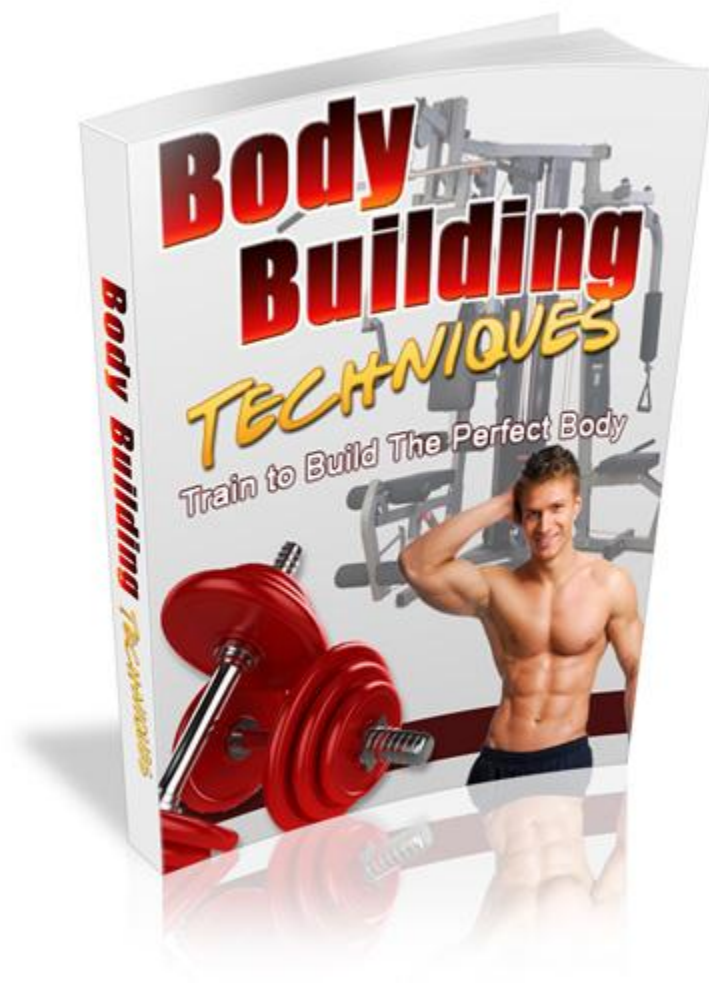


Body Building Training



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Principles of Bodybuilding

Many people misunderstand the purpose of or principle behind bodybuilding. It's much more than just to gain huge muscles and become extremely strong. Any time we want to improve a part of our body such as to become slimmer, have better curves or just improve our overall shape, we need to perform certain bodybuilding activities.

However, often bodybuilding by itself may not be enough; we may also need to enroll in some sort of slimming or diet program. Learning the basic principles of bodybuilding can help you to get on the right bodybuilding program and achieve the body of your dreams.

Diet and Exercise

Diet and exercise usually go side by side and are both the major components behind successful bodybuilding. When you start a rigorous schedule of bodybuilding routines, your body becomes tired and needs to be replenished. The only way it can be properly replenished is by a well balanced nutritional diet. Without a healthy diet, any muscle mass you have achieved, you will soon lose. A healthy diet will consist of all the necessary nutrients including protein, carbohydrates and even essential fats.

Know your Initial Body Size and Weight

Before you begin your bodybuilding, take measurements of all your body parts including waist, chest, hips, forearms, upper arms, calves, thighs, etc. Knowing what your beginning measurements are is the best way to monitor your progress. Just knowing your weight is not enough because you may be building muscle without actually losing weight. Muscle weighs more than fat so don't be surprised if you're not losing weight. You may still be increasing your muscle size.

You may notice that your weight is the same or that you've actually gained a few pounds during your bodybuilding. However, you may notice that the size of your biceps has increased. By knowing your original weight and measurements, you'll be able to accurately monitor your progress or know if you're actually making progress or need to modify your schedule or routine.

Steps for Successful Workouts

The first thing in any bodybuilding routine is knowing what your goals are and how you wish to achieve them. Based on what you decide, you will determine how many days you wish to train and how many hours per day.

Your basic goal should be to build your biceps and chest muscles. These are the first areas where you'll want to see a difference. You need to put them through a certain amount of stress so they'll grow, making sure to not overdo it. By putting them through a certain stress level, each workout will become easier.

Make sure you give your body plenty of rest between sessions. Many beginners tend to overdo it as soon as they begin to see some progress or if they don't see enough progress. By working the body too hard, they're actually slowing down their progress. Lastly, if you expect to continue to build muscle mass, you need to ensure that your body gets an adequate amount of healthy calories.

Major Reasons Why Bodybuilders Fail to Meet Their Goals

Bodybuilding is a sport that requires hard work, commitment and goals. Sometimes, regardless of how hard a bodybuilder may try, they just seem to fail to meet their goals. They get frustrated and attempt to increase the intensity of the routines, eat more food or perform a number of tasks that actually do more damage than good rather than getting back to the basics. Here are the main reasons why bodybuilders fail to meet their bodybuilding goals.

Not having the right bodybuilding goals is one of the main reasons why bodybuilders fail to succeed. We need goals in every part of our lives. Without goals, we're just going through life aimlessly without a real purpose. In order to be successful at bodybuilding, a bodybuilder needs to know where they want to be when they're finished and what needs to be done to reach that place. They must have a clear picture of what steps need to be taken and in what order to meet their goals. They must never forget these goals.

If you're a bodybuilder that has a professional trainer, you're probably on the right track in knowing what you need to do to meet your bodybuilding goals. Many beginners either go to the gym with no purpose or training plan or start a bodybuilding regimen that's way too strict for a beginner. Both of these scenarios spell disaster and failure in meeting bodybuilding goals. You need to have a specific bodybuilding plan from the first day you begin. ***Have a purpose.***

Many beginning bodybuilders don't realize ***the importance of a bodybuilding diet***. Regardless of what we're doing in life, we need to eat a sensible and well balanced diet. Bodybuilders are no exception. In fact, they need to pay special attention to their diet to ensure they're getting the protein, carbs and other special nutrients they need to help build muscles while keeping up their energy levels.

Now that we're on the subject of diets for bodybuilders, we'll touch on the subject of bodybuilding supplements. You may find that some supplements are very good for your body. However, ***supplements cannot take the place of good training and a good quality diet***. The only time you'll get truly desired results from bodybuilding supplements is when your training and diet are both at adequate levels. If you are considering bodybuilding supplements, it should be only after you've achieved success in your training and diet.

That old saying about no pain no gain is just an old saying and one I feel should be discarded. Usually by the time you've reached the pain level, you've overdone it and have only hurt your progress. ***Your body needs the proper amount of rest*** and recovery between bodybuilding sessions. Without proper rest, your body will not perform as you'd like and your muscles will not grow. Keep in mind that your muscles actually grow when you're sleeping, not when you're working out, as many believe.

