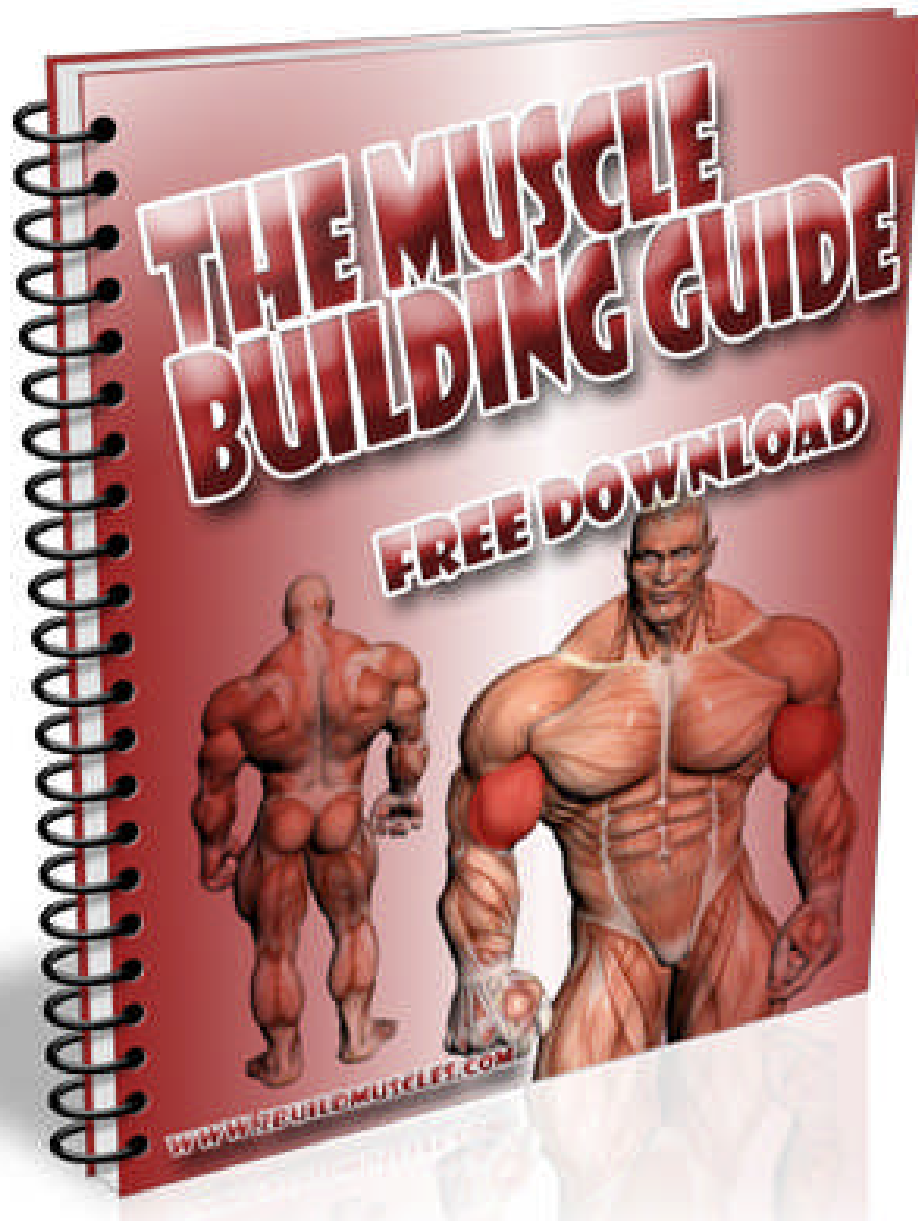


2BuildMuscles.com

The Muscle Building Guide

by: Hector Cuevas



Print this guide out for a more enjoyable read. There are nice pictures with color 😊

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Reason I Created This Book...

I created this book to further help you in your muscle building journey. This book contains more techniques and methods that will have you building muscle in no time. It also contains information about the things you should avoid doing at all cause, because they will hinder your chances dramatically of ever achieving any results.

The book is divided into logical sections (as my site is 😊) so that you can better grasp the material and learn more from it.

