing abs in your health and fitness program is to ensure that your exercises will heavily involve your abdominal muscles. Whilst you are also so keen to ensure that you are getting rid of that fat make sure your workouts and your diet are adding more tissue onto your body. It is also imperative to get your body into cardiovascular conditioning through well designed exercises and other workouts. These methods are key in your dream of getting good abs into shape. Remember you can strengthen your abs through abdominal exercises, but the only way to get them to show is by lowering fat. This means abs are built in the kitchen along with the cardio machine.

## **Straight Facts about Getting Ripped Abs!**

As the modern society is getting more and more health conscious many ideas are floated around due to the spread of information on various health related topics. In the quest for the 'elusive' shape most men are eluded by the real ways of getting well shaped ripped abs. Much information has been peddled around especially over internet but it has not helped in the mayhem in the men's health and fitness circles. Most information circulated is composed of some quick 'health and fitness ' products and programs in which sales personnel misrepresent facts on real fitness issues like on how to get well shaped ripped abs. The avid quest for that elusive shape has made many people vulnerable to scams and this is a cause for concern.

The first thing you have to consider in the process of building up those sexy ripped abs is that the ripped abs are there already on your body but are hidden under the cover of unwanted fat. Needless to say the imperative thing to do before making a ripped abs development program is to get rid of that unwanted fat. It is of paramount importance that you start on the right footing otherwise your energies and money as well as time investments will amount to waste. It does not matter what form of exercise you engage into. Multiple sets of sit ups every day will not help you achieve your goals any faster as long as the unwanted fat has not been done away with. To do away the fat you have to get into a full-package fat loss fitness and training program which will prepare your body for shape up. You need to have a well set diet and any expert trainer will advise you that you a need not focus on the abs region solely but on a comprehensive body building program. Long cardio sessions are one of the known effective methods of weight loss and these have to be incorporated into bodybuilding/strength training program. Consistency and determination will certainly reward you if you do the right things the right way.

## Proven Tips of Getting Ripped Abs

For all men in the body building and muscle industry it is a given that well shaped rock hard ripped abs are the envy of many if not all. Getting abs is not rocket science as some would want you to think. One thing you need to grasp from the onset is that the abs are already there, they are just hidden under that layer fat that you built up over the years. Like always the first thing therefore in your quest to get those abs into good and visible shape is to get rid of the hidden fat. This means that before you look into ways of shaping your abs and getting them all trimmed up you have to get into some form of fat loss. In fat loss the trick is that you have to burn more calories than you actually take in. To do this you need to find out what your basal metabolic rate is. A free calculator can be found by [clicking here](#). After finding out your basal metabolic rate, factor in all the movement you do throughout the day to find out how much calories you burn on a daily basis. To lose fat, you want to subtract 400-600 calories daily either through diet or exercise in order to lose 1-2lbs a week. The deficient will result in your body shedding fat around your body. Fat loss is one of the critical aspects in muscle building; you need to make sure that your workout scheme is well supported by a well planned diet which will enable you to meet your fitness goals and objectives. In this you have make sure that you keep your diets lean and protein rich. Such diets are made of whole foods and low fat dairy products than overreliance on highly processed foods. The important thing to remember is that you cannot spot reduce fat loss. When your body loses fat, it loses it all over the body. The good thing about this is that when you finally are able to see your abs, your overall body appearance will appear more “ripped” as well.

Getting those coveted ripped abs is not impossible nonetheless you cannot expect remarkable results to be delivered on a silver platter. You have to be

consistent with your planned exercises and never sit back and expect results to flock in. Your workouts must be expertly crafted and this means you have to set out to get professional guidance on how to synchronize your feasible work outs supported on a well designed diet. In pursuing your dream to get those ripped abs make sure you set realistic goals and objectives. If you set unrealistic goals you will be essentially piling obstacles on your way and this will work against you. Break down your big goals into smaller objectives and focus on those milestones and you will ultimately get to your mark.

## Simple Abs Building Steps for Women

As a woman you may have a naturally well built body but of course you want to complete the perfect image of your gorgeous and sexy lean body by trimming your tummy into good shape. For a long time now the shaping of the abs has been the preserve of men. The trimming abs is imperative for anyone either male or female who would want to bring out that majestic shape out of their bodies. What can be said from the onset is that getting that coveted rock hard six pack is not something that calls for measures out of this world. In this section we share with you a set of five points that you should seriously consider in your bid to get your abs out of those layers of fat.

