

Muscle

Gaining Revealed



Muscle Gaining Revealed: A Tiny Guy's Guide to Muscles

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Introduction

Among many things that men like to have in them is to build on muscles as fast as they possibly can. Gaining muscles is not just an indicator of strength but also overall fitness of the body.

Hence, it is not uncommon to find many men working doubly harder to gain them through all possible means. Countless number of books, journals have been written since ages; all dedicated to this.

What's more, fitness centers and gyms have sprung up like mushrooms all across the globe to enable people realize their muscle building dreams. Maintaining a healthy diet throughout is yet another way to have muscles built on you.

It is true to say that people approach differently to building muscles. While few of them try out aged old methods or procedures to serve their purpose, others rely on modern techniques to see their plans through.

Whatever the methods employed, there can't be a short cut in their approach to gain muscles. It is an exercise that requires time and patience on your part.

You cannot gain muscles all of a sudden. All said and done, there are few tricks or secrets that can surely make your task that much easier. These secrets have been widely accepted by many fitness experts world over and can be tried out by any one.

Having your mind well focused on the tasks ahead is very much essential. If you are not willing to train your mind to take on rigorous processes ahead, chances are that you might feel it really difficult to gain muscles.

You tend to become sloppy and eventually miss out on all important muscle gaining training processes. Start imagining how good it would be to gain the necessary muscles and make the things more fun.

There is no point in going ahead with all the procedures if you are not into it fully. Over a period of time you are likely to include other set of things that will aide you further in your muscle gaining mission.

Half the battle is won or lost in your mind. When you have decided it's time to gain muscles and be fit, you must be at it all the time.

Once the mind is in place, there are many things you need to follow. Eating healthy foods, maintaining proper diet, having proper sleep, following proper training methods are few such things that can be followed religiously to get success in gaining muscles.

It is not a bad idea to go through all these methods and more under the supervision of your physical trainer. His presence will surely boost your efforts.

It is not just important to gain muscles but also to retain them as long as possible. After following a number of methods to reach there, it becomes all the more important to keep repeating the methods at optimum levels.

Doing so will enable you in not just retaining the muscles but also stay fit most of the time. Given below are few vital tips that can help you in your efforts to gain more muscles.

Why men want to build muscle



You might well ask: What is the need to build muscles in men? What are its benefits?

Well, the answer to these questions and others related to it is simple indeed. In addition to looking good and in shape, it has many health benefits attached to it. No wonder then that many people are queued up to build their muscles.

The presence of body muscles is an indication of flexibility, strength and muscular endurance that is critical to carry out daily chores of activities. They also help in keeping injuries at bay.

To stay healthy and to look elegant it is necessary to have adequate amount muscles in your body.

The appropriate amount of it is however largely dependent upon a number of factors like your routine activities, medical history and so on.

Irrespective of the amount of muscles required it is essential to incorporate a number of programs in your routine exercises. Few such exercises are weight lifting, weight-bearing exercises and so on.

Building muscles through supplements like Creatine would mean nothing if proper resistance training is not followed.

Gaining muscles is particularly important to men who indulge in hard work regularly. They tend to provide lots of strength and durability during the process.

Even if you don't want to build muscles to enhance your performance levels, prevent injuries or bodybuilding; muscle gaining should still be on your top priority list.

They are very useful to all men alike. What's more, they can help you cure posture-related problems and also ailments related to lower back and so on. If these reasons are not enough for you to get started; nothing much can motivate you further.

According to medical researches, by gaining muscles you can keep density of bones at optimum levels in your body. In some cases, there exists a tendency to lose out on bone density; a condition also referred to as 'Osteoporosis'.

This can be effectively checked by gaining lots of muscles.

As you age there will be certain loss of body muscles. This can be attributed to a number of factors; both external as well as internal.

For example, IGF-1 is a hormone that is chiefly responsible for growth, repair and maintenance of all cells and tissues within the body like gastrointestinal tract, muscles, skin and so on.