Diet and Exercise Work in Tandem for Body Building

In body building, it seems that everyone wants their results the day before yesterday and many are not willing to do what is needed to develop their muscles. Quickly is a relative term. To some it is a week, a month, maybe two months. There are a number of supplements on the market that claim they build muscle fast if you take them and work out. The key is the work out- without that little bit of action no matter what you take legal or illegal the results will be the

same- nothing. So research the supplements carefully so you know what you are going to take, if you can try to talk to someone who is using the brand you want to try and see what they think of it. To me, nothing more than a good vitamin supplement and maybe a mineral supplement if there isn't much in the vitamins.

A proper diet full of protein, vegetables, fruits and whole grain carbs is the best thing you can possibly do for yourself. As far as building muscle fast, a lot depends on your own make up too and age the younger you are the easier it will be do build muscle fast. As you are doing this know that you need to fuel these new muscles with lots of healthy foods and plenty of water as well. The body can't build muscle fast is it isn't in top form to begin with. In a month you should see and feel a difference in your body especially if you are eating right along with your build muscle fast weight program. At this point you should add some aerobics for your heart's conditioning too.

Now that you are on track nutritionally, you can begin your weight training. Identify the area that you want to build up the most and work your routine around that area but don't forget the rest of your body, it would benefit as well from toned muscles even if you aren't interested in building the muscles up. You want to work on the arm/back/chest to start out with. Free weights are good because they allow movements that a machine doesn't and can work different groups at once instead of one set at a time with a machine.

Butterflies, one arm lifts, bicep curls these will all be of assistance in your goals with your arms and shoulders. Start with light weight and reps until you are into it then increase the weight and lessen the reps .you can also decrease the time in between then as well for a quicker workout. But keep in mind you can injure yourself easily and be set back to where you started from. Push ups, crunches, squats with weight in your hands they all will help build muscle fast for you.

The best way to tell if you are getting to your goal of building muscle fast is measurements. Hopefully you took them before you started your new routine so you have something to compare it with now. You should see a difference in the numbers on the tape measure. If your waist has actually gone down, this is good. It means the fat around your middle is gone. That is the one place you don't want to see a gain. The scale may tell you that you weight more than you did; this is very possible because muscle weighs more than fat. You will look and feel better with your new healthy body; your mind will function better and be clearer. You will be able to be proud of your accomplishments!

Ten Mistakes That Can Hurt Your Bodybuilding Progress

Bodybuilding involves hard work and commitment if you expect to see any real and lasting results. It's important that you use the correct combination of these two things. Here are some simple rules to follow to avoid common mistakes often made by overzealous bodybuilders that can hinder your progress.

- Training too long is not going to give you better results. You shouldn't be putting more than 60 to 75 minutes in at the gym. There is a fine line between an intense workout and

overdoing it. Just because a 30 minute workout brings good results doesn't mean doubling it will give twice the results. It will result in sore and tired muscles, which can hinder your progress.

- Not training hard enough can be just as ineffective as overtraining. In order for your muscles to develop, they need stimulation and stimulation comes from pushing them to the point where they can't do any more repetitions.
- Watch your diet. The old myth about eating everything in sight to beef up your body really is just a myth. The key is to eat a well balanced nutritional diet at all times.
- Get plenty of rest. If you expect your body to perform for you, it needs to be fully rested and ready to go to work. The right amount of sleep for a bodybuilder is at least 8 hours.
- Stick to your basic exercises. It takes time for your body to build muscles and you can't "jump the gun" to bigger exercises without getting the basics out of the way.
- Stay motivated. While it may be easy to become frustrated when you're not getting the results you want in the time you'd hoped, losing motivation will only slow you down more. Know what you want and be willing to work for it.
- Set goals with timelines. It's so easy to allow ourselves to fall into a comfortable routine. Routines are great, but with bodybuilding, you need to have goals so you have something to work towards. Each time you advance to a new exercise, you should have a certain goal in mind.
- Always be competitive. This doesn't mean that you should strive to be the best in the gym, but a good competition will keep you motivated while providing you with goals. Even if it's just yourself you're competing with, you need competition. If there is a competition coming up soon, work towards getting ready for that event.
- Don't skip workouts. You need to be consistent with your exercise routines. Everyone will skip a workout here and there, but repeated missed workouts will hurt you mentally as well as physically.
- Set big goals. Always go for the moon is my motto. Always strive to be better than you are so you don't get set in your ways.

Bodybuilding for Beginners

Bodybuilding is a good idea, but not just because it may result in you having the body of your dreams. Bodybuilding is good because along with bodybuilding comes physical exercise and a good healthy diet of well balanced foods, which are the very things our bodies need to stay healthy.

Many beginners go into bodybuilding headfirst without realizing the importance of the other requirements I mentioned. They believe if they are dedicated to their bodybuilding that's all they need. However, without proper exercise and a good nutritional diet, bodybuilding will not only become difficult, but it may also not lead to the desired results.

Why bother getting into bodybuilding if you're not going to do it right so you'll reach the maximum success? It will only lead to your feeling frustrated and feeling like you failed. Here are a few very important tips for beginners that are interesting in bodybuilding.

Starting Slow

Once you've decided you're definitely getting into bodybuilding, you're going to be eager to get right at it so you'll get the fastest results. Here is one thing to always keep in mind. Whether you're overweight or just looking to improve your body, remember that it did not get into the shape it is overnight. Therefore, you're not going to get miraculous results overnight either. You need a lot of patience and you need to start with the basics and be willing to put in the necessary time.

While many beginners get their research for bodybuilding online or from friends, others seek the help of a professional trainer. If this is within your budget, it's a great idea because a trainer can show you the best bodybuilding steps, while allowing you to work at your pace. Working at your own pace and not overdoing it is the most important thing.

Males vs. Females

Many women see a man's body in a bodybuilding magazine and feel they can easily achieve the same goal by doing the same bodybuilding exercises and using the same techniques. What's important to remember is that a woman's body is built differently than a man's to start with. Secondly, factors like pregnancy, menstruation, nursing and even menopause take a toll on a woman's body and special considerations need to be taken. These considerations are not just the required bodybuilding techniques but also the different nutritional requirements.

Nutrition

Don't ever underestimate the importance of a well balanced diet, whether you're bodybuilding or not. There are many supplements you can take, but if your body is lacking the nutrition it needs, your progress is not going to be what you want. It's also important that your diet meet the requirements of your body, as everyone's needs are different.

Bodybuilding Diet to go with your Bodybuilding Exercises

What many people don't realize is the importance of having the proper bodybuilding diet to go with your bodybuilding exercises. Whether you're participating in a simple exercise program or a complete bodybuilding program, if you hope to achieve any true success, you need to combine a bodybuilding diet with your bodybuilding exercises.