The first thing that you have to do is focus on doing Cardio exercises consistently. This will ensure that the unwanted and annoying layer of fat will gradually melt away. Consistent cardio exercises keep the heart pumping at a faster rate which in turn boosts your metabolism. There are various forms of cardio exercises. The common movements in the set include jogging, tread milling, and cycling. The second method is weight lifting. For you to accomplish your goals of getting rid of the unwanted fat and trimming those abs into visible shape you have to consider the merits of weight lifting. Weight lifting will ensure that your body gets into active anabolism which catalyses the burring out of the unwanted fat. Needless to say the third point is healthy eating. This is very crucial if you want to achieve your weight loss and abs shaping endeavors. You need to ensure that you get your carbohydrates from veggies and fruits and avoid meals laced with refined and heavily processed foods.

The other point is on taking a lot of water. Many of us never get to honor our wonderful body systems by supplying them with adequate amounts of water. We always wait to feel thirsty to be reminded that we need to take in some water. Thirst is a sign of dehydration, not a signal of WHEN to drink. The last thing you need to suffer in your body shaping endeavors is the effect of water retention. To avoid this make sure you have up to 1-2 gallons a day. These and other methods will help you bring out those admirable six packs on your tummy.

## **Getting Those Great Abs without Breaking Your Back**

As a man or woman you certainly want to have a stern well shaped and muscular body. Building good abs is most likely one of the things that you want to get right and have as your body gets into that lean and trendy shape. Many people have always known sit-ups as the only set of exercises to build abs. The thing is that sit-ups are effective but if you have back problems or ailments this would mean that sit-ups are out of the question for you. The good news is that sit ups are not the only set of exercises that are effective for ab development. If you are one of the many who want to build their abs without breaking your back then what you need to do is to purchase a stability ball. The building of stability around your core muscles in the right way will help you to work on various muscles groups around your abs. The stability and balance exercise are not difficult at all. All you have to do is to conduct these while lying on a hard surface. Stability ball workouts will require you to hold onto that ball steadily in your hands and this means that some of your other muscle groups associated with your arms and hands are pulled into action. The foregoing results are similar to compound exercises. All the workouts that you do must be such that you are not going to put strain on your back and neck. The idea is to keep the workouts and the exercises as effective as possible without compromising the condition of your back which may be quiet vulnerable. This means that when you consider doing the sit-ups your sit-ups workouts have to be such that you avoid the traditional way that stretches the back to those limits which will harm or aggravate your condition. It is of paramount importance to know how to conduct these workouts in a way that will not harm your back. If you follow the given guidelines meticulously you are sure to get those abs without even feeling like you are doing sit-ups at all.



## Ab Building Diets

There is a popular saying that abs are built in the kitchen, and honestly this could not be closer than the truth. The fastest way to lose the layers of fat in your mid-section is to throw away the pounds of fat located in your kitchen.

There is no "specialized" ab-building diet because the essence of having abs is having a low body fat. That means that if you want your abs to show, then you need to have a diet that prioritizes protein and minimizes carbs and saturated fats. There are many different diet structures around that are ideal for "fat-burning" but to keep things simple, it is recommended on bodybuilding diets to have .75-1g of protein per body weight. This means a 170lbs man should be eating around 170 grams of protein per day. You should always limit your carbs as well, especially to limit health diseases like diabetes. I would recommend never exceeding 1.5-2g of carbs per body weight. Likewise, fat should always be limited to 50g or lower depending on your body weight.

The easiest way to reveal those abs underneath the fat deposits is to clean up your diet. Exercise is important, but diet is key. If you notice your mid-section isn't getting any tighter after weeks of gym work, don't fret. Make sure your diet is in check and check to see if your body fat is decreasing in other areas first. For many people, stomach fat is the last place for body fat to leave, and the first place for it to gain. If you are losing fat around your face, arms, thighs, but not your mid-section, you are making progress. Your body may just lose abdominal fat last, so keep working hard, in no-time those jelly rolls will turn into rock-hard abs of steel.