Any reduction in IGF-1's secretion in the body will result in reduced growth. The condition has to be then treated with drugs like cyclosporine, dexamethasone, and corticosteroids and so on.

To ensure this doesn't happen to you and to supplement any possible muscle loss; you need to build muscles regularly.

Lack of vitamins and proper exercise can also play their part in muscle loss. Also, with ageing, body fat tends to increase. If men can't counter them by building adequate muscles, they stand to lose out on both their physique and health.

Hence, it is important to gain as much muscles as possible before it is too late. These are few of the reasons why men want to gain muscles.

10 Tips for Building Muscles



Without a shadow of doubt, one can easily prepare a huge list of do's and don'ts regarding building muscles. However, not all of those methods listed would be effective to everyone alike.

While few of them might work wonders, others might fail to make an impact. There are however few tips that can certainly help a number of muscle

building aspirants. Merely understanding these tips will not help.

You need to implement them regularly and wait for a certain amount of time for results to pour in. Here are few of those tips...

Tip 1: - Lay more emphasis on High-intensity interval training (HIIT). HIIT sessions have been found to have positive impacts of fat burning, especially when they are done regularly. As far as possible, prefer HIIT's over aerobic exercises.

The latter tends to burn more branched chain amino acids and glycogen which in turn can have negative impact on building muscles.

You may try out 400- meter sprint followed by a long recovery jog. This process when repeated should certainly help.

Tip 2: - Eating more fish helps you to build muscles fast. Fish is an excellent source of protein. They are also known to contain omega-3 fatty acids which are essential for your muscles and overall health. These acids render your muscles sensitive to insulin which in turn aides storage of glycogen and absorption of amino acids.

Tip 3: - Eat sodium rich foods. Increasing your sodium intake will help in amino acid absorption and storage of carbohydrates. Sodium can assist your muscles to react quickly to insulin. However, it is advisable to take sodium in appropriate measures.

Tip 4: - Always concentrate on total time your muscles are under load. This is a far better option than focusing only on numbers of reps.

Try spending at least 2 seconds for negative contraction, 1 second at neutral and another second for positive contraction. By emphasizing on these, your muscles will get the right amount of loads and can in turn lead to muscle gains.

Tip 5: - You need to give adequate recovery time for your muscles. This is vital to gain more muscles from thereon. There are chances that your muscles needs repair works after a heavy workout.

During these repairing sessions the body will automatically make muscles stronger than before to take extra load and stresses.

All this will happen only after a period of time. Rushing onto the things will only complicate the matters. Hence, you need to ensure proper healing time is given to the muscles.

Tip 6: - Consume lots of water. It is one of the nature's best supplements that can benefit you a great deal.

Make it a habit to drink at least 8 glasses of water daily. Water helps in transporting nutrients all through the body and thereby building muscles adequately.

Tip 7: - Ensure that you take proper rest at regular intervals. A good sleep will relax your muscles and helps it rejuvenate after a string of actions.

Tip 8: - Watch out for your angles. Gaining of muscles could be followed by risks of injuries. To ensure this doesn't happen in your case, try isolating target muscles by using best angles and maximize muscular exercises.

Always remember to lift loads with legs rather than back.

Tip 9: - Do adequate warm-ups before getting started. Before you proceed with heavy exercises, it is necessary to start slowly and steadily.

Your muscles need to be loosened up before engaging them in strenuous activities. Working straightaway could lead to different kinds of injuries.

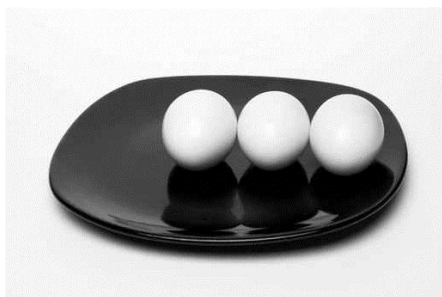
Tip 10: - Maintaining regular intervals between successive exercise routines is critical in muscle building.

