

Muscle Growth Guide

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Muscle Growth Guide

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2 Muscle Building Secrets Guaranteed to Add Muscle Mass!

Building muscle mass is much easier to do when you are armed with the correct information. With the correct information, you'll build muscle mass faster than you thought possible.

If you're frustrated with your muscle gain or fat loss goals, I sympathize with you completely, and understand exactly what you are going through. I worked out for years before finally figuring out the correct ways to go about building muscles and losing fat.

I finally figured out that the routines and weight lifting tips touted by professional bodybuilders and the muscle magazines just aren't going to work for most people. But take heart, you can start building muscle with effective weight training routines and nutrition programs.

Following are a couple of weight lifting tips that I've found to be extremely effective in building muscle and adding strength as quickly as possible. Putting together a program that incorporates the following weightlifting tips will point you in the right direction and get you making gains you hadn't thought were possible.

Building Muscle Tip #1 - An Intense Twist

Arthur Jones, inventor of Nautilus, pioneered the concept of training with 100% intensity, ie, training to failure. And this is an extremely important part of your routine if you are interested in building muscles as quickly as possible.

However, as others caught on to Arthur's effective training ideas and the training to failure concept became more widespread, an important piece of advice by Arthur was forgotten. Arthur suggested that people go beyond failure.

And I'm not talking about some of the more popular high intensity techniques available today such as rest-pause, forced reps, drop sets, etc. I'm talking about a very specific way of training to failure that is very effective for building muscle mass.

Arthur Jones suggested that once you could no longer complete another repetition, you should continue pushing or pulling on the weight for approximately another 20 seconds. Obviously, on certain exercises like squats or bench presses, you either need to work in a power rack with safety pins or have a very good spotter.

Let's use the bench press as an example of how to use this bodybuilding technique for building muscles. Most people, when they start a rep and get stuck near the bottom, they drop the weight against the safety pins or have their spotter help rack it. Instead, you should continue pushing against that immovable weight for a good twenty seconds.

On barbell curls, you would most likely come to a grinding halt about two or three inches into the rep, when your arms are slightly bent. You know you won't make the rep but you continue to pull on the bar for as long as you can before finishing the set.

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Muscle Building Tip #2 - Squat, Squat, Squat

You have to fall in love with the squat. It truly is the king of all muscle building exercises, bar none. While some people can build muscle mass on almost any training routine or diet, most of us can't. So put as many factors in your favor as you can control and one of the biggest is work hard on an effective squat program.

Hard work on the squat is the single most important thing you can do to ensure your bodybuilding success. Forget about the latest greatest high tech routine or the newest supplement fad. The key component to any program you do is hard work. Building muscle isn't easy. But it can be made easier. Hard work will take you much further than your choice of exercises, sets or reps.

But if you get the other components of your training program put together correctly and then add hard work and dedication, you'll be absolutely amazed at the progress you can make. You'll be building muscle so fast, you'll go from a before to an after before you know it.

You need to use all the weight you can handle and then add some more. Since the squat is the toughest weight lifting exercise you can do physically, it's also the toughest mentally.

Your mind gives in on the squat well before your body does. If you want to gain lots of muscle, you need to put an end to that. Everything you have has to go into your squatting program.

The key to the success of rapid weight gain by squatting is the amount of work you put into it. After your warm ups, load the bar to a weight you normally do 10 reps with. Now, do 20 reps. No, I'm not kidding. Like I said before, the squat is the most mental exercise there is. I've never seen anyone, when properly prepared mentally, fail to get 20 reps with their 10 rep weight.

These bodybuilding tips are very effective tips for building muscle and getting stronger. Add them to your weight training program and watch your muscle mass increase.

Keep in mind that weightlifting workouts like this are the best way for effectively building muscle mass fast but it's also the best way to lose fat, completely change the shape of your body, and keep the fat off. Weight lifting is much more effective for fat loss than aerobics or dieting alone.