## **SECTION TWO**

### **Other Feasible Training Models**

- **The best exercise you can do to build muscle**

People get into various fitness and health schedules for different reasons but the bottom line is that everyone who gets into those sorts of programs is geared towards accomplishing their set goals. Having said that; it is vital to state that there are some key techniques of making sure that the program you are involved in really delivers on your goals and objectives. Having set realistic objectives for your muscle building endeavor you have to consider the steps outlined in this article for better and fast results.

In muscle building you have to set realistic and achievable goals and objectives. If you fail to set achievable goals and objectives your entire blueprint will amount into a mountain of huge obstacles and the inevitable result is failure and disappointment. Set milestones and break down your main goals into smaller objectives. Be specific and strategic on what exactly you want to accomplish. On this you have to select the parts of your body you want to focus on first and know what will follow after some deliverables have been fulfilled.

It is imperative for everyone involved in any fitness and body building activity to know that there is a difference between simple and compound exercise. Simple exercises are the kinds of workouts focused on one set of muscles such as the biceps. Compound exercises target multiple muscle sets. These will put into action multiple muscle groups like the chest, triceps and shoulders like during a bench press. The effectiveness of the foregoing lies in that when you pull multiple muscle groups into action your body will be able to sustain more

weight and this engages many muscle groups in your body as the body juggles more weight. Compound muscle exercises have undisputable advantages over isolation muscle exercises. In muscle building you have to choose specific weight lifting stunts to particularly focus a specific set of muscle groups. There are various weight lifting stunts for your biceps, triceps, chest, etc. To be effective you have to be strategic and consistent, nothing worth while will come on a silver platter. All you have to do is to keep at it until you achieve your goals and objectives.

## Three Easy Ways of Building Upper Body Muscles!

People have associated great body shaping and body building results with going to the gym. The reality is that there are some workouts that you can conduct in the comfort of your home and without any equipment whatsoever to get remarkable results. This is especially true for the objective of building and shaping up the upper body. In this section you will get an outline of some easy-to-follow guidelines on how to get your body into good shape without going to the gym and forking out money to purchase expensive equipment.

1. **Push-ups.** This is one of the easiest yet effective set of exercises you can do in the comfort of your home. Like any other fitness and body building endeavors these have to be done the right and effective way otherwise your efforts will amount to waste and frustration. If you do these the right way you will be on your way to accumulate the desired pecs, shoulders, triceps that you see in fitness magazines. Make sure you complete the exercise in a full range of motion to engage all the muscles needed to perform a proper push-up. If regular push-ups are too hard for you, you can always attempt modified pushups (with your knees on the ground and your shins pointing up making a 45 degree angle) until you build up more upper body strength.

2. **Pull-up.** This one is one of the highly effective exercises of building your back. You will have to find something like a long vertical pole somewhere in your yard that you can sustain yourself up with. Make sure that you drop all the way down on a pull up and pull yourself up above the chin. This full range of motion will target your lats and back muscles like never before.

3. **The Triceps-Dip.** This one deals with developing your triceps muscles head on. In this exercise you have to use your chair and place your hands behind you as well raise the lower section of your body whilst forcing arms to lift your body weight. Also you have to do this exercise using proper technique and

working to stretch your muscles to the furthest possible limit. This way you are sure to be working your way right through to a position where you will develop stronger arms.

## Key Ingredients for Muscle Mass

There are various methods that different people implement to achieve an array of goals in weight loss and muscle building. The common denominator is that everyone in the weight room is inclined towards gaining muscles and getting rid of fat one way or the other. You have to find the best method of muscle building that goes with you. Dynamics of time, affordability and your core muscle strength have to be considered in your choice for the best and most feasible muscle gaining program.

There are three vital aspects of muscle building and fat loss. Needless to say any routine or diet you follow should be constructed or monitored by a health professional. Your diet needs to be rich in calories and limited in processed and refined foods. Carbs are known to give people energy, but if fat loss is your goal a happy medium needs to exist between how much carbs you consume daily and how hard you push yourself in the gym. Exercises damage the muscles to prepare for growth but diets nourish it. It is in this way that you can't do one without the other so if you really want to see results you need to make sure both of those aspects are in order.