We'll be discussing:

- ✓ Gain Muscles the Right Way: The Facts about Body Building
- ✓ The Three Essentials in Gaining Muscle Big Time
- ✓ Eliminate Fat: Tips on How to Do It
- ✓ How Steroids used for Muscle Gain can be Dangerous
- ✓ The One Thing That Can Ruin It All...
- ✓ Gaining Muscles Takes Time... But How Long?

A bit of Warning...

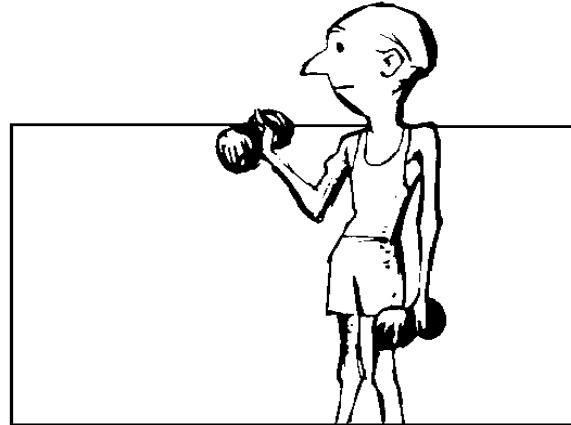
You should always consult a doctor before attempting to gain weight, weight train and build muscle so you receive 1-on-1 advice as you what your specific needs may be. This book is a guide and should (in no way) override advice you may have received from a physician.

Also, since this book is in PDF format you'll find it very easy to distribute to your friends, (simply save it to your computer and attach it to an email) Or, if you a website or blog you can upload it and have other download it. You can also send people straight to http://2BuildMuscles.com/the_muscle_building_guide.pdf

Ok, Let's Get Going...

Gain Muscles the Right Way: The Facts about Body Building

If you're an ultra skinny person, you will find it very hard to gain muscles. If you think that spending a lot of time in the gym and doing long workouts will be able to help you gain muscles, you better think again. Although this may work, you have to consider that there are incorrect ways to do it and there are correct ways to do it.



By sticking to the principles of body building, you will be able to get the results you want in no time at all. So, if you are ever wondering why you can't gain muscles besides the fact that you spend a lot of time in the gym, here are some tips that will be able to enlighten you.

First of all, some people think that lifting weights rapidly will get them to gain muscles at a much efficient rate. However, what this does is exactly the opposite. You have to remember that in body building, you need to do each exercise in slow controlled movements. Fluidity is the key to exercising. This is because slow controlled movements encourage maximum muscle contractions, which means more efficient muscle building.

A few hours before and after you hit the gym, eat foods with high protein content. This will strengthen your muscles more and it encourages muscle tissue repair, which means that you will be able to gain muscles faster. Some people go on a diet and never eat anything before and after they go to the gym. This is a mistake. Besides, where will you be able to get the energy for all that heavy lifting?

Another mistake is exercising the same muscles every day. This will do exactly the opposite when you want to gain muscle mass. Always remember that rest is the key to muscle gain. Always give the muscles you worked out today at least one or two days

rest. For example, if you worked out the back and biceps today, never do the same exercises the next day. Give it time to repair itself and build more muscle tissues.

You need to remember that you don't gain muscles when you are working out. You injure it. When you rest, the body will compensate for the muscle tissue injury by producing more muscle tissues. The result is muscle gain. Resting is the best way to repair muscle tissues so get plenty of rest.

Every time you hit the gym, always go for heavier weights. However, don't try to lift weights that are too heavy for you that you can't complete a set and don't go for weights that are too light that it doesn't provide contractions in your muscles.



These are the things that you have to remember about body building. Always keep in mind that going to the gym everyday will not cut it. If you want to gain muscles, then you have to properly exercise each muscle group, eat the right kinds of food, and also get plenty of rest.

Remember these tips and you can be sure that you will be able to gain muscle in no time at all. Try exercising two muscle groups in one day and exercise two different muscle groups on the other day. Or, if you really want to be sure about your body building program, you might want to consult a professional trainer. They will be able to help you out with what kind of body building program and exercises that is right for you.

