

Mass Muscle

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Introduction To Mass Muscle

Thank you for downloading "Muscle Mass", the quick-start report that will help you bulk up and gain a tremendous amount of muscle quickly and easily.

In case you are new to weight training, let me give you a quick summary of what it's all about. Bodybuilding is the process of developing muscle tissue through intense (and repeat) strength training sessions. It's different than basic weight loss because your objective is to gain muscle mass rather than simply to shed weight.

As you become part of the body building circuit, you'll hear different terminology used to explain various weight training routines and strength workouts.

Here's a quick summary of the most common phrases and terms you'll hear:

Strength Training - Strength training and weight training are similar, but not exactly alike. Strength training focuses on increasing muscular strength and size while weight training is one type of strength training that incorporates weights as the primary force to building muscle mass.

Resistance Training - Resistance training involves the use of elastic or hydraulic resistance to contraction rather than gravity. When your muscles are resisting a weight, the overall tone of that muscle will grow over time.

Reps - the number of times you complete a specific routine (repetitions).

Tempo - the speed in which you complete strength training exercises.

Equipment used in weight training includes barbells, dumbbells, pulleys, and stacks in the form of weight machines or the body's own weight as in push-ups and chin-ups. Different weights will give different types of resistance.

Weight training also focuses on form performing the movements with the appropriate muscle groups and not transferring the weight to different body parts in order to move great weight. If you don't use good form in weight training, you risk muscle injury, which could hinder your progress.

New Bodybuilders

One important thing to keep in mind is that if you are new to strength and weight training, you want to start off with a lower weight initially, as you work towards conditioning your body to handle more weight.

One of the biggest mistakes that new bodybuilders make is in going full force into workouts, and without having a strong foundation and a system conditioned to effectively handle and manage intense weight, they end up permanently damaging tissue, hindering their ability to build strong muscle mass.

If you are looking for personal guidance with beginning your body building routine, consider hiring a personal trainer who can develop a customized workout routine and weight training system designed for your body type. A personal trainer will also help guide you towards consistently building muscle mass, while encouraging you every step of the way.

You can find qualified personal trainers just by calling your local gym or workout facility.

The costs of hiring personal trainers will vary, but if you're dedicated to improving your physique and learning how to maximize your strength training sessions for increased performance, they're well worth the

investment.

Muscle Building Workouts

This segment of the report features some of the more common muscle building routines, however you'll want to mix it up so that your muscle groups are consistently challenged.

Never let your body become too familiar with one routine! You always want to focus on different muscle groups every other day, while combining a series of strength training with weight training for maximum impact.

Here are a few of the more common exercises.

Dumbbell Bench Press

Sit on the edge of a flat bench with the dumbbells resting on your knees. In one smooth motion, roll onto your back and bring the dumbbells up to a position slightly outside and above your shoulders. Your palms should be facing forwards.

Bend your elbows at a ninety-degree angle with your upper arms parallel to the ground. Press the weights up over your chest in a triangular motion until they meet above the centerline of your body. As you lift, concentrate

on keeping the weights balanced and under control. Follow the same path downward.

Standing Military Press

For this exercise, you will use a barbell. Stand with your legs about shoulder width apart and lift the barbell to your chest. Lock your legs and hips and keep your elbows in slightly under the bar. Press the bar to arm's length over your head.

Lower the bell to your upper chest or your chin depending on which is more comfortable for you. This exercise can also be performed with dumbbells or seated on a weight bench.

Lying Tricep Push

Sit on a flat bench holding a curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the weight bench. As you are lying back, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise.

The biggest key to this exercise is keeping your upper arms in a fixed

position. Slowly lower the bar until it almost touches your forehead. Press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

Side Lateral Dumbbell Raise

Stand upright with your feet shoulder width apart and your arms at your side. Hold a dumbbell in each hand with your palms turned toward your body. Keep your arms straight and lift the weights out and up to the sides until they are slightly higher than shoulder level. Then slowly lower them back down to your side again.

