



Muscle Building

To build quality muscle you are going to have to rethink the way you exercise, most common exercise regimes fatigue muscles to make them become fitter, the fitter the muscle is the more calories it uses to work and in return you get fat loss not to mention the calories you burn during prolonged exercise sessions. The problem with this type of training for muscle building is that you can regularly over train the muscle to a point of fatigue where it needs to become fitter rather than stronger to enable it to cope with the sessions. To define the difference between the two look at the way you probably already train maybe one to two hours at a time which muscle endurance is required the same endurance as a marathon runner, if we train with short sharp explosive power the effort is far more but over a shorter period of time like a sprinter so take a look at the two body shapes, this is how your muscles react to these two types of training.

To build lean muscle it takes three things FEED quality nutrition with the aid of some supplementation, FATIGUE a solid exercise regime, REST one of the most important things as your body only becomes fitter during recovery and sleep.

What you will need to do to build muscle is condition yourself psychologically to have some aggression in your training, to ensure you move a heavy weight in a controlled manner. Aggression releases adrenaline which is a defence mechanism and will allow your muscles to work harder, the harder you train and the better you eat and rest the better results you will achieve from your sessions.

You will not feel the same level of fatigue from this kind of workout and you will need optimum recovery between sets of around two minutes to ensure you work the correct fibres in the next lift. And should try to train each body part twice in a seven day period.