By combining bodybuilding exercises with a bodybuilding diet, you'll notice much quicker results. The first thing to understand is exactly is meant by a bodybuilding diet.

What's Important in a Bodybuilding Diet?

Years ago, people that got into bodybuilding believed that the key to success was to eat as much as possible and use the heaviest weights around so they could bulk up quickly. The unfortunate result to this thinking was gaining fat and gaining it quickly.

Many people also don't realize the importance of carbohydrates in the diet, especially as part of a bodybuilding diet. Carbohydrates are what help you keep your energy levels up. They are also helpful in transferring the amino acids from your proteins to your muscles. When you begin bodybuilding, you're going to tire out much quicker if your carbohydrate level is insufficient.

Because your body is suddenly more physically active, you need to increase your carbohydrates. A good increase is from 1.5 to 2 grams of carbs per pound of your bodyweight. For instance, if you weigh 150 pounds, increase your carbs by 225 to 300 grams. Another tip to keep in mind is the kind of carbs you're taking when you're bodybuilding.

You want to make sure that it's muscle you're increasing and not fat, so try make sure the carbohydrates you are consuming are low Glycemic carbs such as oatmeal, brown rice and sweet potatoes. In addition, try to consume most of your carbs in the morning as well as when you've just finished a workout. The reason for these times is that these are the two times when your body is in most need of carbohydrates.

The morning is good because you haven't eaten anything yet and after a workout your body is tired and in need of carbs. Carbohydrates will help to give you your energy back. Another misconception that people in bodybuilding and dieting often believe is that all fat is bad. Our body needs certain types of fat to remain healthy. It's when we consume too many of the wrong kinds of fat that we have problems.

Good Bodybuilding Habits Mean Successful Bodybuilding

Whether you're just beginning bodybuilding or have been at it for awhile now, you've probably been given many bodybuilding tips. Some may be guaranteed to help you reach your goals quicker, others may be exercise tips and others may just be ways to make your bodybuilding more enjoyable.

Regardless of what type of tips you've received, you're probably not sure which ones to take to heart. The most important thing to remember is that without good bodybuilding habits, you will not be successful at your bodybuilding. There's no big secret for success. It's all back to the basics. By practicing good bodybuilding habits, you'll have more fun and reach your fitness goals much quicker.

- Dress appropriately. You are not at a fashion show so make sure your clothing allows free movement. If you're a male, wear a t-shirt. As proud of your abs as you may be, no one should have to see and smell your armpits!
- Drink plenty of water before, during and after each workout. Water is the healthiest beverage you can put in your body. It will also help with weight loss. Regardless of how many fitness beverages you'll find on the market, nothing is as good as water, even when you're not working out.
- Always warm up before you begin lifting weights. Whether you choose to go on a treadmill for a few minutes, ride a stationary bike or do several good stretches, just make sure you warm up before your sessions begin. Failure to warm up properly can result in some very sore muscles, which can slow down your bodybuilding process. A good warm

up may consist of a few cardio exercises followed by weights that are about 40% lighter than what you use in your sessions.

- Make sure you lift properly. There is more to lifting than just bending down and picking something up. The old saying about lifting with your legs rather than your back really is true. Incorrect lifting techniques can result in damaged ligaments and tendons, torn muscles or worse.
- Concentrate on what you're doing. Regardless of how impressive the bodybuilder next to you may be, pay attention to what you're doing. Losing concentration is a sure recipe for injury. If you are interested in his or her techniques or progress, wait until you've finished your session to carry on a conversation.
- Eat a good diet. Few things are as important to your bodybuilding goals as eating a well balanced nutritional diet. This will help you to be more successful at weight loss as well as muscle building.

Exercise Help for Body Building

What is Isometrics?

Isometrics is using muscles against themselves with tension instead of lifting weights you would tense the muscles for a count then relax them and do it again. This works for any voluntary muscles on the body. It is the same principle as the Kegel exercises given to women after the birth of babies, and it is used to help control incontinence. These muscle contraction movements work to build muscle and burn fat just by contracting and relaxing. It goes something like this- tense up your bicep as tight as you can and count ten, release it for a count of 5 and repeat. You can make muscles work against each other by grasping your hands together and you can push against them and count. Moving your arms changes the way the muscles contract and uses different muscles.

Uses

This is also a good way to build muscle without weights after an injury before doing any active weight lifting. It is a good way to warm up before lifting too if you want to combine the two. You can also use other ways without actual weights – books and cans are good for lighter weights for some resistance. When you are doing push ups, get a back pack and put books or rocks in it this will give you more of a work out. If you want a real challenge, try your two handed exercise with one hand or leg instead of both of them. That is another way to build muscle without weights.

Of course proper diet is a factor too in your quest for building muscles without weights. Stay away from sweet and most fat it will just slow you down and make you want to sleep. Don't forget your heart healthy exercise too! You can also do resistance exercises with rubber bands or even inner tubes! Try to do everything in slow motion, tense your muscles in your arm as

you move it. Do deep knee bends slowly down slowly and up just as slow. There are all kinds of things you can do use your imagination to invent ways to build muscle without weights!

Want to put some challenge into a push up? Try it heading down hill or get some thing that is stable enough to put your hands on and add some height to them then when you go down you will be going past your hands to the floor and adding more work for your shoulder muscles. Building muscle without weights is easy if you just use some imagination. If you keep to a routine, it will make you healthier anyway and you will want to do more as you begin to look better and feel better

Calisthenics

Your body will be functioning like a well maintained machine and it will be actually easier to build muscle without weights. You can also go back to high school days... remember calisthenics? Believe it or not, these will build muscle and give your heart a work out! This way of building muscle without weights has been around forever! Long before the days of aerobics and cross training! No tools needed, just a good pair of shoes and the time to do them! Now how is that for inexpensive and healthy? You can do them anywhere you wish. No set up time involved other than changing clothes. And for the fans of the old ways, cali's are retro! In closing I would like to say good luck on your quest for building muscles without weights. You can do it!

Bodybuilding Requires Fat in your Body

For years, we were always told that if we're overweight, it means we have too much fat and need to lose weight. With the addition of so many fast food restaurants as well as chemicals, additives and preservatives in the food we buy, we're now being alerted as to what type of food our bodies need to remain healthy.

Diet Important to Bodybuilding

Bodybuilders, in particular, need to pay special attention to the type and quantity of food they consumer. Unlike the myths of the past, the best way to build a muscular and healthy body is not by losing weight. In fact, a healthy diet is every bit as important to your bodybuilding techniques as the actual exercises you do.