Every time you have a meal with protein you should be consuming a complex carbohydrate. Carbohydrates signal your body to produce insulin and when insulin is present nutrition is carried to your cells more effectively. That is why you NEVER want to eat carbohydrates unless it's added with protein. If fat loss is your goal it is important to limit your carb intake as the day progresses. Your biggest carb meal should be immediately after waking when your body needs the pick-me-up energy. By the time bed time comes, you should have little to no carbs in your system. Un-used carbs are more likely to be stored as fat by your

body so if you are looking to lose fat simple carbohydrate manipulation will aid you in a long way.

The most important times to have protein are immediately after waking, pre workout, post workout, and at night. As soon as you wake up, your body has gone through an 8-10 hours fast (and perhaps longer if you had dinner in the evening). This means your body is aching for nutritional support. Your first meal of the day should be both carb rich and protein heavy. This meal can also be consumed with your daily vitamins (as most vitamins should not be taken on an empty stomach). An hour before you hit the gym you should have a moderate protein source with a decent amount of carbs to prime you up for your workout. The protein will ensure your body has an available source of amino-acid to aid your muscles as you pound them through your weight lifting. The next time to have protein is the most important time of the day where you can consume it. This is immediately after your workout. I recommend bringing a shaker bottle with you to the gym and loading it up with whey protein. As soon as you are done hitting the weights you can fill the bottle up with water or juice and gulp it down. Whey is notorious for being fast-acting, and since you are drinking the protein as a liquid it will be able to go to your muscles faster. If there is any time of the day when protein is a must; it's right after your workout. A lot of people like to drink casein protein before they go to bed. Casein is a slow digesting time-released protein. People drink it so their body has protein in its system through the duration of their sleep. You don't have to buy a whole package of casein protein to get the job done. Many people simply eat cottage cheese and drink fat free milk for the same effect. Bed time protein isn't as crucial as post workout, but if you really want to ensure that your body is getting the protein it needs at all time this won't hurt.

One of the key areas that men especially love developing during their body building efforts is their arms. Men love to have strong and stern arms. The developing of arms comes with consistent arm building exercises. Arms muscles in focus here are biceps and triceps. Like any other health and fitness endeavor the development of arms muscles will only happen when the key variables required for the whole process have all been coordinated. These variables entail a good diet, well designed workouts schedule and consistency.



## **The Importance of Core Muscle Building**

Many fitness programs focus almost invariably on workouts programs aimed at building muscles and trimming the body into good shape. Good as it is this has often led to the neglect of other important dynamics and dimension of maintaining a healthy body and lifestyle. One area that has been neglected and has had less said about is the aspect of strengthening core muscles. The strengthening of core muscles is a critical aspect of any health or fitness endeavor. Your core muscles are in your back and the abdominal. These have to be kept in good and stern shape as well as positioning. Without this your body will slump into shapelessness and it is important that before you get into any serious body building regimen that your core muscles are conditioned. Keeping your core muscles in good condition will give you that stern and bold God-given stature upon which you can then enhance the size and shape of your muscles to get that lean and muscular body.

The building of core muscles is a must-do for all body builders and weight lifters. This is due to the fact that the core muscles play a crucial and irreplaceable role in sustaining the weight of your body when you conduct all forms of workouts. It is the role of the core muscles to keep your body in good balance. Many body builders focus on weight loss and forget about keeping the core muscles strong and stern. The result of the neglect is that the core cannot sustain the weights that the lifter attempts and this increases the chance of injury. Various forms of works outs are designed for certain muscles groups like the chest, biceps and triceps etc and many work out structures neglect the strengthening of the core muscles in the back and in the abdominal. Some body builders may develop well shaped muscles and bodies but have problems or sometimes injuries associated with lifting certain objects. This is due to the fact that the body builder has focused on say, building biceps but the rest of the core muscles in the back have

not been strengthened to cope with heavy weight lifting. Dancers are good at working at their core muscles that is why they can perform stunning stunts in dance.

## **Body Building Exercises That Give You a V-shaped Muscular Back**

There are countless programs and products for sale in the market promising to offer remarkable makeovers. Truth of the matter is that not many of these flaunted programs and products are easily effective as far as what they claim to achieve is concerned. Before committing your finances and time to any fitness product or program you need to do some wide research and consultation which will help you establish the best health and fitness program and products that suit your custom body condition and needs. A stern and muscular back is one of the strongly coveted merits of health and fitness programs. In this section we will share with you three feasible back shaping exercises which can be done easily from home to earn you that admirable muscular back.