About the author:

Gregg Gillies is the founder of <http://www.buildleanmuscle.com> His articles have appeared in Ironman Magazine. He has written two books and writes for Body Talk Magazine. He publishes a free newsletter available at <http://www.buildleanmuscle.com/fast-mass.html> and see how you can get a customized muscle building nutrition plan at <http://www.mynutritionjournal.com>

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Build Big Muscles Fast. Gain Muscle Mass Guide

So you want to **build big** muscles? Simple isn't it? Just join a gym and hit those weights regularly and viola, in a couple of months, you will **gain** so much **muscle mass** that you are ready to take on any bodybuilding contest. Is it really that simple to **build big** muscles? Well, to **gain muscle** mass, there is much more than just hitting the gym regularly. Here are some **muscle mass** gaining tips :-

a) Eat and Eat - To **build** muscles, you must eat. Your calorie consumption must be more than your calorie expenditure. If you expand all the calories you have eaten, then where are the calories to **build** muscles?

2) Protein - Make sure that you eat enough protein. You should eat at least one gram of protein per pound of your body weight everyday if you want to **gain muscle mass** fast. If you don't get enough protein, your **muscles** won't grow big.

3) Supplement - If you cannot have adequate protein from your normal meals, supplement with protein shakes. If you want more strength so that you can lift heavier weights to grow bigger muscles, take Creatine supplement.

4) Weight Training - You must lift with heavy weights and to add on more weight consistently to progressively **build** your muscles. But it is very important not to sacrifice correct lifting techniques and form for the sake of lifting heavier.

5) Lift Free Weights - Use **free** weights like dumbbells and barbells to recruit more **muscle** fibers so that more **muscle** fibers can be worked on.

6) Compound Exercises - Work with compound exercises like bench presses, squats, barbell rows, chin ups and dead lifts to **build big muscle** mass. If you concentrate on working your puny **muscles** like your biceps, then you will only have puny **muscle** growth.

7) Get Enough Rest - Have rest days in between your workout days and do not work the same **muscle** group more than twice a week. Your **muscles** need to recover from your workouts in order to grow big.

8) Get Enough Sleep - Sleep at least 8 hours a day. More even better. Your **muscles** grow when you sleep.

If you practise the above 8 steps consistently, your **muscles** will grow **fast** and big. Of course there are many more things you can do to achieve a competitive bodybuilder's physique of which I cannot cover in just an article here. So do research for more knowledge.

About The Author:

Chris Chew is a fitness personal trainer of models, actors and international male pageant winners. Checkout his sites for more interesting tips. <http://www.sgfitness.com> and

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Creating An Anabolic State That Supports Muscle Growth

Fitness. You can only build muscle if your body is in the correct anabolic balance to allow growth to take place.

Intensive exercise is clearly an important part of the muscle building process but achieving the maximum muscle mass depends on putting the building blocks in place. This is achieved through sound nutritional practices so you need to be aware of the following anabolic enhancing principles:

1. Protein is the basic raw material needed to build muscle. Protein supplies the amino acids that the body uses to repair and build muscle following intensive exercise. Aim to consume 1 to 1.5 grams of protein per pound of body weight each day from food like beef, fish, poultry, eggs, milk and whey. Spread the load over at least six meals to derive the optimum benefit and avoid overloading the liver.
2. Carbohydrates are needed to energize the muscle building process. Carbohydrates stimulate the release of insulin which pushes the amino acids into muscle cells to begin the process of repair. The body uses carbohydrates as a source of energy - consume too little and the body will steal protein that would otherwise be used for repairing and building muscle. Aim to consume 1.5 to 2 grams of carbohydrate per pound of body weight each day from foods like potatoes, pasta, rice, vegetables and whole wheat bread.
3. Boost your calories. Unless your main aim is to reduce fat you need a positive caloric balance if you want to build muscle. Make sure that your daily calorie intake is 10% higher than your energy expenditure for daily maintenance and that the calories are acquired from a diet characterized by a ratio of 50% carbohydrates, 40% proteins and 10% fat.
4. Get plenty of rest both in terms of adequate rest days between training sessions and sufficient sleep. Your muscles won't grow if you don't build adequate recovery time into your training program. Similarly, you can only optimize your body's levels of testosterone and growth hormone if you spend enough time sleeping.
5. Consume quality supplements to support a sound nutritious diet. For most people it should be enough to add whey protein, creatine and l-glutamine to your daily diet.
6. Don't overdo the aerobic exercise. Your aim is to increase muscle mass therefore you don't want to burn excessive calories that could be utilized for bulking up.
7. Drink plenty of water. Failure to drink sufficient quantities of water will lead to dehydration and adversely affect your muscle mass. Don't forget that muscle is 70% water so a generous intake will maintain muscle volume and help growth. You can find out more about building muscle by visiting the site listed below.