When considering a bodybuilding diet, three very important things are balancing the intake of Omega 6 and Omega 3 fat, the type and the amount of our fat intake. Fat has always been a misunderstood part of our food group and our bodies. Let's learn a little about the difference between good fat and bad fat. Yes, there is such a thing as good fat and bodybuilders, just like the rest of us, need it to remain healthy.

Good Fats vs. Bad Fats

For years, all fat was lumped together and deemed as harmful to our health. However, after much study, the FDA has finally determined that while the bad fats may cause diseases, the good fats can help prevent disease. The term bad fats refer to the ones that are bad for our

health, such as trans fatty acids or hydrogenated fats and oils. These fats have many harmful health effects for our bodies.

The foods that you will most commonly find these bad fats are fast food, candies, fried foods, etc. Hydrogenated oils get that way because manufacturers, in an attempt to prolong their shelf life, add hydrogen to vegetable oil. Unfortunately, this vegetable oil goes into many of the foods we eat as part of our regular diet.

When we see or hear the term, "essential fatty acids", they're referring to linoleic and alpha linolenic acids, which are Omega 6 and Omega 3 acids. These are the type of good fats our bodybuilders need as part of their diet. Because the body cannot make these fats, we need to get them from the foods we eat. They are both unsaturated fats that help to keep the body healthy as well as provide us with energy. By reading the labels of the food you buy, you can begin your bodybuilding diet the right way by eliminating the bad fats from your diet.

Aerobic Exercise as part of Bodybuilding

Bodybuilding involves more than just heavy and rigorous training on exercise machines, although this is a large part of what bodybuilding is all about. The warm up you give your body before your workout is every bit as important as the bodybuilding exercises.

Aerobic exercises are often used as a form of warming up for bodybuilding as well as an excellent form of exercise on their own. Many people that are unfamiliar with exercise and training don't always know what aerobic exercise is all about and how important it is to our overall good health.

What is Aerobic Exercise?

Aerobic exercise is very important for our body because it will keep our bodies trim and fit. However, it's also an excellent form of exercise for your cardiovascular system. Just, what is aerobic exercise? Any time you're doing any exercise that has you breathing harder than normal and makes your heart rate increase is aerobic exercise. You may have many aerobic exercise groups in your area. However, you don't have to be part of an exercise group to reap the many benefits of aerobic exercise.

Benefits of Aerobic Exercise

In addition to the benefits aerobic exercise provides for our heart, it is also an excellent option for burning fat. Our bodies consist of two energy sources. One source is sugar and the other is fat. Sugar, which is our easiest form of energy our body can use, is stored in our muscle and liver. Although fat can be used for energy, it requires more work for us to use it. The reason for this is that fat is only broken down if there is available oxygen.

We need oxygen to allow our bodies to burn fat for energy, but it is not needed to burn sugar. When we first begin exercising, oxygen is not available. It isn't until we've been exercising for at least 30 minutes that fat can be used by our muscles as a source of fuel.

Aerobic exercise enhances our blood flow, which improves oxygen level so our body can build more muscle. This is the most important reason why aerobic exercise should be a part of our

lives, whether exercising for fun or as part of bodybuilding. It's not only excellent for our hearts but has many other health benefits. Aerobic exercise will help to speed up your metabolism, which will help you to lose weight. It's also great for lowering your blood pressure, which has many health benefits.

When you first begin aerobic exercise, you may want to start with just 5 to 10 minutes and work your way up to sessions of at least 20 minutes. Some excellent choices of aerobic exercise include jogging or biking.

6 of the Best Muscle Building Tips

If you want a few muscle building tips then here are some of the best; follow these tips and before you know it you will look how you have always imagined yourself; ripped and toned and perfect!

1. To start off with you need to work out for short periods of time; your blood sugar levels will start to bottom out when you work out at an intensive level for 30 minutes at a time, so when and for how long you do your weight training is crucial to success. What you need to do really is to have the hardest workout you can in the shortest amount of time that you can. This way; your muscle will build quicker and more efficiently in the time that you have.
2. You need to progress your workout each time you exercise. Progressive overload is the technique you should be following; if you perfect the techniques of your exercise method and push yourself harder than you did the last time you worked out; your muscles will become used to working out at the harder level. This is why you have to increase your weight load every time you feel like your body has become used to the extra pressure and stress load; and your body will adjust quite quickly. However; never sacrifice your technique style for an overload of weights; if you are not exercising correctly the extra weight will more than likely injure you not help you.
3. No two bodies are the same; someone else's workout will never work for you; you have to find your own style that suits you not what your friend or a professional body builder does. The way to proceed is that you need to have small extremely intense workouts and then plenty of decent rest; this way you will not end up over training.
4. Rest is essential to a good and effective muscle building program; it takes longer than you may think for your body to fully recover from an intensive work out session. Your muscles need plenty of time to repair themselves before you start working out again; a good night's sleep is essential to a successful muscle building program.
5. Carefully select the exercise that you want to build up your muscles with. There are really only a select few exercises and workouts that you need to do; the exercises that you should be doing are the multi joint type exercises. Don't bother with the isolation types of exercises as if you're only using 1 muscle at a time then it won't be any near as effective as the multi joint work out programs.

6. Imagine how you want to be after you have completed all your weight training and exercises; your mental health and state while you body build is extremely important. You need to have a strong mind and an even stronger will to completely and successfully become a body builder. The mental side of body building or muscle building is more often than not neglected by all the health professionals and trainers. Don't neglect it yourself; if you keep your mind and your will strong then you will be much more successful in your goals; you won't become depressed or angry that you haven't reached any goals within a set period of time; and you will realize that it does take time and effort to build muscle. This will help you reach your goals quicker and you feel much better for it!

Bodybuilding Routines for Specific Body Parts

Bodybuilding routines can be diverse and unique as the bodybuilders that are doing them. Each bodybuilder generally has a specific goal in mind. While one bodybuilder may be attempting to change the entire body, another may be targeting certain parts of the body. What they all have in common is to get their targeted results in the quickest possible time. They also all want to reach their goals with the least amount of effort. This is the main reason why they choose bodybuilding routines that provide a premium training system.

Bodybuilders, regardless of their goal, will perform different exercises in a different number of repetitions using a variety of weights to tone, shape or build up certain parts of the body. Many of them will determine which bodybuilding routine they want to use by a trial and error process. If it's successful, they stick with it. If they see no progress, they try something different. One thing to remember is that even if you feel you've found a successful bodybuilding routine, you still need to switch it up and try something different.

Once your body reaches a certain plateau, you may find that your progress is declining. The reason for this decline or total lack of progress is that your body is not getting enough stress and needs new exercises. Another problem that some bodybuilders experience is lack of progress from overdoing their routines. A bodybuilding routine should not last longer than 75 minutes, with short rest periods between each session. By doing it longer, you're just risking injury or other serious consequences, which will really slow down your progress.

