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[The Art of Body Building: How to Gain Muscle](#)

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.

A lot of people don't know for a fact that there is a right way to gain muscles and there are wrong ways to do it. And, many people do the wrong way and ends up getting frustrated as they can't get the results they want.

Doing it the wrong way will not only mean slow results, but it will also mean injuries that may hinder you from exercising regularly and correctly.

Body building is also considered as science. There are correct procedures for it in order for you to get the results you want.

First of all, a lot of people think that in order to gain muscle, they need to exercise the same muscles everyday. This is in fact a mistake. It will do the exact opposite of what you want. Instead of gaining muscles, you will in fact lose muscles.

Lifting weights does not make your muscles bigger. It injures it. So, when you lift weights, you are deliberately injuring your muscles. So, which part of the exercises makes the muscles bigger? Well, you'll be surprised to know that resting is what makes the muscles bigger.

For example, if you worked out your biceps, you are deliberately injuring it. When it is injured, the body will react by producing more muscle tissues in the injured part in this case, the biceps. The fastest way to repair muscle and gain muscle tissues is if you sleep. This is the time where muscle repair is the most efficient.

Once you begin to move beyond basic background information, you begin to realize that there's more to Gain Muscle than you may have first thought.

So, the key to muscle gain is to actually get enough rest after working out. It is not advisable to work out the same muscle group everyday as it will not efficiently gain muscle as it takes at least two days of good sleep to fully replace the injured muscles with much bigger and stronger muscle tissues. So, when you work out, try providing some intervals on what muscle group you have to work out on each day.

A good example would be working out the chest and triceps on day one, back and biceps on day two, and legs and shoulders on day three. The abdominal muscles should be worked out everyday.

Try to provide four to five exercises on each of the muscle groups with 3 sets with 10 repetitions each.

However, you might want to change the exercises for each muscle group every two weeks in order to avoid the plateau where the muscles will get so used to the exercises that it will not grow any larger.

Another mistake that people do when it comes to body building is that they often execute the exercises at a very fast rate. They may think that this is a more efficient way to build muscles, but it's actually not. You have to execute the exercises in a smooth, controlled, and slow motions in order to promote maximum muscle contractions.

These are just some of the correct ways to gain muscle. Always remember that muscle gain is not just about lifting weights but there is a system that you need to follow in order for you to gain muscles efficiently and get the results you want at the soonest time possible. In fact, it is very possible to gain muscles in just a matter of weeks. Do it right and you will see fast results.

This article's coverage of the information is as complete as it can be today. But you should always leave open the possibility that future research could uncover new facts.

About the Author

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