ABOUT THE AUTHOR

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How To Get Incredible Gains If You Aren't Getting Them Already... And... How To Get Them Fast!

The key to rapid muscle growth, is to perform all your exercises well outside your comfort zone. If you had performed the barbell curl to the point of complete and momentary exhaustion, instead of "copping out" at the tenth. Then your bicep muscles would be forced to work harder than normal. Much harder. As a result, they would grow and build size rapidly.

What matters here is not the number of repetitions performed beyond the initial ten. What's most important is that you understand the reason behind the need to force yourself to work at higher levels of intensity. To produce the greatest possible muscle gains in the shortest possible time frame, you must continually strive to perform at a level well beyond your comfort zone.

If you perform a set of barbell curls until you can no longer lift the bar, no matter how hard you try, or how many pair of strides you split, then you will be involving the highest possible number of muscle fibers. It may not be the total number available, but it will be enough to produce massive increases in muscle size.

Muscle gains produced by a very small amount of intense exercise, will always be much, much more, than that produced by a large amount of low intensity exercise. It is never the quantity of exercise that produces muscle gains, it is always the quality.

Most guys who exercise today are completely ignorant of the need for maximum intensity in their workouts. And as a result, most are blind to their true potential. Even when they are training six days a week, most guys make have no muscle gains to show for it. They just don't know that they need to workout at a much higher level of intensity. But, in many cases they're just too damn lazy to do so.

If they don't exert the level of intensity needed, they will never achieve astounding muscle gains. So, unless you are content to train for years and have nothing to show for it like Frankie No-Gains and Jermima Got-No-Brains, you must accept and respect what is required of you. Your exercise must be brief, but it must be intense.

About the Author

Trent Brook is the Author of "Huge Gains Fast - How to Get More Rock-Hard Muscle Mass In A Month Than You Now Get All Year. His "Huge Gains Fast" muscle building program is an easy-to-follow system so simple and understandable it's fully explained to you in just 4 easy steps! The Revised Edition is now available online at his website, <http://www.hugegainsfast.com>

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Mind over Muscle: Unleashing your Mind for Explosive Growth

Your mind can be your greatest asset or your fiercest enemy. How often have you turned away from a workout or abandoned a diet? Probably more often than you care to acknowledge. You can condition your mind for victory and for explosive gains in size and strength.

If there is one thing that cripples bodybuilders, athletes and all health enthusiasts more than anything else, it's their lack of respect for their own minds. We can all be guilty of losing focus or motivation from time to time. We all struggle with negative thoughts and images that tear us down or seek to rob us of our dreams and aspirations. The problem is that most of us accept and own those thoughts and so they become our reality. I will not in this short article get into all of the science behind conscious/subconscious mechanisms, instead simply try to open up your mind to the possibilities to what you can achieve if you take the time to shape your thoughts. How many times have you embarked on a diet or workout plan only to find that you never reached the mark you set for yourself? You ate the chicken and broccoli for weeks and then all of sudden you're at the McDonalds and you hate yourself for it. You may have started out with all of the right intentions and still you embraced nothing but failure. You may have even begun with a strong sense of willpower. Nevertheless, in the end it really didn't matter because you never did what you said you would do. Well, here's why you may have failed? Success is not found in willpower. If you believe that sheer willpower will carry through an ongoing diet filled with foods that have no taste, then I applaud you. If you believe that willpower can take you through grueling workout after grueling workout for months on end as you pursue 3-4% body fat for an upcoming bodybuilding contest, then you are the exception to the rule. Most will find that willpower alone is not enduring and is only short-term. Your willpower requires conscious focus and energy if it is going to lead your actions on a daily basis. Unfortunately, you will eventually become drained and lose the focal point of your willpower. This happens because extraneous things tug at your heart, mind and life causing your emotions to lead you back to wherever you found comfort in the past. The result: another diet or workout bites the dust. If willpower is not the answer, then what is? The answer is this: you must take greater control over your mind and not allow it to take control over you. I'm not talking about your conscious mind, but rather the subconscious. It has been said that the subconscious mind is like the "quarterback" of your life. Your conscious mind takes data and ideas and is the rational part of your thought process. It takes ideas and then it compares, determines and chooses what it believes is the best choice. However, the subconscious is the part of the mind that is responsible for storing data (loading memory), for habitual behavior (habits), and also for reflexive and autonomic functions such as breathing and circulation. The subconscious does not have the ability to compare, reason or determine anything. It is solely deductive in nature and operates much like a computer. Moreover, just like your computer, it is there to serve you. What you put into it is what you will get out of it. But you must be active and aggressive with it. Hypnosis is one way of accessing the subconscious mind with positive affirmations and convictions. Another way to penetrate the subconscious is through repetition. Remember, everything that you see, hear, read or say repetitively is filtered through your subconscious which will then shape your habits. Now you can see why it's so hard to stay on a diet as you sit in front of the TV being bombarded by fast-food commercials. Next thing that you know you're in your car on the way to Burger King. The key to victory is to take control over your thoughts and in particular, your subconscious mind. How can you shape the subconscious? Three things can be done immediately. 1. You must speak positive words into your heart and mind repetitively. In

