

Start Gaining Muscle In 14 Days



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Introduction

Congratulations! You are about to learn the secrets to building muscles fast. Whether you are new to working out or you are a seasoned weight lifter, you will find something here for you.

Are you tired of struggling to gain muscle? Are you looking for the secrets to getting the same nice, firm muscles that all the top bodybuilders have? You might be surprised to know that building muscle is not just about working out, it is also about knowing how to fuel your body for maximum muscle gain.

And fueling your body is not just about the foods that you eat, it is about the protein you drink, the supplements you take, and even the days that you choose to rest. There is a lot that goes into building muscle, much more than you will see on TV or in the magazines.

You are about to learn it all. You will finish this eBook with a new understanding of your body, how it works, and how to gain muscle fast. The kind of muscle gain that will completely change your appearance and your life. The kind of muscle gain that some people earn a full time living off of.

Stress forces change. But too much stress can cause injury. You will learn how to stress your muscles for real change without harming yourself, and how to take your muscles to the edge of exhaustion without harming them.

But you will also learn how important it is for your muscles to rest. Because the real changes are not going to happen at the gym, the real changes are going to happen when your muscles are resting and healing from your workouts. You will also learn what vitamins to take to help your muscles during their rest period and when to take them.

This is just your first step in an exciting journey. Once you take this journey, you will never want to look back.

Let's Get Started!

Chapter 1 – Essential Muscle Building Foods To Add To Your Diet

The first step to any real change will always lie in the foods you eat. What you eat can affect your body in many different ways. It can change your mood, your weight, even your skin.

Building muscle is no different. What you choose to eat while you are trying to build muscle is just as important as your workout routine. Don't kid yourself, skipping meals or allowing yourself cheat days will get you nowhere when you are looking for real muscle gain. Add the right foods to your diet and you will be amazed at how quickly your body changes.

Your Best Protein – Eggs

They aren't just delicious, they are also cheap and great for your health. Eggs have a reputation among bodybuilders as the best protein. And for good reason, they make you feel full, they meet all of your protein needs, and they contain B12, (which is crucial for breaking down fat).



Just remember, egg whites will not do. It is the egg yolks that are crucial for your success. You can cook the egg yolks, or even drink them for faster results.

Salmon – Your Post Workout Food

The trick to building muscle is get protein into your body faster than the old protein is breaking down. The Omega 3's in salmon slow down the protein breakdown that happens after a hard workout, allowing you time to get more proteins into your body and build real muscle.

Another good way to stop the muscles from breaking down is olive oil. Look for the extra-virgin olive oil, it also offers a good dose of Vitamin E to fight free radical damage.

Foods To Sleep By

Sleeping soundly is important to building muscle. Why? Because when you are asleep, your body is working hard to clean and flush out your system. Also, when you have a truly deep sleep you wake up feeling relaxed, energized, and ready for the day ahead of you.

For a great night's sleep, try eating cottage cheese, oatmeal, or grapes.

Foods For Energy

It's common sense, if you don't have energy then you will never make it through your



workout routine. You don't just want food that is going to give you a small boost, you want food that is going to give you endurance during a long workout *and* keep you full at the same time.

So before you leave for the gym, eat some cantaloupe. This is not only enough to fill you up, it also contains a lot of water, so that your body can start hydrating before you get to the gym. If you don't have any cantaloupe, you can also use bananas, and apricots.

Remember, choosing the right foods are the first step to success.

Chapter 2 – When And How To Lift Weights For Maximum Results

It's no secret, lifting weights is the first step to building muscle. But you have to know how to lift. If you aren't careful, you can easily overwork and even injure certain muscles while neglecting others.

Set Your Workout Schedule

Before you set foot in the gym each day, you need to know what muscles you are going to work, how you are going to work them, and most importantly what muscles you are going to be resting.

For instance, one day you can work on your upper arms and abs, the next day you can work on your legs, back, and butt. This way you are still getting a great workout but you are also making sure that you do not overwork the muscles that you worked the day before.

Remember, even though your ultimate goal is to build muscle, you can't do it overnight. To build true muscle, you need to learn how to both push your body and respect your body at the same time.

Form is More Important Than Weight

Obviously you want to start building that muscle in a hurry, but you also need to be sure that you are lifting with proper form. You should always be able to hold your form and you should always be able to lift until you get tired. You want your last lift to be just as strong as the first.

