



HOW TO BUILD MUSCLE

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[How To Build Muscle](#)

So not only do you want to know [how get bigger muscles](#), you want to get there quickly?

Well, welcome to everybody's dream. We didn't want to wait for 3 years to put on 20 - 30 pounds of muscle. We didn't want to use steroids and HGH. One thing that we were willing to do was work hard at an intelligent plan that was based upon facts and evidence to produce outstanding results quickly and naturally.

There was just no way, we thought, that 8 lbs of muscle is all the human body is capable of gaining per year naturally. We had all experienced much greater gains than this and we didn't even know what we were doing. It was at this time that we decided to begin evaluating, researching, and testing products and programs to help us separate the good from the bull crap on [how build muscle](#). What we realized is that it is quite possible to put that 8 lbs of lean muscle on in less that 10 weeks. With the right diet and training program this is within your reach too.

We'll give you the brief point by point rundown on what we found to be the absolute best way to [body build muscle very quickly](#). The information can be divided into 3 categories. Nutrition, Training and Rest.

Nutrition, it is argued, makes up at least 50% of the reason you will grow. This is the area people make there biggest mistakes and their most frequent mistakes. It is where most people fail and where most people give up.

You should use those statistics to help you prepare your mind and attitude for the work that will be necessary in this area. You will need to force yourself to eat when you are not hungry. You will have to eat when you don't feel like making something at that time.

You will have to eat when it is inconvenient to do so. You'll have to eat a lot and you'll have to make sure you are getting the right balance of carbs, proteins and fats. Failure in this area wastes the hard work you've done in the gym. Here are some brief tips for your [muscle building diet](#).

- i. Start with 16 times you body weight in calories per day. Your goal is to gain 1 - 2 lbs per week. Depending upon whether you are hitting numbers higher or lower than this adjust your calories up or down by 200 - 250 calories per day accordingly.
- ii. 3 - 4 grams of carbs per day. These will provide the energy to work your muscles harder and also provides energy for your body to break down protein into amino acids which are the [building blocks of muscle](#).
- iii. 1 gram of protein per day per pound of body weight. Anymore than this is

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unnecessary. Your body is unable to breakdown and use any more than this. You should space your protein out over all of your daily meals.

iv. Consume a good amount of essential fats. Believe it or not you have to eat fat to burn fat and you have to eat fat to [build muscle](#). It will aid in the production of testosterone which is essential to making tremendous gains in the gym.

v. Eat a big breakfast and then at least once every 3 hours until bed time. You should try to get a good amount of your carbs in at breakfast and before workouts. Space your calories out fairly evenly over the day's meals. Higher calorie breakfasts and post-workout meals are also recommended.

Training is another huge part of the [muscle building plan](#). Your muscles will not grow if you don't work them. Here are some simple tips to help you get huge quickly.

i. Use exercises that incorporate multiple muscle groups into one movement / lift. Squats, Dead Lifts, Military and Bench Presses, Clean and Presses, Clean and Jerks, Chin / Pull Ups, Rows, Dips etc. These will help get your workouts done faster and will [build both functional and explosive strength](#) better than any other exercises.

ii. You should find 80% of your maximum lift ability for each exercise you do. That is your rep weight. You should be able to do 4 - 6 reps. If you can do more increase weight if you can do less decrease it.

iii. Use super sets to get your time at the gym done quicker too. A good starting plan would be to choose 6 of the above exercises, do three sets of 4 - 6 reps of each exercise but put them in a super set to get you done quicker. Try to combine exercises into your super sets that work different muscle groups.

Finally, rest. Be sure you always get enough sleep and don't over do it.

i. 3 Days per week with at least 1 day off in between is all you need to produce intense results. Workouts don't need to last any longer than about 35 minutes. [Get it, get done and get out is our gym motto](#).

So, that should give you a good foundation to start from to [build muscle quick](#). Go eat like a horse and kick some butt in the gym. Don't forget to rest. It is then that your body will heal itself and grow.

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