A bodybuilding routine consists of different exercises, a certain number of sets and a certain number of repetitions for each muscle of the body. Keep in mind that you're not going to be working on every muscle of the body all at once. For instance, a bodybuilding routine for chest weight lifting may consist of three sets of slant bench press, three sets of flat bench press and two sets of flat bench dumbbells.

You may also want to work on different muscles on different days, which are referred to as workout splits. An example would be working on triceps shoulders on Monday and biceps back and legs on Wednesday.

Here are some bodybuilding exercises for building certain muscles.

Biceps exercises may be preacher curls with barbells or dumbbells, standing barbell curls or standing or seated dumbbell curls.

Chest exercises can be slant or flat bench press, slant dumbbell flays or flat bench dumbbell flays.

Back exercises include seated cable row, lat pull down or weighted pull ups, dead lift, bent over 1 arm dumbbell row and bent over barbell row.

Triceps exercises include dips, press down French press and for calve raises or squats for the legs.

Shoulder exercises can include lateral raises and shrugs or standing or seated military press with dumbbells or barbells.

Bodybuilding the Natural Way

If people were asked what type of body they'd most like to have, a large majority would say like a professional bodybuilder. However, many people feel this is an impossible dream. The good news is that it is very possible to have this dream body.

The bad news, at least for some, is that it takes a complete and consistent program of bodybuilding exercises and workouts as well as adjusting your sleep and eating habits. It also involves exhausting exercises and serious training on a variety of exercise machines on a regular basis. If this sounds difficult, you may chose to go for bodybuilding the natural way.

Factors involved in Natural Bodybuilding

The most important factor for natural bodybuilding is discipline. While it's very important to get in your workout routines, eat right and get plenty of rest, you need discipline in each of these areas. Excessive workouts are not going to bring about faster results, but will actually slow down your progress and may cause injury or health problems.

Dieting right involves eating all the right foods, including proteins, carbohydrates and fats. However, you need to consume these in the recommended quantities. For instance, consuming more proteins while eliminating the good fats your body needs will not help you lose weight and bulk up faster. You need these foods for optimum health.

Discipline is very important in sticking to your workout schedules. While everyone may skip a session occasionally, consistency is the key to success in bodybuilding. Consistency is equally important for your exercise as well as your diet. Getting the proper amount of rest every night is vital to your success. If your body is not fully rested, it's not going to perform the way you want it to perform. This goes hand and hand with your diet. You wouldn't expect your car to start on an empty tank of gas and you can't expect your body to start without food and insufficient rest.

Workouts in Natural Body Building

Once you've made the right adjustments to your diet and sleep habits, your body will be ready to complete the necessary workouts for your natural bodybuilding. Two very vital parts of natural bodybuilding include cardiovascular exercises and resistance training. Cardiovascular exercises

will help you to burn calories and rid your body of fat while resistance training will help you to build muscles from your workouts.

The best type of resistance training comes from free weights such as dumbbells and barbells. You will need to exercise with these free weights from three to five times each week, always making sure to not exceed 75 minutes per session. However, when you're first starting you may want to only go for 30 minutes. Use a weight that is neither too light nor too heavy. The perfect weight will allow you to do close to six repetitions per set in each session. Always remember to take a 1 to 2 minute rest between sets.

For the best cardiovascular exercises, you can go jogging or biking, again three to five times per week. Start slow and work your body up to distance. Never try to do too much too soon or you'll impede any progress you may have made.

Why Everyone should Build some Muscle

In these days of health crazes and the numerous types of advice on diet and lifestyles it is wise to sit back and research what you want to do and have the most efficient way possible to get it done. A half hour of aerobic training a couple times a week just isn't going to cut it to keep you healthy through your lifetime. As we age our routines and bodies change and require different strategies to stay healthy.

It has been recommended by the medical experts on training Americans, ALL of them, men and women, should strength train at least twice a week to work all the major muscles as well as doing some aerobic activity. Adults 65 and older should strength train with less weight and more repetitions two to three times a week.

The public is finally seeing to build muscle you don't need to have big equipment and gyms or even a trainer. Just some common sense and a good diet will do a lot to build muscle and maintain health. The things that building muscle can do for you are give you an improved body, better immune system for fighting off illnesses and a faster metabolism so fat burning is easier.

It is said that without proper use and exercise we can possibly lose only 5 to 7 pounds of muscle per decade! And since we gain fat as we get older this is a recipe for disaster in the making. And we know that besides building muscle, strength training is a help in adding bone density and potentially prevent osteoporosis. We should all do some strength training to just keep ahead of getting out of condition and making life worse as we get older.

Building muscle is good at any age as long as you start according to your condition now and don't over do it. Muscle building that involves the whole body such as squats, bicep curls and bench presses are the best to do as they burn more calories and involve big groups of muscles.

You should alter your program every month and a half or so to avoid boredom and the plateaus in muscle building that happen. And don't forget your cardio workouts. These are important for building the most important muscle, your heart! As with any new exercise, if you are a beginner

start slowly to begin to build muscle if you aren't used to the work out you can hurt yourself trying to lift too much.

Keeping your muscles toned isn't necessarily about continually lifting heavier weights. It is the way you lift and how many reps you do that work to build muscle and maintain it. And don't forget your nutrition! Plenty of protein, fruit and vegetables at every meal is what you need. Watch that fat! You don't need nearly as much as you might think even for serious body building.

Drinking plenty of water it is essential for life and all body processes. Eat foods in as natural a state as possible: raw or steamed for veggies. Please cook the meat, however! Men and women can follow these same guidelines for their muscle building and cardio fitness though the number of calories and the workout length may need to vary as it does between individuals anyway. If you are older, don't stop if you are in training now, it is the best thing you can do for the rest of your life! If you follow a good diet along with a routine you should have results with you building muscle and re toning what is already there. If you are a beginner, start slowly and in no time you will be healthier and feel much better about yourself as you build muscle and your health!

Common Bodybuilding Injuries and Ways to Prevent Them

As careful as we are in life, we all tend to incur certain injuries from time to time. Bodybuilders are probably more susceptible to these injuries, especially beginners eager to get in a forceful workout. Most bodybuilding injuries occur from not having a proper workout before starting your routines or improperly using the body. Here are just a few of the most common injuries and ways you can prevent them.

Abdominal strain occurs when your abdominal muscles are strained during a forceful activity such as lifting a heavy object without proper warm-ups. Symptoms may be inflammation or tenderness at the bottom of your abdomen, a sharp in abdominal muscles or when contracting these muscles. Abdominal strain can be prevented by making sure your abdomen is well toned before working out. Crunches, sit ups, running or using stationary bikes and treadmills are great ways to warm up before you begin your routines.