An ideal way to go about would be to work on weights on Tuesday, Thursday and Saturday filling in with other routines like cardio on other days. Set aside a day for rest.

Food that helps you build muscles

All of us are well aware of the fact that to build muscles one needs to exercise regularly and eat right kinds of foods. However, most of us fail to strike a right chord between the two and fail in our mission more often than not.

Eating healthy foods and maintaining proper diet is critical to you gaining muscles in a longer run. This section will deal with few such foods that can help you gain muscles.



1. **Egg Whites:** They are probably your best bet in building muscles. Egg whites are rich in amino acids that are very useful in muscle recovery after a heavy workout. However, it is essential to cook them right to make the perfect use of them.

While overcooking will render them useless, consuming them raw will risk you with contacting Salmonella. It is not a bad idea to keep the cooking temperature below 140 degrees Fahrenheit.

2. **White meat:** Lean chicken meat or white meat is an excellent



source of protein. Always consume the breast portion as they are rich in protein. They can help you build damaged muscles in a quick time. What's more, you can take them along with some veggies to make it delicious.

3. **Beans:** They are probably the most underutilized foods for muscle building purposes. Nonetheless, they are an excellent source of fiber and proteins.



The beans fiber helps to regulate the levels of insulin which in turn is useful for muscular growth. Navy beans and kidney are most preferred varieties as they have high proteins and fewer calories.



4. **Salmon fish:** Like other foods, Salmon fish too is rich in protein and can easily help you in stimulating metabolism. These proteins help you consume fewer calories and burn extra ones faster.

Salmon is also an excellent source of omega-3 fats. They in turn can help you prevent heart related ailments, fight inflammation and regulates insulin levels.

5. **Milk:** The protein rich milk is essentially a combination of whey-80 percent and casein-20 percent.



The former can be easily broken down into amino acids and thus renders the milk a perfect drink after a session of heavy workout. The latter however takes time to get digested completely.

It however supplies the body with regular dosage of proteins in smaller amounts at regular intervals.

Drinking at least 3-5 glasses of milk a day reduces the chances of strokes and heart attacks considerably. This has also been proved medically.

6. **Other foods:** Foods rich in slow-burning carbohydrates like pasta, sweet potatoes and rice too are good options.

Carbs present in the muscles are chiefly responsible for providing energy to the body during workouts.

In their absence, the muscles get weakened and can easily affect your workouts. Water, which comprises 70% of body, is an excellent choice to help you build muscles.

Regular intake of it will enable transportation of nutrients and minerals all through the body. They help your muscles look toned and 'fuller'. They also help in flushing out unwanted toxins from the body and thus keep the body in good health.

5 Muscle Building Exercises



Exercises are probably the most preferred modes of increasing your muscular levels. Exercises of all types are carried out by health and physique conscious people all over the world.

While they help you stay healthy, they can render your body well in shape and make them look well toned. Though a number of exercises can be performed to build muscles efficiently, only few have been widely

accepted as the best ones.

It is advisable to you to perform these exercises under the supervision of a physical trainer, lest something goes wrong while doing them.

All the exercises discussed below have one thing in common. They are all multi-joint movements. This would mean usage of many joints while lifting weights.

These exercises will help you burn more calories in less time. Given below are few such muscle building exercises that will surely benefit you a great deal.

1. **Pull-ups:** It is a form of exercise wherein the body is suspended by extended arms which are gripped by a fixed bar. It is essentially an upper body exercise in which the elbows are bent and head is held higher than hands.

As a first step, grab the bar to shoulder width and then start pulling yourself to it. Your goal all through this exercise is to keep the chin above the bar.

This mode of exercise is particularly useful to Latissimus Dorsi and other assisting lower back muscles.

2. **Deadlifts:** This is a yet another popular muscle building exercise that helps you burn extra fats while giving your whole body the required exercise.

The multi-joint movements associated with it helps concentration on hamstrings, glutes and lower backs. To perform this exercise using a barbell, grip the bar firmly to shoulder width and feet shoulder width. Ensure that your chest is elevated with your butt back to keep your back in straight position. Once you have reached this position, start lifting by pushing through the ground.