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other words, you must tell yourself over and over again that you can do what you want and that you will. You must tell yourself that you're doing these things because you want to and not because you have to. It must be continuous and throughout the course of an entire day and night. You must hear your voice speaking the words. For instance, "I want to eat what is healthy (speak specific foods). I like those foods. They taste good and make me feel strong and lean. I'm lean and ripped. My muscles are full and striated." 2. You must see what you want. This is important and goes hand-in-hand with speaking the words into your heart and mind. You must see the body that you want. You must see yourself working out with power and strength. You must visualize yourself with the muscle you want. You must see the foods that will help you and see your desire to want to eat them. Once again, because you want to not because you have to. I have practiced the two above principles with mind-motivational conditioning techniques on clients while in the midst of working out and the results have been astonishing. I have witnessed clients lift weights 40-50 lbs heavier than they were able to budge before the affirmations and meditations were practiced. This all took place in a matter of minutes. That shows you the power of the mind. 3. Change your surroundings and your habits will change. One of the best ways to impact your subconscious is to surround yourself with things that will influence you towards your goals. Buy only the foods that support you. Watch and listen to things that are positive and empowering. Read, read, and read. Turn off the TV and read! I can't articulate with words how incredible it is to engage in mind-motivational conditioning. Imagine not having to diet because you don't want to eat what doesn't fit your regimen. It's that easy if you're willing to practice it.

ABOUT THE AUTHOR

Tony DiCostanzo is a Certified Personal Fitness Trainer (NFPT-CPT) and the Founder of DreamBodies Body & Life Transformation System. With over 20 years of practical experience as a natural bodybuilder in the field of health & Fitness, he is also a coach and motivational speaker who inspires many through his lectures and seminars. His area of expertise is rooted in a multi-dimensional, body/mind approach to total body and Life transformation. Aside from his certification in Personal Fitness training, he also holds a certification in Stress management. www.dreambodies.net. Feel free to use this article for your website or newsletter provided that you include the above stated bio and website link. Copyright © DreamBodies. All Rights Reserved

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Powerful Bodybuilding Exercises for Ultimate Muscle-Growth.

It's a fact. If you want to catapult your natural testosterone levels and march your metabolism to the next level, make sure that your weight training program, puts into action the magic trio, and that's bench presses, dead lifts & squats.

Most trainees miss out one, or two of those fundamental exercises, with unacceptable excuses, like: "Squats and dead lifts are designated for the hard core bodybuilders", or "Deadlifts can be detrimental to your skeletal bones".

If you want to reach your optimum genetic capacity, you just can't ignore the "magic trio".

Those are crucial compound movements which recruit the most of your muscular tissues, and as a consecutive effect, trigger muscle optimum growth.

One of your most important hormones, the "testosterone", is excreted successfully each time you perform squats, dead lifts and bench presses, more than any other exercise!

Your system is literally forced to produce even more testosterone, to correspond to demanding movements that the magic trio imposes.