Calf strain is very common with beginner bodybuilders and occurs when the tendons and muscles in the lower back part of your leg incur an injury, most often from forcefully pushing off your toes such as with jumping, running or lunging. Difficulty in standing on your tiptoes or contracting your knee, swelling and pain in the calf muscle and sudden pain in the lower back leg are all symptoms of calf strain. Prevention of calf strain takes place by doing proper warm ups like sit ups, running or working out on an exercise bike, treadmill, stepper or with dumbbells.

Lower back pain is probably one of the most painful injuries and occurs when a muscle or ligament that's near a vertebra is strained. Because your nerves go to all parts of your body, lower back pain can cause weakness or pain anywhere in your body. Symptoms are possible bruising or swelling in a ruptured area, sudden pain in your back and difficulty in moving. Lower back pain can be preventing by using your legs rather than your arms and back to lift heavy objects, sitting in a straight backed chair and avoiding lifting more than you can comfortably carry.

Achilles tendonitis is when your Achilles tendon is inflamed and causes pain on the back part of your leg near your heel. It can occur when the Achilles tendon is overused, from consistent uphill running or from increased sports or strength training. Achilles tendonitis can be prevented by stretching your Achilles tendons and calf muscles before you begin your workout. If you notice that you have a tendency to have Achilles problems, avoid any uphill running.

In the case of any injury, do not apply any heat, drink alcohol or have a massage within 24 hours of the injury. For the best recovery of most injuries, apply the RICE treatment, which includes Rest, Ice, Compression and Elevation.

Choosing a Bodybuilding Trainer

You've finally made the decision to get into bodybuilding, which has been your dream for a long time. You want to be successful at bodybuilding so you can be healthier and have a body you can be proud of. All your research has indicated that, for your best chance at success, you should hire a professional bodybuilding trainer.

Do you know what to look for in a professional bodybuilding trainer? Here are some simple tips on what you should look for in a professional bodybuilding trainer or some of the required qualifications.

- Any trainer you're even considering should care about your goals, expectations and limitations. The trainer should take the time to get to know you and your personality. He or she should also get to know about what exercises or foods you enjoy and what your overall goals may be so he can implement a bodybuilding program that meets your needs and fits into your lifestyle. Programs should not be one size fits all but rather designed for each individual.
- A qualified trainer will always care about your health first and will want to get clearance from your doctor. The trainer should not just take your word for it that you're healthy. To maintain your good health and protect his or her legal liability, the trainer should not begin working with you until clearance has been given.
- The trainer should be the type of person that will keep you motivated and make you feel comfortable working with them. They should not be bossy or intimidating in any way. Keep in mind that you'll be working together a lot so you want a trainer that you're comfortable around. If you have any questions, you'll want someone with a personable attitude and someone that has the patience to answer your questions and address your concerns.
- Your trainer should pay attention to your progress and how you're doing overall. Being your trainer involves more than just being paid from you. The trainer should care about their client and want to see them succeed at their goals. A good trainer is going to be well educated on nutritional needs and any questions you may have about diets, supplements, etc. Any trainer that's good at the job will always set a good example for you in exercise and diet.
- Don't be afraid to ask for references. If this is a good trainer, he will not only provide you with references but will encourage you to check with other clients. Speak with the

references and ask them how they felt about this person as a trainer and get as much information as possible.

Keys to a Successful Bodybuilding Session

Bodybuilding takes place in many sizes, shapes and forms so to speak. The type of bodybuilding technique you use will depend a lot on the part of your body you're focusing on the most. While some bodybuilders focus on just one or two parts of their body, others will work on the entire body.

The intensity of your workout is very important for your success. In fact, many professional trainers believe it's every bit as important as the exercises you're doing. Here are a few tips on how to make your workouts count the most.

Make your workouts short. A workout that lasts an hour is perfect, although it can vary from 45 to 75 minutes. Your body produces certain fat burning and muscle building hormones, which help with your bodybuilding. However, after 75 minutes the levels of these hormones begin to drop, which will not only not help you anymore, but also can actually slow down your process. More is not always better, especially with bodybuilding.

Take short breaks in between each different set. A minute and a half is the longest your rest should be so you can still meet your goals while not going longer than 75 minutes. Research shows that this type of training will not only stimulate your hormone growth but will also do wonders for your cardiovascular system.

Each exercise set should consist of 8 to 15 repetitions for the best increase in muscle mass. By keeping the repetitions in this range, you're getting the best blood flow to your muscle cells. Along with blood flow, you are also providing your muscles mass with needed nutrients. Studies have shown that the most productive fat burning and muscle building occurs at this range of repetitions.

Stay with weights you can control. Another bonus of doing this many repetitions is that logic says if you're doing this many, you're using a weight that you can comfortably control. Too many people make the mistake of starting with weights they cannot control, believing they'll develop muscle mass much quicker. They just become sore and tired quicker!

Add variety to your sessions. Every bodybuilder has a favorite exercise and wants to do that all the time. However, the best way to continually grow your muscles is with variety. You'll also find you're more motivated and enthusiastic when you're trying a new variety of bodybuilding exercise. As you get more familiar and experienced with your bodybuilding routine, you'll find that you'll want to get into more repetitions and more different sessions, while still keeping each one within the required 75 minute period.

Building Muscles the Fast Way!

Do you want to build muscle mass in a hurry? If you do then you may well be wondering what exactly the fastest way to build muscle is. There is no set certainty for each person as

everyone's body will react differently. However; if you have already spent lots of time in the gym and you don't seem to be getting anywhere; you're obviously missing a few crucial techniques to get that muscle mass up quickly.

Maybe you're not working out hard enough... You need to train and you need to train hard in the search for the fastest way to build muscle! You have to imagine that when you are working out in sets; that every set is like the last. Think that your life depends on every single repetition set that you do. Make sure when you are resting you're not resting for longer than you say you're going to; have a stop watch to hand to keep your break times at a decent length.

There are two proven techniques for the fastest way to build muscle; you need to follow the training tips:

- Train heavy; lift the heaviest weights you can and make yourself stronger. Try to use only one type of exercise for one muscle group and increase the strength every week. Per cent is usually a good increase when weight training.
- Train as much as you can; you need to train as hard and as much as you possibly can in the time your weight lifting. If you put more tension on your muscles as you train will increase your muscle mass quickly; as you put on more tension the muscles that are usually not worked will be worked; therefore growing quicker and stronger. When you're working harder doesn't necessarily mean you have to work out for hours and hours on end. The better way to do it; is to train with heavier weights that are extremely close to your threshold and have fewer rests. Also another good tip is to make sure you're using more exercises per the muscle group you're working on. This will help the different classes of muscles grow much quicker and easier.