You then need to stand up with the bar to complete the exercise. Repeat this many times over for effective results.

3. **Squats:** This mode of exercise is great for the entire body and is sure to work on different muscles of the body. It helps you burn tons of calories with special emphasis on quadriceps, glutes and hamstrings.

To perform this exercise, you need to take a shoulder width stance and look straight ahead. All this while; your chest should be kept up.

You can then initiate movements to bring hips downwards and back to a bench. This will enable you to aim for and return to the original position.

4. **Military press:** For this exercise you need two dumbbells. Keep them at your shoulder height and press them above your head.

You may then try to bring them in line with your ears as they go up. You have to press to initiate lock out and repeat the process.

5. **Sled Pulls:** Sleds are probably best tools you can have to shed excess fats in your body. You can work on them by dragging them forward.

Role of antioxidants in building muscles



Believe it or not, antioxidants in your diet can go a long way in improving your overall health. Their amazing health benefits will be there for you to see right from the word go.

The free-radical fighting antioxidants help you prevent cancer, heart diseases and a number of other diseases. It is also very useful to make you look and feel a lot younger than you actually are!

The list of benefits doesn't end here. Antioxidants also help you recover fast from strenuous exercises and this in turn can burn your excessive fats and tone your muscles like never before and that too for a long term!

A lot of free radicals are generated during an exercise. Consuming appropriate antioxidants help you recover from these losses by inhibiting the free radicals that are produced.

Thus, the damage caused to muscle tissues is minimized to a greater extent. It is advisable for you to take in the antioxidants an hour before exercise.

Doing so will help your body to recover quickly after an exercise and will greatly reduce the damages caused to your muscles.

Natural whole foods are the best source for these antioxidants. What's more, most of them are readily available to us in the open market.

Some of the excellent sources for antioxidants include cherries, grapes, acai fruit, seeds, nuts, cocoa, dark chocolates, cinnamon and potatoes.

In addition to these foods, various teas like black tea, green tea, red tea, oolong tea and white tea too are excellent sources for these antioxidants. Most of the berries available are also rich in antioxidants.

Few of these berries are raspberries, cranberries, blackberries, blueberries and strawberries.

There are also a number of antioxidant supplement pills that can be taken. However, they wouldn't match the natural whole foods on many counts.

If you are looking for a delicious pre-workout antioxidant rich foods, look no further than graham cracker over which organic cashew butter is spread over.

You may as well use fresh strawberries to top the mixture. In case, you find it difficult to use cashew butter then do not worry. You can use peanut butter instead.

You can wash them down either through cranberry juice or acai berry juice. The best part of all these foods is that they are rich in different varieties of antioxidants.

All of which can help shield your muscles and preserve your youth. Having them an hour before exercise is the best way to go about them.

You may as well try out with other combinations of food.

Almost everyday you are confronted with smoke, pollution, chemicals and harmful sun rays and so on. All of these external agencies can bombard you with free radicals.

To negate their effects and to reap benefits of antioxidants make sure that your every meal has one or two foods rich in antioxidants. This can help you a long way from the potential damages caused due to radicals.

The lean, muscular and youthful physique you were always after would be yours if they are adequately taken.

Best Dumbbell exercises to build your muscles



Among different ways how you can build your muscles are your good old dumbbells. They are probably the most effective and versatile workout tool available in the market. On using them regularly and in correct way, you can expect to have a body with great muscles.

By just using a pair of dumbbells, you can virtually carry out tons of different exercises each of which can work wonders for you.

In addition to helping you with great muscles, they can help you get rid of excess fats and improve your cardiovascular fitness.

With many exercises you can perform with them, you might wonder which one of them is best for you.

Given below are few exercises that are really effective and easy to follow.

Effective upper body dumbbell exercises



Biceps: There are two exercises that can be performed to stimulate your biceps. They are Incline curl and Dumbbell curl.

The best part of this exercise is that you can do them on one arm alternatively or perform them concurrently with both arms.