Keep your palms turned downward as you lift the dumbbells so that your shoulders rather than your biceps do the work. Make sure you are lifting the dumbbells up rather than swinging them up. Don't lean forward while doing this either or you risk injury to your back.

Preacher Curls

This exercise is best done with a special preacher curl bench, but you can do this without it with a little modification. Sit at the end of the weight bench, and place something such as a firm pillow or a few pillows under your armpits on your lap. Hold the curl bar in your hands with palms facing

upward. Don't hunch over the pillow, sit as straight as you can.

Using a shoulder width grip, grasp the bar in both hands. Curl the bar upward in an arc. Be careful not to swing or rock to get the bar moving. You need to be using your muscles to lift the weight, not momentum. The goal of this exercise is to work the biceps.

Bring the bar up to your chin keeping in mind that the resistance is greatest during the beginning of the lift. Lower the bar slowly working the muscle on the way down as well. You can also do this with dumbbells or work one arm at a time.

Seated Dumbbell Curl

Sit at the end of a bench with your feet firmly on the floor. Keep your back straight and your head up. Start with the dumbbells at arm's length with your palms facing in. Curl the weight up and twist your wrist once they pass your thighs. Squeeze your biceps at the top and then slowly lower the weight.

Do not swing the dumbbells down; lower them as you are working those muscles! You can do this standing, but the seated position prevents bad form.

One-Arm Dumbbell Row

Start with your right foot flat on the floor and your left knee resting on a flat bench. Lean forward so that you're supporting the weight of your upper body with your left arm on the bench. Your back should be flat and almost parallel with the floor.

Reach down and pick up a dumbbell with your right hand. Your left arm should be locked at the elbow so it will support the weight of your upper body.

Before starting, look straight ahead instead of at the floor so you can keep your back straight. Tighten your abs to keep your body from turning to the side as you lift the dumbbell. Concentrate on pulling your elbow back as far as it can go. The dumbbell should end up roughly parallel with your torso.

After you've rowed the dumbbell up as far as you can slowly lower it back to the starting position. Switch arms after one set.

Dumbbell Shrugs

Stand straight up with your feet at shoulder width. Hold two dumbbells

with your arms hanging at your sides. Droop your shoulders down as far as possible. Raise your shoulders up as far as you can go then slowly return to the starting position.

You can also rotate your shoulders by going up in a circular motion from front to back and then back down again. This can also be done holding a barbell.

Standing Calf Raises

This can be done with a specific machine found in a gym, or adapted for use without the machine. Stand up against a wall with your body facing the wall and your palms down on the wall and your feet flat on the floor.

Keep your body straight and slowly lift up your heels until you are standing on the tips of your toes. Hold the contraction briefly then slowly return to the starting position with your feet flat on the floor.

Crunches

Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so

they touch.

Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your abdominal muscles. Begin to roll your shoulders off the floor.

Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

Dumbbell Hammer Curls

With a dumbbell in each hand, stand with your arms hanging at your sides, and palms are facing each other. Keep your elbows locked into your sides. Your upper body and elbows should remain in the same place during the whole lift.

Keep your palms facing each other, curl the weight in your right hand up in a semi-circle toward your right shoulder. Squeeze the biceps hard at the top of the lift and then slowly lower. Do not turn your wrists during this lift! You can also do one arm at a time and/or alternate.

Focused On Success

Sticking with a consistent muscle building routine requires incredible discipline, but if you're serious about building your body so it reaches its maximum potential, there are a few things you can do to stay on track.

For starters, a routine is critical in order for you to condition your body to work out at its hardest. You'll also find that your body will begin to crave these exercises the more often and consistently you do them.

Determine what time of day works best for you and define a workout schedule that allows time in each day for a solid workout.

Make sure to accommodate time for warm up exercises that get your muscles burning and your body ready for an intense workout.

When just starting out, focus on weights that offer resistance but aren't too challenging.

The objective is to progressively increase the amount of weight you lift as your body becomes stronger and conditioned to manage intense weight.

Here is a simple workout schedule to help you get started:

Day 1 – Upper Body

For the following exercises, begin with two sets of 10-12 reps each.

