



# MUSCLES

& Strength Building

Formula

## CHEAT SHEET

Be the Ultimate Strength and **Muscle Building** Hulk with these Lucrative Tips and Techniques.



## How to start Bodybuilding?

- Determine your goal.
- Prepare yourself to start.
- Get some help.
- Get some knowledge.
- Target total body workouts.

## Strength Training Guidelines for beginners:

- Start training program with mild cardio warm-up exercises.
- Plan your workout days and get sufficient amount of rest on other days.
- Start with 2 days of training and 2-3 days of normal cardio exercises only.
- Start with moderate intensity and intensify your workouts with time.

## An example of a good 4-day split would look something like this:

- Monday: Chest/Biceps
- Tuesday: Legs
- Wednesday: Rest
- Thursday: Shoulders/Triceps
- Friday: Back
- Saturday: Rest
- Sunday: Rest

## Essential Exercises to incorporate into your workout routine:

- Incline Bench Press
- Peck Deck
- Dumbbell Bicep Curl
- Barbell Squats
- Barbell Shoulder Press
- Wide Grip Lateral Pull-down



- Two Arm Bent over Dumbbell Tricep Extension
- Leg Press
- Single Leg Deadlift

### **Top 5 supplements that most nutritionists believe is good investments:**

- Protein Powder
- Creatine
- EFA's
- Greens
- Multi-Vitamins

### **Dos of Muscle and Strength Building:**

- Do use compound movements.
- Do allow enough time for recovery.
- Do work out at a high intensity.
- Do include high protein foods.
- Do contract your muscles against resistance and create some damage.
- Do ensure your pre- and post-workout nutrition is correct.
- Do proper warm-up exercises before a workout.

### **Don'ts of Muscle and Strength Building:**

- Don't think you can get big without eating big:
- Don't rely too much on protein supplements:
- Don't forget to squat:
- Don't use a faulty machine:
- Don't work for the same muscle groups too often:



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