With inclined curls you may not be able to lift much weight as they are more stressful as compared to standard curls.

Back: Dumbbells bent over deadlift, shrug and row are probably your best pals.

When properly done with appropriate heavy weights they can help you develop strong muscular back.



Shoulders: Dumbbell upright row, shoulder press and lateral raise are the common exercises associated with shoulders.

While the former two exercises are excellent for blasting shoulder complex, the latter can be used effectively to blast the anterior part of the shoulder.

These set of exercises can be performed either on one arm or by applying full pressure on the lateral part of the shoulder.

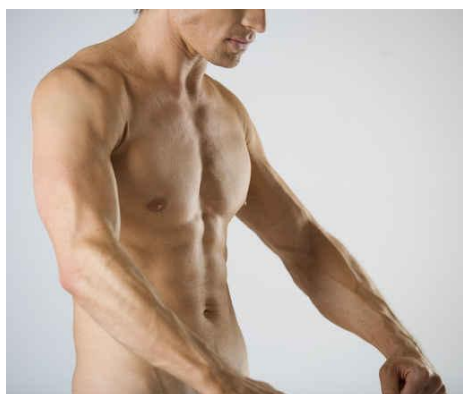
Triceps: Dumbbell kickback, triceps extension and incline extension exercises are the exercises that are associated with triceps.

All these exercises are capable enough to enable triceps growth. There is no reason why you have to go harder at triceps as they get necessary stimulation from exercises like bench press that is associated with chest region.

Chest: Flat, incline and decline bench presses are the exercises associated with chest region.

The standard flat bench press exercise is a powerful one and should be made use of to develop head-turning and remarkable chest.

Effective lower body dumbbell exercises



Hamstrings, Quadriceps and Calves can be effectively dealt with a pair of dumbbells.

While Straight-leg deadlift exercises are related to hamstrings, Dumbbell lunge and squat and single leg calf raise are associated with quadriceps and calves respectively.

During straight-leg deadlift exercise, ensure that you keep both knees and arms straight. Doing this will enable the hamstrings to bear the brunt of all the weight.

Single leg calf raise exercise is used to get highest number of stimulation.

Ab exercises you need to do to build muscles

It is not uncommon to see many people investing a lot of their time and energy on abs exercises and yet have not seen any positive results arriving out of it.

There are many possible reasons behind this phenomenon. One of the reasons could be wrong selection of exercises and the other reason could be over emphasis on few exercises only.

To get the maximum out of abs workout you first need to sort out these problems and select a program that will assure you with good muscles at the end of it all.

Getting in touch with your physical trainer and seeking his or her opinion is not a bad idea in this regard.

This section will deal with few abs exercises you need to do and how intense they need to be.

There exists a wrong notion among few people about abs exercises. Few people believe that lower abs and upper abs need to be worked upon separately.

However, the truth is far beyond it. It is practically impossible to separate them as they contract simultaneously during any exercise related to abs.

If agility is what you are after, then you need to concentrate on decreasing base support as far as possible. By doing so, your muscle fibers will get a good workout and will be effective in their functioning.

Following are few abs exercises that can help you get stability as well as gain muscles in a longer run.

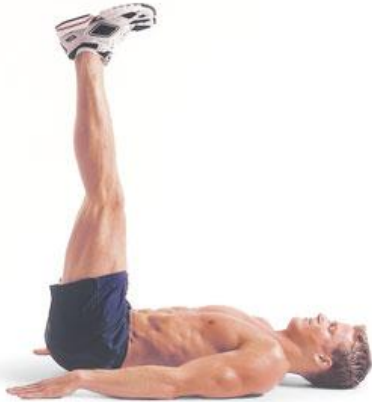
- a) Using medicine balls for partner work**
- b) Using bosu ball for twisting work**
- c) Using exercise ball for abdominal work**

Some other good abs exercises you can try out are Decline sit-ups and Cable cross-bends.

To bring out desirable results from your abs exercises, you constantly need to change them to bring about some variability.