One of the methods involves the use of the **Incline Dumbbells**. With this method you need to sit backwards and have your chest pressed on an incline bench. This activity can be done with a pair of dumbbells. In doing this you need have yours arms hang vertically towards the floor then you have to inhale as you raise the dumbbells straight up in the direction of your sides. You will have to keep in this position for about a second and then drop the angle of your arms to the starting point. You have to complete a set of eight of these continuously. The second method entails the use of **Barbell Rows**. In this method you have to bend and grip the barbell with both hands. Here you have to keep your knees almost straight and just slightly bent. With this method you have to keep your feet shoulder width and avoid moving your knees or leg during this exercise. Your focus must remain on the back. You then have to inhale and lift the barbell to your chest with your head facing the floor in front of you and then place the barbell back to the floor. A set of eight of these repeated 4 times would make it for a day. The last method is very effective for those who would want to develop a good looking V-shaped torso. These methods entail the use of pull

bars. These exercises mainly involve grasping the bar at various dimensions and angles with arms fully extended. Various stunts as outlined in different training packages will help you get the best results from the pull bar back muscles building programs.

## The Best Compound Exercises

We discussed earlier in this book why compound exercises are better than isolation exercises for building quality strength and mass. The thing is with compound exercises there is a higher risk involved for the lifter. When you are doing compound exercises you have to ensure that your form is correct and you need to have a spotter, especially when you attempt heavier weights. There is a bunch of different type of compound exercises but some of the best to perform are bench press, squats, deadlifts, barbell rows, and military press.

**Bench Press** – The bench press is the preferred exercise for building powerful pectoral muscles. The triceps and shoulders are also involved to some degrees. Many people manipulate different angles (incline/decline) to target different muscle areas but in my experience the flat bench press is adequate enough. If you are new to bench pressing, it's imperative to get your form down as the bench press is an exercise that is tricky to master. I would recommend choosing a weight that you can push to 10-12 reps as a beginner before moving on to heavier weight / less rep routines. To start on the bench press make sure your head is at the top of the bench. When taking the bar off the rack make sure that it is directly above your chest. The bench press movement is simple but it is hard to control especially under heavy weight. You want to slowly bring the bar down to the middle of your chest (all the way down to your chest, you may see some people in your gym going ½ way but I assure you they are wasting their time as this is not a full press) and push up in a straight line. The shortest distance between two points is in a straight line, so do not tilt or move the bar, have it go straight down to your chest and push straight up without locking out. It may help to envision your feet pushing into the floor to help gain leverage. You do not want your back arching on the bench press and your shoulder blades should for the most part be on the bench at all times. Good growth follows good

form so if you have to sacrifice weight in order to do the proper movement, then lose the ego. A few weeks of proper benching will ensure growth for even the hardest of gainers.

**Squats** – A lot of people avoid squats because it's an exercise that will leave your legs sore for days. Besides being one of the most beneficial compound movements, squats will work your core like no other exercise so it's extremely important that you master them. A lot of time when people do squats, they do them incorrectly. When squatting, you have to go what is known as "parallel". This means that your butt goes down far enough that the angle of your calves and hamstring go past 90 degrees. When squatting, keep your back straight and your stomach tucked. When you squat down it is important to breathe in, and slowly let the air out as you go back up. Do not lock out your knees at the end of your squat motion, try to keep the movement as fluid as possible (which means you should try not to "rest" at the bottom of the movement as well). Squats are a tough exercise, but for good reason. As a beginner, it will be hard to go all the way down parallel, but keep pushing yourself and the flexibility will soon come. Squats not only work your quads, hamstrings, glutes and more but they also condition your lower back and abdominals. If you want to improve your core strength then squats are the exercise that simply needs to be put in your arsenal.

**Deadlifts** – One of my personal favorite exercises are the deadlifts. Even though dead lifts work out the hamstrings to a major degree, I like to do them on a back day. I save squats for legs and space out my dead lift day far enough so my legs are properly recovered. Many people perform the dead lifts in a similar fashion to a "reverse-squat". This is not the correct way to deadlift. To begin the movement, the barbell should be rubbing against your shins. Your legs should be spaced a little more than shoulder width apart and you need to look straight

ahead. As you squat down to lift up the bar make sure your knees are not going too far past the barbell. Use your hips to pull the weight back up as well as lifting your back straight at the end of the movement. Like all the other exercises, the movement needs to be fluid; there should not be a pause, or two distinct separate movements. An overhand grip will also strengthen your forearms, but if you find that your grip is stopping you from lifting heavier weights you can always invest in a pair of weight lifting straps or use a one hand overhand, one hand underhand grip. Deadlifts will help you get the v-shaped back you always wanted and will strengthen a majority of your muscles in your body.