Once you are able to perform all of your repetitions in proper form, it is time to add on. Remember, you want to keep forcing the muscle to work harder. First, you want to add more repetitions and then you want to increase your weight. With the new weight you will go back to doing lower reps until you have proper form and then you will work on increasing the reps again and eventually work yourself up to even more weight.



Chapter 3 – Rest Days

Your workout routine isn't just important, it is crucial if you want to start to build muscle fast. But taking time to rest those muscles is just as important. In fact, your muscles need rest days to grow.

Many people think that working out every day will get them faster results, but that is not true. If you don't give your body a chance to rest, your muscles will not be able to heal and grow.

How Should You Choose Your Rest Days?

In order to keep your metabolism running high, you never want to go more than 48 hours without working out. For example, you never want to rest both days of the weekend because you will start to slow down the metabolism that you worked so hard to build.

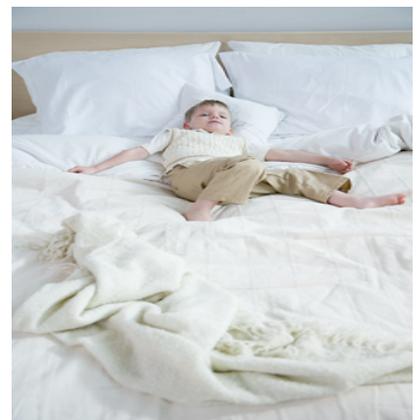
You should be working out five days during the week and give yourself two rest days. One popular way to break up the week is to workout Monday and Tuesday, use Wednesday as a rest day and then workout Thursday through Saturday using Sunday as a rest day. This is an easy way to break up the week because you are only working out two to three days at a time and you are still getting the great muscle building benefits.

What Should You Be Doing On Rest Days?

Just because you are resting your muscles doesn't mean that you aren't still working. You need to continue to eat right, and take your supplements. If you use your rest days as cheat days to eat whatever you want you will regret it.

You might also want to think about using your rest days to treat your body somehow. Get a nice massage, buy yourself an exercise book, or do anything else that will make you feel good. You are working hard, you want to keep rewarding yourself so that you don't get burned out.

And of course, if your body is exhausted, your rest days are a perfect time for you to sleep.



Chapter 4 – Essential Vitamins

So let's talk about vitamins. When you hear the word 'vitamin' you might think about keeping your body healthy. But what you might not realize is that you can use vitamins to build muscle mass.

Vitamin B12 Makes the Muscles Grow

You can get B12 from egg yolks, but for a more potent dose you might want to buy vitamin B12 supplements. B12 will not just give you a nice energy boost, it also helps the muscles in two main ways.

First, it helps to maintain the tissues of the nervous system. And secondly, it makes sure that the signals from your brain to your muscles are working well. In other words, B12 goes a long way in making sure that your muscles are working their best.

The Importance Of Testosterone

Testosterone is the hormone that builds muscle. So if your body does not have enough testosterone, you are limited in the amount of muscle that you can build. This is why so many people are tempted to turn to steroids, because they feel like they cannot build anymore muscle on their own.



But obviously steroids are not the answer. So what is? Believe it or not, there are vitamins that will regulate your testosterone for maximum muscle building.

Vitamin C

What's great for your immune system is also great for your workout. To get the best results from taking vitamin C you should take one dose in the morning with breakfast and one right after your workout. The dose that you would take depends on what is recommended for you on the

back of the package.

Vitamin C increases your testosterone levels, (so that your muscles will grow faster), so taking one dose with breakfast helps raise those testosterone levels before your workout.

But you also need to take another dose as soon as your workout is finished. This is because vitamin C also helps with your muscle recovery.

Vitamin A

Wouldn't it be great if there was a way to magically increase your testosterone levels? Well you can, and it is called vitamin A. This vitamin naturally increases your testosterone while decreasing your estrogen levels, making it essential for anyone trying to lose weight and build muscle.

And yes, no matter which gender you are, you have both testosterone and estrogen in your system. Making this vitamin is great for both men and women.

Zinc

If you are looking to get more strength and feel more powerful, Zinc is the way to go. In fact, many bodybuilders notice a huge difference in their endurance just by taking Zinc, because it keeps the testosterone levels up.

It is also used to heal injuries faster and give the immune system a boost. This is important because you are stressing your body when you are trying to build muscle. And stressing your body can slightly lower your immune system – not enough to kill you, but enough to let you catch the common cold. Use Zinc to make sure that you stay healthy.