Faster results are seen when the abs exercises are changed regularly. In general, our body has good adaptability factors towards different exercises. Doing same abs exercises would do no good to your muscles and physique in general. Hence, there is a need to change them quite often.

Intensity of your abs exercises



It is very important for every individual to know what abs exercises are good for them and what not. The intensity of abs exercises too varies from one individual to another.

Knowing what is good for you would mean you are one step closer to gaining super muscles or 6 packs. It is also important to realize the fact that the weights you lift are indirectly proportional to the number of reps you do.

The more weights you lift, lesser will be the number of reps you need to do. However, if your only objective is to gain agility, you need to do 3 to 4 sets of abdominal works.

This should be sufficient. In case your objective is to gain strength, you need to focus on weighted abdominal training.

To go about doing this, you need to do fewer reps and increase the number of sets to 6 to 10. This will help your muscles grow considerably.

Why certain muscle building programs don't work for you



Most of the muscle building programs existing in front of us would have been developed by weight lifters who have had success in building big muscles.

However, it is also true that while it works wonders with few people, others don't get much success with them.

There are few critical reasons as to why these programs don't work. Here's why...

a) **Only work as much as you can at a given point in time:** - This would necessarily mean working on as many muscles as possible at a given point in time.

Focusing on a particular muscle will not yield coordination and stability amongst different muscles in a longer run. Doing compound exercises like dead lifts and squats can be real beneficial to you.

In addition to saving lots of time, they will enable different muscles to work all that the same time. This in turn will offer ample stability and coordination between different muscles. In this regard, using machines in your workout programs is not ideal as they to focus only on one muscle at a time.

Your muscles would get an opportunity to have a feel of the real life applications. However, using free weights can help you work on different muscles at a time.

b) **Time constraints to meet program's schedules:** - Not everybody has enough time to workout regularly for long hours at a gym.

Thus, a program designed by a gym regular might not suit you all the time. There is no particular need for your workouts to be long and strenuous ones.

They can be short and sweet and yet rewarding at the end of the day. If your workouts are real; then even with fewer sets and reps and with larger weights you can get the desired results in the shortest possible time.

c) **Lack of adequate intensity:** - To gain enough muscles on your body, you need to workout with correct weights that will suit your physique.

This is one of the reasons why most of the programs available are least effective. These programs end up using only half of your '1 Rep Max' or 1RM as they are often called. Instead, your emphasis has to be in using at least 85% of your '1 Rep Max'.

If you end up using less 1RM, you are likely to see very little improvements in your body and muscles. So, make sure that you add on weights for every workout to keep improving your muscles.

d) **Lack of proper rest:** - There has to be adequate rest between alternate workout sessions. Rest will enable you to refresh and cool down. However, the rest shouldn't be too lengthy either.

Ideally, it shouldn't be more than 5 minutes. It will not be bad idea to take a short nap after you are done with all your exercises in the gym.

Sleeping for 8 hours or more at night can also work wonders for you. This will set your body for all the actions next day. Relaxing for a while during day time will prevent stress hampering your muscular growth.

Role of protein in muscle growth

Protein is undoubtedly one of the most sought after ingredients amongst many bodybuilders and athletes. The reason why it manages to attract a lot of attention is because it is an essential component of lean tissues like skeleton muscle.

It is for this reason why many weightlifters and muscle builders around the world constantly monitor their protein intake level to ensure their muscular growth is fully supported.

However, if the proteins are not utilized properly inside the body, they are likely to be nothing more than calorie source. Hence, there is a need to understand their utilization.

To understand the utilization of proteins inside our body, we need to know correctly what happens to them after consuming them.

As a first step after their consumption, they are broken down into amino acids which are later transported into the liver through portal vein. In liver, they are reconstructed back to proteins.

This phenomenon of re-conversion takes place because the immune system inside the body mistakes the proteins for pathogens that can cause allergic reactions.

The total amount of amino acids that are re-constructed back to proteins will decide the utilization level of proteins.

