

Best Way To Build Muscle

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If you have searched for best way to build muscle then most probably you already faced quite different methods where each expert claims to describe the only way to do it right. Well truth is there is no optimal method for everyone because each person is individual in every aspect including body composition and one method of building muscle might bring great results for one bodybuilder but no improvement for different person.

And it gets even more complex as same method might work for several people but at different phase of their training. You see when you are working on your body it is changing and volume of changes depends on amount of stress and intensity of it that body is experiencing during workouts including the aspect how much time is provided for recovery. So to make it simple I'll reveal the truth about best way to build muscle which is actually shifting through various methods to put your body under different kind of stress.

What works for some bodybuilders in their first months will not do any difference for others who already have trained their body for quite some time and same applies to people who go frequently to gym every week for several years and those who occasionally find motivation to join fitness gym for few months and then again loose interest or motivation.

Usually first few weeks are doing most progress for your body if one bodybuilding method is followed but then the hard part starts as quite long time barely any changes can be noticed. This happens because your body has adapted to new stress routine and once it reaches it's peak capacity growth and progress slows down significantly.

This is the time when you should try not just different exercises for other muscle groups but also different methods. It will ensure that your body will never get to it's capacity limits by adapting to particular training method. And by different methods I mean varying amount of reps and sets you do per exercise, intensity and speed at which it is done.

Best way of course is to consult with personal trainer if you can afford to have one so that he develops your training program and when to shift between different methods but not all trainers are educated enough with latest developments and information about best way to build muscle Quite often they choose just one method and apply it to everyone so it might be quite difficult to find good expert.

I recommend starting out 2-3 months by going 2-3 times per week to gym with simple general training on all muscle groups with just one set of around 10-12 reps using weight that allows you barely making such amount of reps. This allows preparing your body for longer period of mass building by involving all possible muscle groups because you have more time to go through each exercise per one session.

Next after such general training which has built your base to ensure you are less likely to get injured when increasing intensity you can try increasing

amount of reps and make list of exercises shorter by keeping same length of session at around 60-90 minutes. Now try 2-3 sets of 10-12 reps per exercise and focus on main muscle groups for legs, chest, back, shoulders and arms.

After another 3 months another shift can be made by doing so called backwards training when you work on your maximum strength by doing around 10 sets of 3-4 reps with nearly maximum weight you can lift. Longer recovery after each set is needed at around 1.5-2 minutes for maximum efficiency. But before each exercise remember to warm up particular muscle group with lighter weight and 6-8 reps.

This scenario will work for most bodybuilders who are starting out but for those who already have worked for quite some time and just are facing no progress issue then you can skip first phase of building muscle base. There are quite many also other methods available for varying your mass building program that will not allow your body to adapt which are basically variations of 3 I mentioned and as explained there is a room for experiments which method is optimal for each bodybuilder but note that finding one that will do most progress doesn't mean that later on when you try to return to it after shifting to other methods will do same progress as it did in first time.

To receive a free mini-course and learn more about muscle building visit [Build Muscle](#) site to reveal other secrets and tips on most efficient workout routines to ensure that your time spent in gym is most productive.

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