**Barbell Rows** – Barbell Rows are a great way to target your lats, and your deltoids depending on how you position yourself. To begin the exercise have your knees slightly bent, look straight ahead and with your back straight and chest high up pull your elbows in without moving. If you find yourself moving your back or chest, you will not be isolating the proper muscles for the movement and you will not effectively strain the muscle for adequate growth. Keep your body locked in besides your arms when you bring your elbows back. Have a trainer watch over your form so you are training the appropriate muscles. When you are pulling the bar back it should reach a few inches above your navel but not as high to reach your chest.

**Military Press** – Military Presses are one of the best exercises you can do for your shoulder muscles. If you prefer, you can use dumb-bells as well. The military press starts off with you being on an incline flat bench. Your back should be straight and your legs should be planted on the ground. What you want to do is grab the barbell about 1.5x shoulder width and make sure that you grab the barbell tight, you want it to be resting in your hand but not pulling back on your wrist. Lift the barbell a few inches above your head then slowly bring it back

down to about eye/nose position. Do this for a few reps while maintaining a good posture and well controlled movements. Military presses will pound your shoulders like no other exercises so it's important to do them well.

There are other compound movements that you can complete as a bodybuilder such as clean and jerks. In my opinion, these compound movements are usually more risky and if you are not a professional you should not even think about attempting them. The 5 compound movements listed above will work every major muscle group in your body, and they are safe to practice as long as you maintain strict form and have a spotter watching over you. Another thing on form is that it takes years to perfect, so as a beginner you want to start off with low weights just until you can build the mind to muscle connection that these exercises employ. It may be hard to set aside your ego for proper form, but trust me, in a few months down the line your body will thank you. I see guys in my gym all the time pushing around weights like they own the place, but their forms are horrendous, and I doubt they could even do ½ of what they shoot for with proper technique. Your ego is your biggest enemy in your bodybuilding endeavors so leave it outside and make sure to master the movements properly before you attempt to lift heavier weights.



## **SECTION THREE**

### **Body Building Diets and Nutrition**

Body building diets have to be set up by expert dieticians and health and fitness experts. What you need to grasp from the onset is that we often turn to body building or muscle building endeavors because our bodies have slumped into undesirable shapes and unhealthy conditions. The chief causes of the undesirable conditions are the eating habits. For starters, many of our diets are mal-structured if structured at all. Most of our diets consist of highly refined foods which are not good for our metabolic process. Many of us still stick to the traditional three heavy meals a day routine. The bad thing with this routine is that it normally leads to overeating due to excessive hunger. This will in turn translate into an accumulation of unwanted fat and this works directly against your objectives of losing the fat and getting your body into good shape.

The protein component is a critically essential component in a body building diet. Remember that your body uses protein to fix damaged tissues and cells as well as to build new ones. This means that you have to ensure that your diet has a lot of protein; up to .75-1g per lb (some bodybuilders go as high as 2-3g per lb of body weight). Proteins are found in abundance in foods like lean meat, fish, poultry, and almonds among others. Dairy products with low fat are also a great source of protein. The protein rich diet made of most of the foods mentioned and related to the above can be enhanced by vegetables and whole grains. You have to ensure that you get your carbs from foods such as fruits and vegetables and avoid highly processed foods. Many people have stressed the importance of protein rich diets and neglected the all important water component. Doctors recommend 8-10 glasses of water for the normal individual. You are a bodybuilder; due to the excessive stress you place on your body it is

recommended you drink 1-2 gallons of water a day. This may seem like a lot at first, but remind yourself to keep sipping on water throughout your day. If you're thirsty, your body is telling you that you are dehydrated. It should be your goal then to never be thirsty because that would mean that you are not properly hydrated and your body is not in-synch. The other important thing in muscle building diets is that you have to break down you meal to about 5-6 light meals a day. This will protect you from taking too large volumes of food that typify the conventional three meals a day routine.