Think about it; the only way your muscles are ever going to get bigger quickly is by increasing the amount of work that you do. The muscles respond better to the stress put on that particular muscle. So to make your muscles respond to your training; so the fastest way to build muscle is to work out harder and heavier. Even the fastest way to build muscle will not work in a day or so; you have to give it a certain amount of time; and no routine is ever perfect; find one close to what you can do in the time you have and you will soon start to see the benefits and the change in your body.

If you carry on training a muscle with the exact same weights then you will always get exactly the same results; so to the fastest way to build muscle; you will have to force your muscles to work a lot harder. For the fastest way to build muscle you need to increase the work you do and increase the weight at which you do it. So the fastest way to build muscle is to increase the resistance that you work against; this will cause the muscles to grow as they are stretched to their limits.

So work harder and make sure you're pushing yourself to the limit where weight lifting is concerned; it is vital for your muscles to grow that they are pushed as far as you can; if possible a bit further.

How to Gain Muscle Mass

All you guys out there who are just the average build, or maybe a little on the lean side have thought about how to gain muscle mass at one time or another in your lives, right? As a teenager when the hormones are ripping up a storm and you are lifting weights to impress the girlies it is an easy matter to gain muscle mass when you're in your prime.

Well boys, you won't stay there forever and by 25, you have already started to go down hill as life takes over (unless you are a professional weight lifter). You get a little soft, and one day you decide that it is time to get back in the game. After some soul searching in the mirror you decide that you need to know how to gain muscle mass to improve your self image. I am not talking about these huge biceped monsters; just enough to show a respectfully tight body. Of course, you can follow the advice on how to gain muscle mass religiously and rival the Incredible Hulk if you want to, but you don't have to!

So you begin your routine of how to build muscle mass and the protein shakes that the guy at the gym swears will help you pile on the muscle. You of course expect immediate results but, you are sorely disappointed when you look in the mirror once again. No change. Now it is time to hit the books and see what you can learn about gaining muscle mass. In the meantime, here are a few things to get you to thinking about how to gain muscle mass. Start slowly with the weights and build reps before weight start light, say 15 lbs; when you can do 25 reps each arm and not get tired then it is time to add more weight. Use the leg machines in the same way if you are trying to gain muscle mass on your legs as well. The butterfly using free weights is a good builder for the chest and then the good ol' abs machine for those six packs!

Don't take on more than you can handle when you want to know how to gain muscle mass; all that will do is make you sore or worse, you could hurt something badly. Torn muscles and ligaments are no laughing matter. Don't work out daily; one of the keys of how to gain muscle mass is not to do it too fast; your muscles need a day off in between lifting. Do some aerobic exercises on the days you aren't lifting. If you feel you must continue the protein shakes then go ahead, but there is more to be said for a good square balanced meal.

If you can use free weights for your arms/back/shoulders you will get more of a workout and use more muscle groups with the dumbbells. A good vitamin is a good idea for anyone but if you are in training, you should be taking a good complete vitamin. Drink plenty of water- not caffeine water, or energy boost water - just good old plain water. You will sweat a lot of it out and your body needs to replace what you lose. Stay away from smoking and chewing tobacco it won't do a thing for you.

If you have a schedule and a good diet you will firm up and gain muscle mass as you continue your work outs and once you are where you want to be a couple times a week should keep you there. The aerobic workouts should remain a part of your routine too for your heart health. By now you should have seen a decent gain in muscle mass and definition if you are working out religiously. Go by your family body type, if no one has the huge muscles you see on TV, it is doubtful you will get them. Go for a lean hard look with a decent gain of muscle mass and good

health. The illegal hormones aren't the way to go; neither are steroids. All they will do is make you angry with a big attitude and a small "package": definitely not an asset in the dating world.

Finding a Bodybuilding Routine That Makes a Difference

When you're bodybuilding, you are going to be very eager for results. You've dreamed about having this perfect body for so long and now you want it to happen and are willing to try almost any routine to make it happen. The question is which routine will make the fastest difference?

Keep Your Body Guessing

This answer may come as a surprise but the most effective bodybuilding routine is going to be one that you haven't used before. You need to keep your body off kilter and guessing. If you speak with many bodybuilders about their success and progress, they'll probably all tell you the same thing. They'll say that when they first began bodybuilding, they had some good results, particularly the first 6 to 8 months. However, after that they seemed to come to a standstill. The reason for the standstill and slowdown of progress is that their body had become bored and unchallenged.

When you first start bodybuilding, your body becomes sore after the first few workouts because it's not used to it and is learning ways to cope with the new stress. The way it gets used to the stress is by growing and developing the muscles and providing your nervous system with a challenge.

However when your system has adapted to the change, fewer fibers in your body are activated each time you do a workout so you're seeing less change. Your body really doesn't like change and is not going to volunteer for anything. In fact, your body will fight change for as long as it can.

Give Your Body Variety

It's up to you to get your body out of this state of homeostasis it's more than happy to stay in and the best way is by giving it a variety of workouts. Keep it guessing, which will let it know that it has no choice but to respond to the change and get the muscles busy building. You'll find that this need for variety is even more important as you advance further into your bodybuilding.

You can choose the type of variety you want to add to your bodybuilding routine. Many bodybuilders have found that alternating high volume periods like high reps, high sets with little rest in between with lower volume periods of lower reps and lower sets with longer rest between sets was very effective.

Switching the actual bodybuilding exercises you've been doing is another way of providing your body with variation. If you were using barbell incline bench press last week, consider switching it to some variation that includes dumbbells this week. Once you begin mixing it up a little and each time giving your body new challenges, you'll once again begin seeing results. However, make sure your body is getting the proper nutrition before, during and after your workouts.

The Best Body Building Supplement: Natural Protein

Discussion of body building supplements always creates a lot of controversy. Of course, some are illegal, some are ineffective and some are downright dangerous. The one body building supplement that you can't go wrong with is natural protein. Not only is protein

There is one particular body building supplement that after time and time again has been proven to be one of the best supplements any body builder could use. This particular body building supplement, that can also be found naturally, is protein.

The muscle needs the protein in order to grow. When a body builder or any person getting fit lifts weights, the intake of protein then has a stimulating effect on the muscle tissue and acts as the best muscle enhancement supplement that the body could offer. In terms of saving muscle, if one does an massive amount of cardio (either high intensity or low intensity for an extended period of time) the body will burn all its carb stores and then will start burning muscle.

Then when you body starts to use up its carbs that are stored it will not automatically just burn fat, it will also start to burn muscle. The protein body building supplement will then help the body replace any muscle burned away from an intensive workout.

Protein can be found naturally in chicken and other meat sources, but the worry is that a massive amount of protein would have to be digested to be helpful, therefore a body builder would have to eat much meat. A protein body building supplement could help with the natural intake of protein.