The benefits of basic/compound exercises are unsurpassed:

-> Your body excretes more testosterone & growth hormones, thus greater muscularity

-> Your metabolism eventually speeds up by transforming your system to a potential "fat burner" and "muscle-builder"

-> Your strength levels are increased dramatically

-> Your system improves its' oxygenation capacity

To reap all the advantages of a dynamic weight training session, keep sets no more than 3-6 per muscle group, while resting 2-4 minutes between sets.

The trick to knowing when you're prepared for the next set, is to wait until your heart-beat restores its' normal pace.

Ideally, the normal heart-beat is when you are walking in a steady pace, like when going out for a

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typical walk.

In conclusion, compound exercises like Bench-Press, Squats and Deadlifts, are a "must" for triumphant achievements in sheer power and ultimate muscle-mass.

Want to take a brief and proven test, to measure your level of success with bodybuilding? Here's a quiz, at:

<http://bodybuildingtips.net/quiz>

ABOUT THE AUTHOR

George Papazoglou is the Creator of the Ultimate Muscle Building Systems and the <http://bodybuildingtips.net> site.

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The Anabolic Window For Muscle Growth

Your results you get from the gym will depend on what you eat before and after each and every training session.

In fact, the hour before training and the 3 hours after training will play a critical role in your success or failure at building muscle. This is the most productive window of time for nutritional enhancement.

From the time I've spent in the gym as a personal trainer, I can honestly say that most people don't reach their goals for one reason: they don't know how to eat to maximize muscle growth.

And the fastest way to start packing on muscle mass and increasing strength is to take advantage of the anabolic window of opportunity before and after weight training.

There are many reasons your meals an hour before training and up to 3 hours after will have a great impact on fat loss, muscle gains, and recovery.

First, you can reduce the effects of muscle tissue breakdown by providing your body with protein about a half hour before training. The combo of amino acids and glutamine from this protein source can help provide the muscles with the nutrients it needs, so it doesn't have to get them from breaking down muscle tissue.

If you fail to provide your body with the nutrients it needs after training, it attacks muscle tissue in order to get these nutrients. It's called catabolism, the opposite of anabolism (muscle building).

Also, intense training depletes energy and nutrients that are stored in the muscles, which is why you want to replace these nutrients right after training. Your muscles are like sponges after training and will take in more nutrients after a workout than any other time.

Now, the nutrients you want after a workout are those that will help trigger muscle growth.

When you eat the right kinds of foods after intense training, your body is in a prime state to release muscle building hormones like testosterone, insulin, growth hormone, and cortisol.

High blood insulin levels increase protein synthesis in your muscles by up to 50%. Weight training can stimulate protein synthesis up to 100% and amino acids taken after a weight training workout can increase muscle building by 150%.

But the best thing is, taking in amino acids right after a heavy, intense weight training workout can stimulate protein synthesis by up to 200%!

That's why it's important to take a protein and carb combination right after training. It can be through whole food or you can use protein shakes mixed with juice or Gatorade.

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You can also add some creatine and glutamine at this point as well.

About 2 hours after training, it's good to have a whole food meal. This will give your body more nutrients to stop any chance of muscle tissue breakdown.

Finally, 3 hours after training, take a meal replacement shake to continuously replenish lost glycogen stores, replace energy nutrients, and preserve the lean muscle tissue.

So, a total of 1 small protein and carb-rich meal about a half hour before training and then 3 meals within the 3 hour time period after training.

The combination of these will ensure your body is kept in a muscle building anabolic state throughout your workout and well after.

Try it and see how it's possible to gain 15, even 20 pounds of muscle within 3 months of using this muscle building tip.

About the author:

Shawn Lebrun is an online personal trainer and natural bodybuilder that shows people, step by step, his proven strategies and techniques for building muscle, losing fat, and getting in shape: Visit Shawn Lebrun's Muscle Building Site

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The Secret Muscle-Building Technique You MUST Use In Your Workout Routines

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Are you searching for that "one" solution that blasts your plateau and sends your muscles into an explosive growth phase all over again?

The solution to your problem has been under your nose all along...

I'm not going to waste your time with "exercise variety" and "switching rep schemes", because chances are, you already know these common techniques and use them in your workout routines anyway.

What I want to share with you is something fairly known in the weight lifting industry, but seldom used correctly and maximized to its full muscle-building potential.

The technique that can instantly force your muscles into growth is eccentric training, better known as "negatives".

