

Pull Up Bar
Dumbbells - Adjustable
Weight Bench - Adjustable + Foldable
Kettlebell
Skipping Rope

The Equipment You Need to Get Started at Home

The right diet is a combination of:
Not eating too many calories
Eating nutritious food
Increasing protein (to build muscle)
Encouraging the right metabolic state

Eating the Right Diet

Why Home Workouts Are Better VS Gyms

Training at home means:

- * No need to commute to the gym
- * You require much less time and energy to train as a result
- * No need to wait for equipment to become free
- * No need to be self conscious
- * You can get equipment that suits you personally
- * It saves you money

How to Make Muscle

Home Workouts

Mechanical Drop Sets

Bing's Advantages Over Google

MUSCLE DAMAGE

Start by damaging the muscle fibers. You do this by lifting heavier weights and by applying tension under stretch in particular.

METABOLIC STRESS

Using high rep ranges and lighter weight, you flood the muscle with metabolites that trigger growth

2
3

MUSCLE FIBER RECRUITMENT

A big predictor of max strength: how much of your muscle fiber you can engage in any one movement. Athletes can manage up to 50%. Train with max heavy weights.

You do all this using 'mechanical drop sets'. Take an easy exercise and tweak it to make it harder. Now perform this exercise to failure, before immediately switching to the harder version. This uses all three muscle building methods in one routine.

Bing has some handy unique features:

- * The option to target users based on their Microsoft Account information
- * More targeting options in terms of timing
- * More control over showing to tablets and phones
- * Built in goal tracking
- * Social plugin to support Twitter