Becareful when using the protein shakes that are loaded with sugar. Sugar will make you fat quickly, so stick with the low sugar content protein body building supplements. Usually, the high sugar protein powders are the flavors that are too good to be true such as "Chocolate Chip Cookie Dough" or "Blueberry Cheesecake." Avoid this and stick with something more realistic like banana flavored or vanilla flavored, as less sugar will be in these particular flavors. There is also unflavored protein shake powder as well.. Whatever supplement you decide to choose, remember to choose your supplement carefully.

Barbell Squat in your Bodybuilding Routine

The barbell squat is probably one of the most popular exercises for not only bodybuilders but also any individuals wishing to lose weight or get in shape. It's perfect for targeting your quadriceps, glutes, lower back, hamstrings, hip flexors and adductors. The barbell squat is very effective for increasing strength, mass and power in the lower part of your body. To complete the lift involves a compound movement using several stabilizer muscles.

To start doing the barbell squat, place the bar across your upper back, letting it rest on your trapezius muscles, but making sure it's not on your neck. With your hands apart double the width of your shoulder, grip the bar firmly. Lift the bar slowly off the rack, making sure to keep your chest up and your shoulder blades together.

Make sure you keep the normal and natural curve in your lower back. Your feet should be wide apart with your toes angled at 30 degrees. A good distance for your feet is the same width as your shoulder.

Begin lowering the bar by bending first at the hips and then at the knees. Making sure to keep your trunk erect and your head up, lower your body down gradually until your thighs are parallel to the ground. Do not try to go any further. With your knees pointing towards your toes and aligned directly over your feet, hold for a count of one. From this position, work your way back to the starting position by pushing hard with your feet and keeping your body erect.

The barbell squat is a very effective exercise, but must be done properly to get the full benefit. Here are some simple tips and techniques for using the barbell squat.

- Make sure the natural curve of your lower back is maintained throughout the entire process.
- Breathe in as you are lowering the barbell so your chest expands while sucking in your stomach towards your spine. Exhale as you're pushing it back up.
- Focus your eyes on something in front of you that's at eye level. This helps with concentration as well as body movement.
- Do not curve your back or excessively bend forward as this can cause lower back pain.
- Do not use a weight belt unless you're already at maximum weight.

There are different variations you may try with the barbell squats such as the smith machine squats or the wider stance variation; however, this is great one to get you accustomed to the barbell.

Trap the Snow Angels to Gain Muscle Fast

If you want to gain muscle fast then you have to do a few simple things first; eat right, exercise hard and have total commitment to your goals. You may already be training hard and you may be started to get bored. The problem here is that if you become bored with the same routine over and over again; you will stop working out with the same fervor as you did before.

Think about it; the best way to change your life and get the results is to change up your routine as often as you can; keeping the same intensity and gradually heavier weights; you will have the body you dreamed of in no time at all!

Let's look at some exercise that will help you gain muscle mass fast.

Exercise One

Exercise one is a chest workout; it is called around the world and can also be known as Snow angels. It is because of the circular motion during the exercise that it gets its name around the world.

The muscles worked when doing this exercise are the chest mainly and then as secondary muscles the shoulders are also worked out during this exercise. To do this exercise effectively you will need a flat bench and some good dumbbells.

Hold the dumbbells and make sure you're laid flat on the bench. Then you need to rest the set of dumbbells on your thighs, your elbows should always be slightly bent at this point. Then move the dumbbells in an arch procedure to behind your head; this should be done till the bells are touching. Reverse the action by putting them back to your thighs; repeat as many times as necessary.

Exercise Two

Another exercise to help you gain muscle mass fast is the Trap workout using the low lying cable pulley rows. The pulley cable will effectively keep your back straight ensuring proper technique of this exercise. The cable provides the resistance and the pressure needed to give you a great workout to gain muscle mass fast.

The muscles that are worked are just the biceps; this is classed an isolation exercise. To do this exercise properly you will need a high pulley, a flat bench and also a straight bar attachment for the pulley.

Make sure you attach the bar to the high pulley machine and then have the bench in front of the weights in the stack and then you can sit facing the weights. Have your palms facing your body when gripping the straight bar and lay completely flat on the bench you have. Extend your arms totally. Then you can start to curl the bar; do this until your forearms are actually touching the

biceps and then count and squeeze as hard as you can. Keep returning the bar after each rep and start again as many times as required.

So following these exercises and changing them every now and again to new and exciting exercises you will ensure that your routine never becomes just that... You have to keep things different within a body building routine; it is so intense that it won't take long before you're getting bored with the routine you have chosen. Remember as well that to gain muscle mass fast; you have to be dedicated and incredibly focused to achieving your goals. You will get there however; with a little determination and guts. You will have that perfect toned and chiseled body before you know it. So change it often and keep it fresh; your routine needs to be changed all the time; don't become bored and then quit - focus!

Bodybuilding for Females

Bodybuilding has really increased in popularity in recent years. Female bodybuilding has also gained popularity in huge numbers. With the emphasis the world is making on physical fitness and its importance for overall good health, women are turning to bodybuilding. Female bodybuilding is to not only help develop curves in the right places but also to develop and keep their muscles toned and firm. Proper bodybuilding workouts can help to form the muscles and shape up a woman's body as well as improve their physical strength and promote good health.

Difference in the Genders

Female bodybuilding is not very different from male bodybuilding. After all, men and women both have the same number of muscles in their bodies. They also appear to get the same results from a physical workout. There is one major difference between men and women, at least one in regards to bodybuilding. Men have testosterone, which is a hormone that helps to build muscles while women have estrogen, which is a hormone known for storing fat. This does not mean that women will gain weight quicker than men will, however. A female that's working out can easily build muscles and lose fat.

Misconceptions concerning Female Bodybuilding

Many women would love to have a strong and muscular body, but are afraid to participate in bodybuilding because they fear that if they quit, their newly developed muscles will instantly turn to fat. This is virtually impossible in spite of how widely believed it's been. Muscle and fat are two very different tissues. Fat develops when the body stores unburned calories because these calories have not been burned because of a decrease of physical activity. This will happen to any individual that is suddenly inactive, including bodybuilders. Muscles will never turn into fat.

Benefits of Female Bodybuilding

There are many benefits to female bodybuilding. While many women are afraid they will suddenly develop a bulky muscular body and lose their femininity, this is not the case. When bodybuilding is properly done with consistency, they can develop a curvaceous body that looks years longer than it actually is. Bodybuilding routines for the arms, for instance, can help

eliminate the weak and flabby upper arms that often develop with age. This is just one example of what female bodybuilding can achieve.

Because women's bodies are made differently than men, the weight training requirements for women are going to be different as well. It's not going to be quite as easy for a woman to bulk up from bodybuilding. Female bodybuilding requires exercises will also target your cardiovascular system, which will give your body a much needed health bonus. Let's face the fact that all woman want to have the perfect body and have it for as long as possible. With the right kind of systemic weight training, this can be possible.