Chapter 5 – Choosing The Best Protein Powder For Maximum Results

Protein powder can do everything. It can make you feel full, it can make you lose weight, and it can help you build muscle. But the trick is finding the right protein powder for you.

Not all powders work as well as you would like them to. Sure, the ingredients for a great powder are all there, and the container might even have a nice picture of a bodybuilder on it. But that doesn't mean that is the powder for you.

If you are looking to build muscles fast you want to look deeper than what is on the label. You need to know how those ingredients will break down in your body and you need to look for the powder that is going to break down quickly so that your body can absorb it and you can get maximum results.

What is Whey?

Whey is a powerful protein that can be found in milk. It is not only a great source of energy, it also repairs your body, builds your muscles, and keeps your bones healthy. But just drinking milk will not give you the real benefits of whey. On the other hand, whey protein powder allows you to get more of this powerful protein than you can ever find in a glass of milk.

Whey protein can come in many forms, but if you are looking for the best type of whey, there is only one way to go.

Whey Isolate

If you are looking for fast results, whey isolate is the way to go. This is an extremely pure form of the whey protein – with less fat. Your body can easily digest and absorb it quickly. It's also a great choice for anyone who is lactose intolerant.

The only real downside is that it is the most expensive of all the whey powders. So if you have the money, it is a great choice for you. But if you are on a budget, any regular whey powder will do. You might not see results as quickly but you will still see results.

Chapter 6 – How to Handle Plateaus

Sometimes you can do everything right and still be hit with a plateau. You will feel like you cannot build your muscles anymore, you cannot lose any more fat than you have already lost, and you can't possibly push yourself more than you already are.

I am not going to lie to you, this is going to suck. Some people hit their first plateau within six months, others don't see one for the first few years. But no matter when it hits, it will always be frustrating. Here are some of the best ways to handle a plateau:

Adjust Your Workout

Even if you think that you can't possibly work any harder than you already are, you need to look at your workout. For instance, are you only deadlifting? Try squatting. Look at your weekly routine and ask yourself if you are truly working all of your muscles every week or if you are only working the ones that you want to improve.

Remember, your body gets a benefit out of your workout no matter which muscles you are working on. Your heart, your blood flow, and your mind are always going to benefit from a workout. So if you are spending too much time on your upper body and you hit a plateau, make a decision to work your lower body more and work your upper body less.



Change Your Training Schedule

Do you think that you can handle another hour every day at the gym? Then do it. Push yourself beyond your current limits. When you can no longer maintain proper form with one exercise, stop and start working out another muscle group. Sometimes the best way to break out of a plateau is to break out of your comfort zone.

Add Another Rest Day

Once you are building muscle and realizing your goals the last thing you want to be told is that it might be time to pull back. But when you hit a plateau, sometimes that is exactly what you need to do.



Just be sure that you do not go more than 48 hours without working out, (remember that starts to slow your metabolism). So try to working out every other day for a few weeks. You might feel like you are losing some of your strength, and that is okay, that is normal.

Think of trying to build muscle like a slingshot. Sometimes you need to pull back to smash through your target. The goal is that when you add those extra days to your workout again you are able to not only gain back the little that you have lost, but you will also smash through your plateau.

Conclusion

By now you know all of the secrets to start building muscle in just two short weeks. But there is something more that you need to remember. You need to remember to listen to your body.

Learn to know the difference between when a muscle is simply feeling tired or when it is feeling strained, and protect yourself from injury by knowing when it is time to pull back.

Do you want to stress your muscles? Definitely. Do you want to push yourself in ways that you have never pushed yourself before? Absolutely.

But you also want to take care of yourself. Don't be upset with yourself if you don't change overnight. Instead, be proud of yourself for taking the steps needed to meet your goals. Sure, there might have to be times when you need to stop and regroup, but that doesn't mean that you aren't having success.

Think about where you were when you first started reading this. Did you know that there were easy ways to boost your testosterone? Did you have any idea what types of supplements would help you gain muscle or what kind of protein powder you should buy?

You might not have known these things, but you took the time to learn them. Gaining muscle is going to be the same way. You might not know which muscles you should be working together for maximum results, but you will learn. You might not have a diet in place, but you will learn that too.

People can offer you advice on building muscle all day long, but when it comes right down to it, it is just you and your workout. Your body might not have success doing what everyone else at the gym is doing. What works for your body, and your fitness level might be different than what works for someone else.

Take advice from others, but learn from yourself.

To Your Success!

Cheers,

Muscle Creations

