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## Great Weight Lifting Tips For Building Muscle

Here are some great weight lifting tips to help you get the most out of your gym sessions. These tips will help you get the most out of your weight training program.

Weight training tips for hardgainers looking to make the most out of their workouts. Weight lifting the right way is known by few. If it was easy then you would see a lot more muscular and lean physiques on the streets. Before you learn how to weight train properly, it is critical that you learn these five weight lifting tips before you even step foot in the gym.

- 1. Write down a realistic short term and long term goal.**
- 2. Make a commitment to stick to one program for at least 12 weeks.**
- 3. Educate yourself prior to starting.**
- 4. Hire a trainer to teach you proper technique.**
- 5. Focus on gradual progression.**

### Weight lifting Tips #1: Goal Setting

Inch-by-inch life is a sinch. Yard-by-yard life is hard. Treat your goal setting the same way. Do not expect to be on the cover of Men's Health by next summer. Decide how much muscle weight you wish to achieve in three months. Six months and one year. Decide where you wish to finish and work backwards. If you wish to gain 50 pounds by the end of the year, than create a game plan that allows to gain at least one pound per week.

### Weight lifting Tips #2: Commitment

The only reason you will fail is if you are not truly committed to your goals. Do your homework and find a weight training program ideal for your specific goals and situation. Study the program fully prior to commencing. Comprehend every detail of the program and if you don't, contact the author of the

program to ensure you have no excuse to misunderstand or perform the workout incorrectly. After you chosen a program, take responsibility for your decision and follow it to it's full completion. Do not try it out for three weeks and than say, "It's not working..." and try another program. This will create a failures attitude and begin the deadly bad habit of program hopping

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### **Weight lifting Tips #3: Education**

How much do you really know about building muscle? Let's put it this way, if you had to teach someone else how to transform their body in the next twelve weeks, could you help them? Never mind, could you transform your body in the next twelve weeks? If not, you probably do not know enough about how your body works from a training, nutrition and recovery stand point. Order a book, visit a reputable website and find out everything you must know, about proper weight training, before you start the guessing game.

### **Weight lifting Tips #4: Proper Technique**

You wouldn't try and drill your teeth? You wouldn't try and do your own taxes? You wouldn't try and fix your own car? Assuming you have no expertise in dentistry, accounting or automotive repairs. So why would you try and teach yourself proper weight training technique? It boggles my mind why so many people across North America sign up for a gym membership and jeopardize the health of their tendons, ligaments and joints with the attitude of "I think I'll try it on my own," or "My friend is going to teach me," or "I am self taught from watching others..." Do not be cheap and leave your ego at the door and hire a reputable fitness trainer who can teach you proper weight training technique.



### **Weight lifting Tips #5: Progression**

I'll say this again. Inch-by-inch life is a sinch. Yard-by-yard life is hard. Approach each workout with this attitude. Your bench press does not need to go up twenty pounds in the first week. But just imagine your bench press went up consistently 2.5-5 pounds every week for the next year? That would some serious muscular and strength gains! Your goal is to simply out do yourself from workout-to-workout, week-to-week. Whether you do one extra rep, one extra set, a extra 2.5 pounds or a shorter rest period, these are are measurable signs of weight training progress.

## **10 Muscle Building Tips**

### **1) Consume enough calories**

The general formula for this is take your bodyweight in pounds and times it by 20. This should give you the amount of calories you need to consume to gain weight, obviously its not totally accurate and amounts will vary between individuals but it's a good starting point.

## **2) Consume enough protein**

You must be consuming protein in order to gain muscle. Protein is the building blocks of life and you simply cannot gain any extra muscles without it you should be consuming at least 1gramme of protein per 1kg of bodyweight ideally per pound of bodyweight.

## **3) Consume regular meals**

You should be spreading your calories throughout the day ideally consuming 6-7 meals per day. By meals I don't mean gigantic meals I mean enough protein and carbohydrates. Meals should be eaten every 2-3 hours throughout the day. A good quality weight gainer could count as a meal it doesn't have to be all food.

## **4) Always consume protein post workout**

It is important to consume a good quality protein supplement as soon as possible after a workout your muscles will be hungry for it.

## **5) Sleep**

Your body grows when it is in its resting stages so try and get at least 8 hours sleep per night.

## **6) Drink plenty of water**

It is important that you keep your body hydrated so consume a glass of water with meals and between them.

## **7) Do not skip meals**

But if you do don't worry too much just eat a little more on the next one

## **8) Keep increasing your calories**

Every couple of weeks increase your calorie intake slightly to make sure that you will continue to gain more weight.

## **9) Basic exercises**

Stick to basic exercise movements such as bench presses and pull ups, these compound movements work large muscle groups and will build a good foundation.

## **10) Never give up**

If you find you are not making any gains, never give up try harder and keep motivated.

**By following these tips on building muscle you will quickly start to gain more muscle and weight than you have done before.**

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