

[Building Muscle The Right Way](#)

One of the most important aspects of life is physical fitness. The fitness routines we choose to work into our every day lives can help to build muscle and thus increase strength and metabolism. With more and more people falling into the definition of obese or overweight, the time to build muscle and become more physically active through fitness is now and everyone needs to jump on the band wagon.

The rules of how to build muscle are simple and straightforward, but are some of the most unrecognized rules in physical fitness. Many people have no idea how muscle is built and this knowledge can immensely increase the chance of making the routine more rewarding and beneficial.

Get that muscle ready. Stretching is one of the most important parts of a program aimed to build muscle. The muscle will need to be warmed up before it can go through the stages of building. As with any fitness program, stretching requires careful movements that are elongated and held in order to increase the blood flow to the muscle. To build muscle that blood flow is essential and necessary.

Just add water. Water is the most important part of our lives. Drinking water lubricates the joints, keeps the body healthy and increases the overall effect of a fitness routine and a routine to build muscle. The muscle needs water to build and therefore a minimum guideline of 8 glasses of 8 ounces of water per day are recommended. Muscle mags choose higher recommendations on many occasions, up to 1 gallon of water per day or more to build muscle effectively.

Tear the muscle. During a fitness routine to build muscle, the muscles will need to be torn in order to build back stronger and bigger. This is what happens when weights are lifted to the point of failure. Failure is the time when a certain amount of weight can no longer be lifted. Once reached, the muscle has effectively been torn and will begin to repair and build muscle. Stretching after the rip stage can decrease the pain in the muscle.

Healing Time. At least 24 hours are required to build muscle. This means that the same muscle groups of the body should only be worked on alternating days with one day of rest in between. On the off day, the fitness routine can include exercises to build muscle on other parts of the body or cardio. There is no way around the time needed to build muscle, at least 24 hours is REQUIRED, not suggested.

Let's do it...again. Repeating the tearing of the muscle and the repair phases are essential to build muscle. A fitness program needs to keep going and maintain a high level of intensity to keep up with the goal to build muscle. There can be no weeks in between, or months to wait. Each and every day there needs to be some sort of fitness training taking place. No matter if the muscle is in the repair stage or the build muscle stage, the ongoing need for fitness does not stop.

To build muscle is to increase the overall fitness level of the body. Routines that build muscles are often aimed at building that muscles as quickly as possible. The true art of the muscle build takes time and attention to details. These tips will help even the most novice fitness guru to build muscle and keep that strength growing over time. The natural way to build muscle takes a bit of dedication to the fitness program, but after a few short weeks, when the difference is clear, the work will be so much more rewarding.

About the Author

Find your free tips and advice on how to efficiently to [build muscle](#). Whether you're a newbie or a pro, these tools and resources can help you to realize your [fitness goals](#).

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