The Three Essentials in Gaining Muscle Big Time



Tired of looking in the mirror and not seeing the superman that you want to be? Do you crave to have the Hollywood hunk abs and biceps? Most of us do, but the entire process of getting muscles is simply strenuous. Hollywood actors have all the time in the world to bulk up and have an army of trainers and experts to help them, and this could cost an arm and a leg. But even with those aspects gaining muscle is not going to happen if

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there is no determination.

For one thing, it's undeniably extremely hard to gain muscles; there is no doubt about it. You have to invest a lot of time and patience. You must have full commitment to meet your goal. But aside from just going under a rigorous training program, there are certainly numerous aspects one must consider. All of these aspects together can help make a program effective and let you achieve your goal at the fastest time possible.

Here are the three essential steps in those aspects which can greatly determine the success a person will have in gaining muscles.

A) Have the proper diet - A lot of people misconstrue the word "diet." A lot of them think that diet equates to starving one's self. A diet means that a person, depending on his goal, has the proper and correct food intake. If you are thinking of gaining muscle and weight, then eating more calories than what you would be expecting to burn when you have an extensive workout would be necessary to fuel the growth of muscles. You will need to have a balanced intake of protein, soy and fats. A nutritionist or dietician will be able to help you know what is good for you.

B) Develop a strength training program – Muscles are built when they are regularly pushed to the limit. Perpetual couch potatoes don't build muscles, they grow guts. You must develop a strength training program which would make you lift weights that you won't be able to easily lift. This should go on until you progress to heavier weights. Your muscle will react to the heavy lifting and will grow to compensate for the needed strength to lift the heavy weights. As you move on to heavier weights, the muscle will continually grow for strength compensation.

C) Have sufficient rest – Contrary to popular belief, your muscles don't grow while your lifting weights, they grow when they are resting. As you work out, your muscles are strained and flexed to their limit, especially if you lift the proper weights. When you go to sleep, the damage done to the muscles will be repaired and this is when they grow. 8 hours of sleep daily is the minimum requirement for proper muscle growth.

Some people add supplements and medications which can also help in growth promotion of muscles. There are now many of them available in the market, make sure though that they are legal and safe for you.

So there it is the three basic essentials one would need to follow in gaining muscle. Commit to these basics and you will see that all your efforts will not go to waste. Now get off that couch and start pumping iron.

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Eliminate Fat: Tips on How to Do It

It is a fact that having those love handles and that beer belly as well as those man boobs can be quite embarrassing. If you want a body that you can be proud of and a body that you can show off whenever you are at the beach, then you may want to start working out.

So, what are the proper workout routines to burn fat and gain muscles?

Basically, the best muscle burning technique is through cardiovascular exercises. This helps in burning a lot of fat and calories which will significantly help in weight loss. Diet is also an important factor in order for you to lose fat and in most cases this is the most difficult part of weight loss.

Dieting doesn't mean that you have to starve yourself in order for you to lose fat. Eating right is.

What this means is that you need to eat less fatty foods and eat more foods that your body needs in order to function every day. Eat foods that have plenty of fiber and in order to promote muscle growth, eat food with plenty of protein, such as beef.



You should also decrease the amount of carbohydrates you eat every day. By reducing at least 25 percent of the total carbohydrates you eat every day, you will see that it will give you a lot of difference when it comes to losing weight and burning off fat.

Doing a lot of cardiovascular exercises will also help in burning off fat. Every morning before breakfast, try to at least go jogging or walk for 30 minutes. This will significantly improve your weight as well as your body. By exercising before you eat breakfast, you will be able to turn on your metabolism rate and make it a lot faster. This means that you will be able to burn fat a lot more efficiently than not exercising in the morning at all.

Eating breakfast is also important as it helps jumpstart your metabolism rate. Always remember that it is advisable that you eat your breakfast. It actually helps in weight loss.

Also, when you reach the gym, it is still advisable to perform cardiovascular exercises. Try running for at least 15 minutes on the treadmill and it will burn at least a hundred to a hundred and fifty calories.

After doing cardiovascular exercises, it is now time to develop your muscles with weights. For maximum muscle gain, you might want to use as much free weights as you can. Try to minimize the use of the machine as the machines only focuses on the primary muscle and not the supporting muscles. If you want to gain muscle mass, it is recommended that you should strengthen the supporting muscles too. This will help in muscle growth. In fact, if you don't strengthen the supporting muscles, you will end up not being able to promote the primary muscles to grow.