## **Acai Berry Diets and Muscle Building**

Many Muscle building diets are built on whole foods where carbs and other essential nutrient components are drawn from. Muscle builders have to refrain from getting nutrients from processed foods. The acai berry is one of the remarkable protein sources in healthy eating circles. The fruit has numerous benefits for weight loss and body building and thus is a suggested alternative in muscle building diets. There is much that has been published about the power acai berries especially on the aspects of weight-loss and eye sight, cardiovascular, etc. Not much though has been published on the benefits of the acai berry on muscle building.

Muscles are built out of proteins. This is the reason why many body building diets are made of foods which are rich in protein. Proteins do not get to the body as hard protein directly but they get to the body as amino acids. The amino acids are like the building blocks for the proteins. The acai berry is rich in amino acids and will verily boost the levels of proteins in your body. You need not to rely on these only but have to make use of them in tandem with a holistic diet which will ensure that your energy and nutritive requirements are in synch with your fitness goals.

What you need to know is that there is over 7 types of amino acids in the acai berry. The proportion of the amino acids in the acai berry supplement is a very significant proportion in comparisons to other foods. You can get acai berries through various products which enlist pulps and juices as well as powders. As a body builder you have to lay your hands on these products and make sure that you have a protein rich diet to match the energy and nutritive demands of your active body. Acai berries are also rich in antioxidants and remove bad cholesterol from the body. The antioxidants are effective in helping the body's

digestive system and all other metabolism related functionalities. The acai berries are specifically known to be effective in getting rid of the harmful LDL cholesterol. The effects of acai berries result in a trimmed body which will be quite easy to work with as you pace towards your health and fitness goals

➤ **The health benefits of Acai Berries**

Acai berry supplements have become one of the most remarkable alternatives and breakthroughs in the health and nutrition industry. Acai Berry is the buzz phrase in today's health and nutrition circles and its supplements are topping the shopping priorities for health conscious consumers. Acai berries are rich in antioxidants which are the reason why the berries and supplement alternatives have topped lists in weight-loss and healthy living diets and menus. Acai berries are picked from unique palm trees that are found in the Amazon. The berries come with loads of health benefits like the reduction of chances of developing cancer, keeping the heart healthy and protecting from Alzheimer form of diseases.

➤ **Acai berries are good for rest**

Acai berry supplements are effective in enhancing the effectiveness of your body systems and helping you to rest in a rejuvenating way. Acai berries are commended for their components which promote restful sleep which is an important ingredient of a stress free lifestyle. Acai berries products and supplements are good for people who find it hard to sleep and are persistently restless. Acai berries have proved to be good remedy for fatigue related problems. Upon enhancing your restfulness and refreshing your body acai berries come with energy boosting components. The good aspect about the acai

berry supplements is that they are natural unlike other stimulants and caffeine products which come with side effects.

➤ **Preparation of Acai berries**

What makes acai berry supplements a good alternative is the manner in which the harvested berries are prepared. Acai supplements are healthier since the production process of the berries is largely through the freeze drying method which ensures that the vital nutrition components of the berries are retained. Berries used for acai supplements are subjected to freeze drying just after they are gathered and this method has made acai supplements more superior than other so called energy products made of fruits processed through methods such as drum drying. Acai berries supplements are replete with the vital energy giving components which are retained through the delicate freeze drying methods.

➤ **Merits of acai berry supplements**

Owing to the natural nutrition components of the acai berry supplements and the way in which the berries are prepared through the freeze dry methods acai berry supplements are an easy choice for health conscious buyers. The acai supplements have a high energy value and nutrition components which are essential for healthy living. Bodies fed with acai berry supplement are in a better condition to resist diseases and enhance the immunity system as well as improve the digestive system. Research has also indicated that health components found in acai berries are essential for diminishing the effects of ageing as well as enhancing vision. The crucial merit of the acai berry supplements is that they come with a holistic set of vital natural component which revive the body and keep the body in a good condition to fight and resist disease.