Chances are, you have already heard of negatives, but you probably don't know how to use them for maximum muscle growth.

WHAT IS IT?

A concentric movement is your typical movement, in which the muscle fibers shorten to "lift" the weight.

Eccentric, or negative, movements are when you lower the weight, or bring it back to the starting position. It is the opposite of "lifting" a weight.

Negative movements unleash the power of the "other half" of your repetitions, the lowering phase. In an eccentric contraction, the muscle fibers lengthen to lower the weight.

Now, it is not enough to simply lower the weight slowly in your regular exercises. For maximum benefit, you must isolate and do negative movements alone!

WHAT ARE THE BENEFITS?

Here is a brief list of the benefits of eccentric (negative) training:

1) Increase in Training Weight: You can add a lot more weight when doing a negative movement. It is much easier to lower a heavier weight than it is to "lift" that same weight, which means that you can increase your training poundages instantly.

2) Neural Adaptations: After adapting to your regular concentric, or "lifting" movements, you can shock your muscles and nerves into adapting to a whole new negative movement. This causes confusion at the neuro-muscular level and forces you muscles into growth.

3) Muscle-Fiber Breakdown: Eccentric (negative) movements have been scientifically shown to cause greater muscle trauma and breakdown than regular concentric movements, resulting in greater muscle gains.

4) Type II Muscle-Fiber Activation: A study published last year concluded that maximum weight eccentric movements recruit more Type II Muscle fibers, those responsible for strength and speed.

5) Long Term Strength Gains: New research also shows that maximal eccentric movements cause neural adaptations that result in longer lasting strength gains.

THE BEST WAY TO DO ECCENTRIC (NEGATIVE) TRAINING

1) Choose a resistance level about 30% greater than what you would normally lift, and slowly lower that weight from the top position for a period of 3-5 seconds. **MAKE SURE YOU HAVE A PARTNER!**

2) Perform 2-3 sets for larger muscle groups such as chest, shoulders, and back. Perform only 1-2 sets for smaller muscle groups such as biceps and triceps.

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3) Rest for 3-5 minutes between sets, because negative training is very intense on your muscles.

QUICK TIPS

1) It is best to dedicate one day out of the week and do a whole workout routine focused on negative movements only.

2) If you can hold, or lower a weight for longer than 5 seconds, consider increasing the weight as it may be too light. If it takes you less than 3 seconds to lower a weight, consider reducing the pounds as the weight may be too heavy.

3) Don't overtrain! Listen to your body...Stick to less sets, and once you reach a set where it's taking you less than 3 seconds to lower a weight, STOP!

4) If you don't have a partner, you can train uni-laterally, using only one side of your body. This can be achieved with dumbbells, machines, and cables. Your non-active side would spot or support your active side.

CONCLUSION

As mentioned earlier, eccentric, or negative, movements have been shown to cause greater muscle-breakdown, neural adaptations, & recruitment of Type II Muscle Fibers.

This means that you can experience better muscle growth, greater strength gains, & more explosiveness.

Make sure to dedicate one day a week to do an entire workout routine focused on negative movements only.

You now have the knowledge to enter the fast-lane of muscle growth. How fast you want to go is entirely up to you...

Until next time, have an absolutely muscle-blasting workout routine!

About the Author

Faisal Khetani is a health and fitness consultant, & editor of the Dream Body newsletter. Take a look at his website & subscribe to his newsletter to achieve fast, maximum results:

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Muscle Growth Guide

When Is Best Time To Eat Protein For Building Muscles|Muscle Growth?

Every bodybuilder and fitness enthusiast knows that you must eat enough protein for muscle growth. Without the amino acids of protein, your muscles cannot grow no matter how hard and often you train your. Protein is the building block of muscles and there are no other nutrients to substitute protein for muscle growth.

It is recommended that if you want to grow and build muscle mass, the rule is to eat one gram of protein per pound of your body weight per day. That is a lot of protein which many people cannot get in their normal dietary meals and protein supplementation is often necessary. Without eating enough protein, all your muscle building training in the gym will be futile. Such a waste isn't it?

So when is the best time to eat protein to optimize muscle growth? How and which type of protein should you eat to get spectacular muscular growth?