These are some of the things that you have to remember about fat loss and muscle gain. Muscles burn fat and by exercising, you will be able to promote muscle growth and at the same time, promote fat loss. With these tips in mind and following it, you can be sure that you will be able to get rid of that fat and develop a body that you can be proud of.

How Steroids used for Muscle Gain can be Dangerous

Steroids are somewhat considered as synthetic derivatives found in male sex hormones which are known to man as testosterone and are usually taken in order to improve the size and strength of muscles. Though some may not admit it but there are a lot of bodybuilders and also known personalities that uses steroids in order to get muscle gain. Testosterones are the ones that are responsible for building muscles and tissues focused for the males. Steroids are the ones that boost the building process of muscles by enhancing the number of testosterone in the body.

Steroids also affect the growth of organs for reproductive in order to enlarge the penile length and prevent the development of facial and pubic hair. Some people would opt to using steroids because of the rate or degree of faster mass increase and fat loss. Despite that, steroids are also believed to cause several effects which contribute problems to the body which is usually the reason why it is incorporated in bodybuilding phases. Psychological and physical damage can be the effects of steroids in the body and this reason overshadows the need for superficial disadvantages.

Steroids are also used in healthcare facilities to reduce the effects of any inflammatory process going inside the body. It can also cause some symptoms of certain diseases to be diminished. Inhalers made from steroids decrease deaths due to asthma and other respiratory obstruction; injections of steroids can be useful in treating pains from ligaments and joints. However, steroids are also responsible for making the body's immune system less active which is why it is considered as an anti-inflammatory drug.

Effects of abused steroid use can result to the following side effects:

- Increased blood pressure
- Reduce the level of high density lipoprotein which is considered as good fats
- Obliteration of the liver
- Testicle contraction in males
- Uterus and breast contraction in females
- Impotency and infertility in both females and males
- Mood swings that are irrepressible which includes belligerence and irritability

No matter how you see it, steroid use should be avoided because of the possible adverse effects that it might contribute to your body in the long run. The effect is irreparable. It is more advisable that you be included in an exercise program that is steadily healthy, educated, and gives the chance for the person to improve muscle growth in the most natural way.

After mentioning these side effects, do you still want to do it the hard way or the easy way out which can be pretty life threatening. Some of the other side effects due to muscle gaining that can be acquired through the use of steroids are:

- Anaphylactic shock
- Unusual bleeding or hemorrhage
- Unpleasant odor of breath



- Persistent headaches
- Cholesterol levels which are fluctuating
- Fetal damage (if pregnant)
- Regurgitation with blood
- Diarrhea
- Morbid fluid accumulation or edema
- Excessive calcium levels or low calcium levels
- Injuries that are delayed
- Impotence
- Irregularity in menstrual periods
- Breast swelling or soreness that may eventually lead to breast cancer
- Atrophy of the testicles
- Injuries of the ligaments
- Blood poisoning or septic shock
- Abnormal urinary retention or excretion
- Painful reproductive organs (male)
- Problems regarding sexuality

The One Thing That Can Ruin It All... Alcohol!

You heard it right. Alcohol is one of the major reasons for wasting your most beloved physique and muscles that you have taken care of for years. Alcohol is considered as one of the most significant causes to lose your muscle's nice features. Despite of what health experts are trying to imply about the negative effects of alcohol, others are still on the verge of tiring themselves with it. Drinking alcohol will definitely ruin muscle gain.

Alcohol is considered as one of the most influential drinks ever invented. Not that it tastes funny but also this drink can now be considered as a drug because of its addictive effects which can affect your life including your family, friends and work. If you really want to maintain your six packs (abs not beer) and your mass, you have to be conscious about drinking alcohol because it can cause deterioration of your years of fruitful labor. What are the effects of alcohol in your body?

1. Increases estrogen and decreases testosterone levels.

If you wanted to increase your muscles, then you have to maintain or increase the levels of testosterone inside your body because it is that hormone that can gear to building

your muscles. It will be a loss on your part, as men, if you allowed estrogen to overcome your testosterone levels because that can also cause secondary female characteristics.

2. Affects protein synthesis, big time!

You know that protein is one of the most important nutrients that your body needs in order to gain those additional mass. When you hinder protein synthesis because of too much alcoholism, you tend to hinder for protein to be distributed all throughout your body. Protein synthesis will be slowed down for about 20% the normal status.



