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Exercises That Will Promote Muscle Gain

If you have even a passing interest in the topic of Gain Muscle, then you should take a look at the following information. This enlightening article presents some of the latest news on the subject of Gain Muscle.

Have you ever wanted to have that body that you can be proud of? Do you want to confidently walk around the beach with your shirt off? If you answered yes to any of these questions, then what you want is to gain some muscles or to have a muscular or ripped body.

If you want to get a ripped body, then you definitely need to go to the gym and start lifting weights. However, you have to remember that lifting weights alone will not promote muscle growth. There are basically lots of things that you need to consider when you go to the gym and when you want to build muscles. First of all, not all exercise programs are designed for body building. Also, not all exercises are effective in promoting muscle growth.

If you really want to gain muscles, then here are some body building tips that you need to remember.

First of all, body building is basically a three day exercise regime. On the first day, you should try exercising the chest and the triceps. You should at least do four exercises for each muscle group. For the chest, you should do the bench press, inclined barbell press, lying dumbbell fly, and cable crossover. For the triceps, try the kickbacks, barbell triceps presses, close grip bench press, and V-Bar pull down.

For the second day, work your back and biceps. For the back, you can do the bent over barbell row, Romanian dead lift, dumbbell lying row, and cable seated row. For the biceps, you can do the alternate dumbbell curl, standing barbell curl, preacher curl, and cable curl.

See how much you can learn about Gain Muscle when you take a little time to read a well-researched article? Don't miss out on the rest of this great information.

For the third day, work on the legs and shoulders. For the legs, you should do the squats, leg press, leg extension, and seated calve raises. For the shoulders, do the barbell behind neck press, military press, Arnold press, and shoulder press.

For every exercise, you should do at least 3 sets with 10 repetitions for each set. You should also remember that in each day, you should exercise your abdominal muscles with sit ups, weighted knee raise, and hanging leg raise. For each exercise, you should do at least 2 sets with 30 repetitions each.

These are samples of the exercises that you should do. You can work out 3 times a week or if you have time, you can work out 6 times a week with Sunday as your rest day.

It's usually up to you on how you schedule your workout regime. However, you have to remember that you shouldn't forget to rest. And, you have to have adequate sleep in order to promote muscle growth. Another thing that you need to remember is not to do the same exercises for two consecutive days.

Also, every two weeks, you might want to change the whole program with whole new sets of different exercises for the same muscle group. You will see that there are quite a lot of exercises that you can do.

Remember these tips and you can be sure that you will be able to promote muscle growth or muscle gain. As you can see, it is quite easy for you to build muscles on your body. All it takes is dedication and proper execution of the exercises. In just a short time, you will see positive results with your body.

About the Author

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