- 1) Dumbbell press
- 2) Standing barbell military press
- 3) Lying tricep press
- 4) Side lateral raise
- 5) Preacher curls
- 6) Seated dumbbell curl
- 7) Dumbbell rows
- 8) Dumbbell shrugs

If you have access to weight machines, add the following to your plan:

- Pec deck butterflys
- V-bar pushdowns
- Lat pulls with pulley machine

Day 2 – Lower Body and Abs

Again, begin doing each exercise with two sets of 10-12 reps each except for the crunches which you can do as many of them as you want.

- Barbell squat
- One leg barbell squat
- Lunges
- Standing calf press
- Stiff leg barbell
- Crunches

Machines can be especially helpful when working your lower body. Here are some you should consider on this day:

- 1) Leg presses on a plate loaded machine
- 2) Leg extension machine
- 3) Seated hamstring curls
- 4) Standing hamstring curls
- 5) Ab machine

Day 3 – Rest

Day 4 – Upper Body

Increase your sets to 3 doing 10 – 12 reps each

- Chin ups (get assistance if necessary)
- Seated dumbbell hammer curls
- Dumbbell presses on an inclined bench
- Standing barbell military press
- Standing bicep curls
- Barbell tricep extension
- Upright barbell row
- Front dumbbell raise

The machines you can use on this day include:

1. Seated cable rows
2. Upright cable rows
3. Cable crossover flies
4. Tricep rope pushdowns

Day 5 – Lower Body and Abs

Go back to doing just two sets of 10-12 reps each except for the crunches which you can do unlimited amounts of.

- Standing calf press
- Lunges

- Barbell squat
- Stiff leg barbell
- Standing calf raises
- Crunches

Machine exercises include:

- 1) Leg presses on a plate loaded machine
- 2) Seated hamstring curls
- 3) Kneeling hamstring curls

Weekend – Rest

If a four-day workout plan is too much for you, consider starting out with a two or three day plan.

Keep in mind that you won't get results as quickly with a fewer day workout, but if you need to start out slowly, it can still be effective.

Maximizing Your Weight Training Performance

Looking to get the most out of your training? Consider downing a high protein shake an hour before your session.

Carbohydrates and protein is incredibly important in building mass muscle and helps your body repair muscle tissue from previous workouts. High protein shakes will put your body into an anabolic state, providing an extreme energy boost that will help you maximize your workouts.

As you are weight training, your muscles receive an increased amount of blood flow, and by drinking a high protein shake an hour before your session, your body is able to effectively utilize this extra protein and equalize the blood flow so your muscles are able to work at their hardest.

You'll want to keep a record of your workouts and overall progress, ensuring that you do not duplicate the same exercise within a 72 hour period.

Purchase a small notepad and write down the workouts you've done each day, the amount of time you worked out, what you've eaten, the amount of repetitions and how much weight you were able to lift during your session. Keeping a personal journal that documents your progress will also help you stay on track until you reach your goals.

When working out, give your muscles a 20 second rest in between repetitions being careful not to rest too long, otherwise your muscles will cool down and you're session won't be as effective.

To really ramp up your weight training, consider adding in 20 minutes of cardio a day to get your blood pumping, heart racing and to increase your energy and endurance. Go for a jog, grab a jump rope, or run the treadmill for 20-30 minutes before you begin strength training.

Eating For Success

When it comes to body building, what you eat is incredibly important to your ability to gain mass muscle. You need enough energy in order to maximize your workout performance, and you need to essentially feed your muscle so that they can continue growing.

Let's take a closer look at the most important foods for bulking up:

Carbs:

Carbohydrates are the body's main source of glucose. Glucose is a simple carb that is stored in your muscles and liver as glycogen. Glycogen is the principal form of energy that is stored in muscles. When your muscles are filled with glycogen, they both look and feel full.

Glucose also provides energy for your brain and making blood in your body. Glucose can be made from protein, but that requires the breakdown of body protein from muscle. If you're not eating enough carbohydrates, your body will start breaking down muscle tissue for glucose.