3. Strips the body of minerals and vitamins.

Alcohol has a diuretic effect on the body which promotes increase excretion of minerals and vitamins inside the body. When too much alcohol is consumed, it tends to strip off some of the important elements that our body needs namely Vitamin A, B complex, C, calcium, phosphorus and zinc. These elements are drained in rapid manner which can cause comprise to our body's balance. In order to function properly, one must maintain the sufficient amount of minerals and vitamins inside the body that definitely involves supporting muscle growth.

4. Dehydration can and will occur.

Haven't you noticed that every time you drink alcohol, you tend to ask for cold water or soda just to get rid of your thirst? This is because, as what is already said, that alcohol is fast-acting diuretic that can increase your body's ability to dispose water. No doubt about it, every time you visit the John, the essential vitamins and minerals in your body are lost in your urine. If this continues to happen, the water in your body can't sustain the necessity because of the increase excretion and muscle demand. And muscles are composed of about 60-70% water!

4. Increases storage of fats

Drinkers are known to possess large bellies. That's because alcohol can trigger deposition of fats inside our bodies. Alcohol contains about 7 calories every gram which is the main reason why alcohol can make people fat in an unnatural way.

You have to take care of how you manage drinking most especially if you are maintaining an ideal body weight and size. A few drinks occasionally aren't bad as long

as you can handle the effects. Otherwise your muscle gaining goals can be totally affected in a very negative way.

Gaining Muscles Takes Time... But How Long?

Some people think that gaining muscles is as easy as popping a can of soda. Well it's not that easy. You have to wait for months to see acceptable results. You have to consider a lot of things if you're aiming for firm and perfect muscles. First, the things that you eat must be healthy in order for you to sustain your body's exertion in gaining mass. You have to observe the proper ways of exercise and your muscle growth should be assessed. Here, you will know whether or not you have the appropriate genes to be able to build and gain muscles more quickly than the other.



If you don't see anything that fits your type, worry not, because this is just one of those many factors that can determine the duration of muscle growth. It is also helpful that you know the type of body that you have and the kind of muscle that you wanted to build because through this knowledge, you will know the right kind of exercise and nutritional program that will suit your body's requirement to grow.

There are three body types and the specific characteristic underneath it.

Type 1 – Endomorph:

As an endomorph, you have a naturally large frame for a body and a round face with wider hips and bigger bones but has slower metabolism. This is the type of body that gains body fat and weight easily but also the type of person can have the capability to gain mass in a quicker way. The only problem that you will encounter is that your

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muscles tend to hide under the fat that you have which will make you look bulkier and clumsier. Even if you develop six packs, it wouldn't be that prominent because of your fat tummy.

That is why, you have to grow muscles and at the same time burn the unnecessary fats for your muscles to be revealed and more defined. End point: you have to spend more time inside the gym because aside from wanting to refined muscles, you have to burn those fats away.

Type 2 – Mesomorph:

These are the persons who are naturally blessed with a body that has a wider shoulder and a more muscular body. You also have a small waist and a frame fit for entering athletic competitions. Because your body has lower contents of body fat, you also have an increase metabolic rate. Because of your general predisposition, you can pack those muscles and develop it really fast. You have the tendency to naturally excel in any kind of sport that you want because your body can easily adapt to it.

Type 3 – Ectomorph:

Skinny type and small muscles that is what you are. You have a high level of metabolism with narrow hips, waist and shoulders. With this kind of stature, you will find it hard to gain on some muscles and weight. No matter how much effort you put in eating, you'll still get the skinny frame. This kind of frame will make it harder for you to build some mass because your proteins and fats don't last long.

People who fall under one of these criteria can have the specific unilateral characteristics or others may have mix of it. Either way, you now know that it will greatly depend on your body type and on how long you can gain muscles.

Closing Thoughts...

So hopefully this book gave you some insight and guidance on how to build muscle the right way.

Healthy and meaty diets, along with strength training are the keys to building muscle mass and looking great in that tank-top.

Remember to share this Muscle Building Guide with your friends and family and encourage them to live a better, healthier life by eating right and exercising – **even if they don't want to "Get Bulky"** 😊

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