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Beginners Guide to Building Muscle

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This article is a guide on basic theory of how to build muscle through weight training. Itâ€™s for individuals who may be new to weight lifting and are not yet familiar with the basic terminology or principles. It is important for beginners to understand the concepts talked about here before you begin lifting weight. There is a science to building muscle, so one must have a clear understanding to be successful. If done incorrectly the chances of injury are greater.

A well-rounded exercise program consists of building and maintaining muscle mass. Many avoid this aspect of fitness because they donâ€™t have adequate knowledge or they have a misunderstanding about the effects of weight lifting. Some people believe they will immediately get bulky. These fears are unwarranted. Not only is it easy to learn basic weight lifting techniques, but it is totally possible to strengthen and tone your muscles with hypertrophy or increase is muscle size. If your goal is to gain muscle size, then that is totally possible as well. It is simply the type of weightlifting program that you choose that will determine whether you get bigger, stronger, more toned, more cut, etc. You just need to understand the science behind weightlifting in order to choose the correct techniques for your desired physique. Regardless of which technique you choose, building muscle you will improve your overall health, increase your metabolism, reduce your body fat, increase bone density, increase your strength, improve your physical appearance, and improve your coordination, confidence, and athletic ability.

Weightlifting is a form of exercise that allows you to selectively develop muscular strength, size, tone and endurance by exerting forces against weight based loads. Lifting weights is the best way to build muscle because of the variety of exercises available and the ability to add load to chosen muscle groups. The effect of weightlifting is dependent on the load, repetitions, and total sets chosen. An example is if you use high reps and low weight it is better for endurance, where if you use low reps and high weight it is better for strength.

Knowledge of basic weightlifting terminology is crucial to your success. A repetition (often called a "rep") is a single completion through the full range of motion of a particular exercise. At the end of one repetition the weight that you are lifting should be at the same location that it was at when you started the repetition. A set is a grouping of a certain number of repetitions performed in a row without rest. Rest means a break or temporary stop in action.

This article has been a brief introduction in to the world of building muscle. There are many things to consider when choosing a weightlifting routine that is right for you. One must consider what their goals are before making a decision. Donâ€™t be afraid to do some research before making your choice.

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Joshua â€œCoachâ€• Kozak has been a fixture in the world of health and fitness for over 10 years. The most effective a weight lifting program on the internet! New mass building a biceps workouts at HASfit!

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