Focus on unprocessed complex carbs like sweet potatoes, potatoes, whole grain breads, oatmeal, and brown rice. Divide your carb meals into six servings throughout the day. This divide and conquer approach stimulates a steady release of insulin to create an anabolic, or muscle building, state.

Fiber:

Eating fiber makes muscle tissue more responsive to anabolism by improving sugar and amino acid uptake, and aiding in muscle glycogen formation and growth. Beans and oatmeal are two excellent sources of fiber.

Don't Skip Breakfast:

Breakfast is the most important meal of the day, and besides your post-workout meal, it is also the best time to load up on carbs. Blood sugar and muscle glycogen levels are low from your overnight fast. Your body must replenish these levels before stimulating the fat storing machinery in the body.

Rotate Carb Intake:

If you are needing to lose some fat along with building your muscles, you will want to rotate your carb intake. Bodybuilders who rotate their carb intake tend to lose more fat than bodybuilders who maintain a steady flow of carbs while dieting.

Protein:

Another important nutrient every body builder needs is plenty of protein. Amino acids are the building blocks of protein. Glucose molecules make up

carbohydrates just like amino acids make up proteins. Protein is involved in growing, repairing, and replacing tissues.

Fats:

Fats are the main source of energy in the body. Fat combines with glucose for energy in order to spare the breakdown of protein. That way, protein can do what it is supposed to do – build muscle.

Go for unsaturated fats staying away from trans fats and saturated fats. Unsaturated fats are found in various nuts, virgin oil, and even avocados.

Drink Plenty of Water:

Probably one of the best things you can do to help your body building workout progress the way you want it to is to drink plenty of water.

Water is part of every single metabolic process that the body undertakes and it also helps to flush toxins from your system, keeping your body running at its maximum potential during workouts.

Muscle Building Supplements

When you get into muscle building, you'll quickly encounter over 200 different supplements on the market, offering to help you maximize your muscle growth and increase your body size.

While supplements can dramatically increase your ability to gain muscle, not all supplements are created equal.

Here are the top supplements I recommend:

Glutamine:

If you have too little glutamine in your system, it can result in muscle loss. This amino acid is essential to muscle building because it helps nitrogen in the body move around to where it needs to be. You have to have a positive nitrogen balance in order to gain muscle mass.

Creatine:

Creatine is a natural constituent of meat, mainly found in red meat. Creatine is manufactured naturally in the body from the amino acids glycine, arginine, and methionine. This process takes place in the kidneys, liver, and pancreas.

Approximately 40% of the body's creatine stores are free creatine (Cr),

while the remaining 60% is stored in form of creatine phosphate (CP). The typical male adult processes 2 grams of creatine per day, and replaces that amount through dietary intake and fabrication within the body.

Creatine can create muscle fullness as well as create an environment within your body that is conducive to muscle growth. It can also delay fatigue during repeated workouts. However, you must use your creatine regularly instead of sporadically for it to be effective.

Protein Based Supplements:

Much of your protein will come from your diet, but if you really want to grow your body mass, increasing protein through weight gainers or protein powders is necessary.

Of all the protein supplements, whey protein is the highest yield, offering increased capacity as a post-workout recovery supplement.

This is a critical time after severe physical stress when the cells will act like a sponge and take in almost anything. The extreme hunger of the cells and the fast-acting properties of whey will make sure you use the best window for recovery to the fullest.

Nitric Oxide:

Nitric oxide promotes extended ability to lift weights. It also signals muscle growth, speeds recovery, and increases strength along with stamina. You'll find this supplement in both pill form as well as liquid form. Make sure to read the manufacturers recommended dosage.

Final Tips

Gaining mass muscle and building your body takes dedication, but once you've developed a consistent weight training schedule, and you've begun to make important changes to your diet and lifestyle, and you see the results from your hard work, you'll find it very easy to stick to.

Just keep a log of your progress, weighing yourself every other week and maintaining a detailed record of your workouts, repetitions and diet so that you can identify the changes in your body as it grows stronger.

Be proud of your new lifestyle and your focus on rebuilding your body so it's stronger than it's ever been before.

Best of success!