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[A Gaining Muscle Primer for Teenage Boys](#)

The following article includes pertinent information that may cause you to reconsider what you thought you understood. The most important thing is to study with an open mind and be willing to revise your understanding if necessary.

High school, most of us have many happy memories about it. Many of our most memorable experiences come from this carefree moment in our lives. And as each student prepare for this time of their lives, they also discover the joy of meeting the opposite sex. Teenage boys for one will do most anything to create a good impression and one of them is having a well chiseled body. This is when most teenage boys would think about working out and lifting weights.

Remember your own teenage years? Do you continually compare muscle gain with some of your friends? It was that then and it is still that way now. In fact, it is more prevalent today as more teenage boys are becoming more conscious of their bodies. There is simply no denying it; gaining muscle is the in thing.

As a parent, it is wise to support this mentality, not only will your teenage son be able have a healthier body, they will also develop self confidence. The problem is, some boys would go take the easier route. They would take steroids or whatever to help facilitate the fastest way in gaining muscle; this will not help them at all, especially in the determination and motivation department. As a parent it is their duty to show them the proper way to grow muscles.

The best way to gain muscles would always be the tried and tested means, the proper diet and a rigorous and painstaking weight lifting workout regimen. A proper diet will be determined if your son is overweight or underweight. In the first scenario, your kid should lose weight first and eliminate body fat. Muscle building will follow suit after at least a significant weight loss is experienced.

If you find yourself confused by what you've read to this point, don't despair. Everything should be crystal clear by the time you finish.

This diet would mean eliminating fats and calories; just enough should remain for fueling muscle growth. In the latter, it is the opposite, a skinny kid should eat more but should have the proper intake so that body fat is not created, rigorous strength training should be done simultaneously to build up bulk, mostly of muscles.

It is not advisable to immediately push a teenage boy into a full intense workout as their body is still developing. They should be gradually introduced in the program to allow their body to adjust. Make sure also that they have sufficient rest as teenage boys are a bundle of energy. Redirecting this energy in a well planned workout program will allow them to maximize the use of their energy.

Most importantly though it is the attitude that should be set first before embarking on a gaining muscle journey. Teenage boys are easily distracted and they can easily forget that they are working on a goal. They must be determined to finish what they will be starting. With full commitment, they will be able to achieve success in gaining muscle in no time at all.

These are just some of the things one must consider when starting a program of gaining muscle. There are lots more, but most importantly, it is all about discipline. Having a healthy and great looking body works wonders to a person, especially to a teenage boy. There is nothing quite like the present to start on this fruitful journey. So there you go.

About the Author

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