- Eat protein first thing in the morning – After a good night's sleep, your body is in a catabolic state. That means your body is burning your muscle for energy since your glycogen store is low. So eat quickly digestible protein such as whey protein the first thing in the morning even before you brush your teeth to prevent your muscle wasting away or catabolism.
- Eat protein between your meals – To keep protein flowing in your bloodstream so as to feed your muscles continuously throughout the day, take casein protein in between your meals. Casein protein is slow to digest and as such will continuously release protein into your bloodstream to feed your muscles for many hours in between your meals. In this way, your muscles will be constantly receiving protein throughout the day.
- Protein before/after gym workout – It is a known fact that eating fast to digest protein such as whey protein before your workout will promote muscle growth as your muscles are being fed as you training to build muscles. Then take whey protein again after your workout along with some carbohydrates to repair your muscle cells after you have damaged them during your workout.
- Protein before bed – Since you will be going without food for many hours when you sleep and muscle building is at its optimum when you sleep, you must encourage your muscle to grow by eating casein protein before you sleep. As casein protein is slow to digest, it will continuously feed your muscles for as long as seven hours when you sleep and thus encouraging your muscles to build and grow.

So now that you know when is the best time to eat protein and to encourage building muscles, follow these tips and see your muscles growing like you have never seen before.

About The Author

Chris Chew is a fitness trainer of fashion models, actors and male pageant competitors. He is also the creator and author of Burn Fat Build Muscles Fast System. See his websites <http://www.sgfitness.com> and <http://www.sgfitnessonline.com>.

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Why Intensity Is The Key To Building Muscle

Intensity and effort is the key to building muscle. Without it, you couldn't use progressive overload, forced reps, or any other advanced lifting techniques.

Muscle growth depends on constantly increased intensity and overload. Not only that, there's such a feeling of complete joy and exuberation after completing a killer, intense workout.

You feel good, you feel strong, and you feel confident. There's nothing like training with complete, 100% intensity. And it's the most important part of building muscle consistently.

The truth is, if anything is worth doing, you have to give it all you've got, or you probably shouldn't even do it to begin with.

There's something incredibly intense about lifting 400 pounds on the bench press. Feeling a power in you as you push the weight with all you've got.

Not only does this intense, heavy lifting help you to build muscle, but it will also increase your confidence and self-esteem over time.

Intense efforts result in increases in muscle size and strength. The closer you come to using 100% intensity, the greater the chances of building muscle.

But it's impossible to use peak intensity for long duration when training. After all, you can't use max intensity when doing long-distance running.

As a result, the longer-duration but less intense activities you do will result in less muscle stimulation and growth. That's why brief, intense bursts of exercise is most important for building muscle.

Those interested in the most muscle growth possible must regularly exercise at the 100% intensity level. Anything less than that and you will not see the best results.

But the problem is, intense efforts require motivation. It's tough to lift with max intensity all the time. It can be very draining and it places huge demands on the body.

I'm sure you've felt, at one time or another, that you didn't want to do anything too intense. You went to the gym, but didn't feel like working out. Or you felt really tired and sluggish. Didn't you find it tough to use any intensity at all?

Believe me, it takes motivation and determination to keep training at an intense level. But if building muscle is that important to you, you'll find ways to keep upping the intensity.

That's why it's important to have strong reasons for working out, goals that you really want to achieve. It's amazing how much intensity you can use if you're really after a particular goal.

Muscle Growth Guide

So the more you want a specific goal, the more intensity you'll train with. If you're tired of being picked on or teased for being skinny or small, that will keep you training with intensity in the gym.

Start being more aware of the level of intensity you're using in the gym. Are you giving it your very best when you step in the gym?

If not, you may not have strong enough goals or a strong enough reason for working out. Until you find your "hot button", 100% intensity will elude you.

Visualize what you want to achieve from working out in the gym. Picture yourself with the lean, muscular physique you want. And realize that it will take intense and consistent training to achieve that.

And since intensity is the key to building muscle, start using as much of it in the gym as you can. If you start training with 100% intensity, you'll soon start achieving all of your muscle building goals.

About the author:

If you're serious about gaining muscle and losing fat in the fastest way possible, check out fitness trainer Shawn Lebrun's proven workout and nutrition program: Simple Steps workout and nutrition program

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