Making the most out of our protein intake will maximize the muscle growth in our body. To ensure this happens, we need to realize various factors that affect their utilization level.

Given below are few such factors that one has to understand.

Quality of protein intake: - As mentioned earlier, proteins acts like a packaging material for amino acids which in turn is very essential for the human body.

There are certain essential amino acids that are not produced by the human body. Hence, any source that is deficient in essential amino acids can be treated as a source devoid of any nutrients.

Once the essential amino acids are made use of; the body turns to remaining of these amino acids to break down and release energy.

Absorption rate and anabolic stimulus: - If the amino acids are made use of in greater amounts than originally required, they will be broken down to be used as energy for later purposes.

If the body is already in anabolic state, then a larger portion of these amino acids will be used for producing proteins. For exactly this

reason, proteins that are absorbed rapidly like whey protein are taken after a workout session.

This goes to show that consuming lots of proteins without proper workout will do little to build muscles for the consumer.

Intake of carbohydrates: - Carbohydrates are one of the essential energy sources for the body. In their absence, amino acids from the proteins are broken down to make glucose.

In addition to them being used for making glucose, they are also used for making ketones. Hence, a large proportion of ketones present inside the body are due to the breakage of proteins.

Severe loss of carbohydrates in the body will lead to loss of muscles irrespective of protein intake. To make more muscles in the body, applying above principles would come handy.

Role of steroids in building muscles



In a number of ways the artificial steroids have the same effect as that of natural hormones in stimulating the metabolism.

With their intake, the body begins to develop muscles at a faster rate. However, not all artificial steroids fulfill the requirements of making us more skillful, athletic or faster.

These steroids are generally recommended by physical trainers to their clients who engage in weight lifting, muscle building and so on.

They must however pass the authenticity test before their consumption so that they are rendered less harmful.

Artificial steroids which enter into the market with a false reputation of building muscles at faster rates have bad side effects. They are known to cause testicular shrinkages in men and abnormal breast developments in females.

In addition to this, they are also known to stimulate androgens and there by affecting the body's ability to tap the essential energy for its day-to-day activities.

Over usage of these steroids can lead to impotence in case of males and infertility problems in females. All said and done, if right kinds of steroids are taken in appropriate quantities, they can be a great asset.

Those steroids that are time tested are known to have lesser side effects and have fewer withdrawal symptoms. Anabolic steroids are of great importance to body builders and to those who want to tone their muscles further.

In addition to direct steroid supplements, body builders and muscle developers make use of steroid injections to develop only certain sections of muscles.

This is to say that the targeted muscle would be isolated from the rest to perform an intended set of activities on them.

You will not be surprised to listen from many muscle developers that anabolic steroids had helped them immensely in their muscle development process but at the same time they will also reveal their addictiveness to them.

Anabolic steroids help build mass in your body by forcing bone cells and muscles to produce more proteins. They enable the athletes and muscle developers to work harder and for longer periods without getting fatigued.

Different anabolic steroids act differently on individuals. Few body builders believe that the anabolic steroid Nandrolone gives the initial impetus to the metabolism and also helps a lot in weight training and strength exercises alike.

However, with the passage of time the steroid is known to cause problems like baldness, excessive aggression and mood swings.

Though the bones and muscles of our body are capable of adapting to different stress levels all by itself, steroids are regularly taken by many to increase it a bit further.

These days, anabolic steroids are readily available across many pharmaceutical stores. However, it is advisable not to take them without proper consultation from an expert.

A number of sites on the internet are also dedicated to anabolic steroids. You can collect much information about them through these sites.

Last but not the least; you need to understand that there can't be perfect substitute for hard work. No doubt, steroids will help you gain muscles, but then you need to work hard all by yourself to get desired results.

Gaining muscles in a jiffy

Different people might have contrasting views on how to gain muscles fast. But, as an individual wanting to gain more muscles you need to know few important things before you get started with it.

Before we get down to knowing these important things, you need to be disciplined enough to know what program suits you the best for your overall well-being.