## **Gaining Muscles Fast and Safely**

Society has grown so rabidly health conscious that it is no wonder that weight-loss and body-building are turning into common hobbies. Yes you may be one of those obsessed with trimming your body into good shape or just bringing out those six pack abs hidden under the veneer of fat on your tummy. The bottom line is that we all want good looking bodies in addition to being healthy. There are various ways accomplishing health and fitness goals. Getting fit does not require any rocket science. The ugly truth is that body building remains a discipline and as the word 'discipline' states, you have to be a slave of the trade. When getting into muscle gaining programs that are effective, fast and safe you have to make sure from the onset that you have expert guidance and authentic information to plan around. It is imperative to seek professional guidance from experienced health and fitness personnel and you will also have to search for the information on your own. One of the areas to start looking is the internet. The cyber landscape is loaded with information on gaining muscle but you have to conduct a thorough search to get the best results and be sure to get valid information which will empower you to accomplish your dreams.

Muscle gain comes through repeated exercises and well designed weight lifting stunts which will stretch your muscle to the limits. What happens is that as you continue lifting weights your muscles keep adapting to the weights and as you progress you will find yourself having to add more weights steadily. This is the way in which your muscles grow and hence you have muscle gain. Weight lifting should be done in such a way that the weights are heavy enough to an extent that they can not be lifted more that 12 times. At the same time the weights must be light enough to an extent that they can be lifted up to 8 times in a row. As a beginner you must have realistic goals and be sure to break these into small

manageable obstacles. If you set unrealistic goals you will be setting up obstacles for yourself that you can't achieve and the result will be giving up.

One of the coveted areas in weight lifting and muscle gain domains is the development of abs. To develop well shaped rock hard muscles into an admirable six pack is not difficult at all. While developing abs is something quite achievable if proper steps are followed. Good abs do not come that easily. What this means is that you have to work quite hard and consistently to get those abs into shape. The first thing that you have to remember is the truth that the abs are already there on your tummy and have been hidden under the layer of the fat that has developed over the years. This is truer for people over the age of 40 who try to find solace in the aspect of their weight and height. Reality is that most of the time is that most men over the age of 40 think that their weight proportion is healthy as it may seem in tandem with their height but the reality is that much of the weight comes from fat than from muscles hence the importance of weight loss thrusts even more so for those who wish to bring those abs into visibility.

The hinge of any feasible weight loss and muscle building program is a well balanced and structured diet. Effective Muscle gaining diets have to be protein rich. You also have to get your carbs largely from whole grains and organic foods. Stay away from highly processed food products. It's better to settle for food that has been processed only once and not those refined for up to 2 , 3 and 4 times. The more processed these are the more useless calories they bring into your system and this is exactly what you do not want to experience. Salads are known to be good components for many muscle gain diets. You also have to consider the kind of dressing that you have settled for your salads it will be ideal to get organic salads which have far less calories. Your abs developing program has to be well leveraged on good protein rich diets constituting more raw foods

like fruits and vegetables. Your abs workouts have to be expert drafted to ensure that you work on the relevant muscle groups either in simple or compound muscle workouts.



## Conclusion

As a man or woman you may be keen to know how you need to get around the way of building big muscles. It is known that for men the lack of stern features of masculinity like strong muscles leads to a low self esteem. This is largely due to the fact that the opposite sex expects men to have bold muscles and therefore consciousness of a lack of these will surely lead to a low self esteem. Some have considered the idea of getting into health and fitness programs to develop bold muscles but have been watered down by some form of discouragement associated with level of commitment that goes along with the determination to achieve set health and fitness goals. Some men have tried short cuts and other so called “quicker means” of getting results and these have resulted in profound disappointment. The reality is that there is nothing good that comes on a silver platter. When setting out to get your body into shape and to develop the kind of muscles that you want to be part of what defines your personality and stature then you have to be well decided and patient enough to do everything it takes and wait for the results to show. The practical process entails soliciting professional guidance. You need to get an expert in fitness and health matters who will help you set achievable and realistic goals and guide you through.

When all has been done and said you have to remember that body building is a discipline and like the word insists, you have to be disciplined to accomplish your set goals. This means that as much as muscle building is not rocket science you have to work for it to get the results that you set for yourself. The combination of expert guidance tailored to meet your custom muscle building and fitness goals, the appropriate diets with appropriate nutrient components, the right workouts and exercise stunts plus consistency will deliver to you that profound dream of streamlining and building your muscles into shape.

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- [5 Top Fat Loss Tips](#)
- [5 Common Ab Myths](#)
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