Once you realize this, you need to have a proper diet and nutrition, exercise programs and lots of rest in place. If you understand this, you are all set for gaining muscles in a fairly quick time.

Developing muscles and body as a whole doesn't require you to do heavy exercises and training only.

You need to lay emphasis on proper diet and foods to get what you want in this regard. Without giving much importance to diet and nutritional foods, it is highly unlikely for you to realize your dreams.

So, as a first step, maintain a proper and healthy diet in place and follow the rest of programs. If you are addicted to your conventional mode of eating, you need to change it for good and quickly.

Researches have proved that it is better to have 4 to five small meals during different times of day rather than having a big meal at one time of the day.

In addition to laying emphasis on different times of eating, you need to keep a track of what exactly you are eating. In the initial phase, it's better to do this for at least for a week.

Tracking your food intake this way will help you figure out what exactly you are eating, how many calories, fats, proteins and so on are getting inside you.

As a next step you need to decide on what to increase and what to decrease in your diet.

Also, it is better to find out which program assures you more muscles in less time.

Select a program that you feel will help you gain muscles efficiently and quickly.

Do not settle for things that can be done only at gym as they may prove to be insufficient in a longer run. Once you have decided on a program, you need to be consistent in your regimen and be disciplined.

Follow the instructions given to you by the instructor and workout as per the schedules. It is probably not a bad idea to workout at least 3 to 4 times a week.

Always adhere to your plans and do exercises that are tried and tested before with effective results to its credit.

Having adequate rest is equally important in your quest to gain more muscles. After all, you are a human and muscles can get worn out after a series of exercises.

You need to give them the time to recuperate and be fresh next tie around. Having a good night sleep is critical in your overall scheme of things.

Do not be overly pessimistic in your overall approach to muscle building. They may look tiresome but they are far from it in reality.

Conclusion

Gaining muscles can be everybody's dream. However, not all of those dreams do get realized. Plenty of reasons can be attributed to it.

From a bird's eye point of view, it is very important for every one of us to realize that muscles can't be gained or lost in a day or two.

It is a long process which involves various cyclic processes. Muscles can also be gained by just not going for it blindly but by having a passion behind the whole exercise.

Being optimistic and knowledgeable certainly helps a long way in these tasks.

There are numerous ways how you can gain muscles. Plenty of books, magazines, journals, internet websites and so on have been dealing with this and more.

It is a good idea to refer any of those reliable sources before venturing deep into the actual process. Also, seek advices and tips from a reliable trainer on how to proceed with you goal.

The trainer could help you in a number of ways. He can set plans for your schedules, diet and rest. You can then follow them religiously.

No two bodies of individuals will be alike. In a similar way, no single procedure will work wonders for everybody. It is essential for you to realize what is good for you and what is not.

You have to find out if a particular exercise will do anything good to you or not, whether a given diet will supplement your needs accurately.

Once you have decided on a particular diet and exercise, you need to follow them to the core.

Do not expect any positive results overnight. That is not going to happen. You need to hold onto your patience. With time, you are likely to gain more muscles and your physique improves.

Always remember that there can't be any short-cuts in this game. You need to slug it out all by yourself.

If you follow all the required procedures to gain more muscles and yet have addiction to alcohol; things will not work for you.

The muscles you would have gained over a period of time owing to hours of practice and sacrifice will start wearing down at a rapid pace if you do not put an end to your drinking habits.

It should be strictly put out of the way. Consuming alcohol reduces testosterone level and increases estrogen in the body. This condition is virtually an open invitation for muscle loss.

Muscle gaining is not just limited to men. Women too can gain them in quite a similar fashion. There are plenty of benefits women can look forward to in gaining muscles.

The exercises required to gain more muscles gives out lots of positive energy and keeps all the negative aspects of work and stress levels at bay.

Eating healthy foods and feeling good and positive will help both men and women in their quest to gain more muscles. No doubt, the entire process might look too strenuous and time consuming, but the end result is something you will cherish for a long time to come.