Article published on July 7th 2012 | Health

Always keep in mind that muscles are not made in the gym. Working out in the gym breaks down your muscles and they rebuild when you eat correctly and get the recommended amount of rest. It's vital that you don't let your pride takeover when building muscle. Don't let the people who are watching you affect you, because as a result you will try to attempt weights that are too much for your muscles. Lifting weights that are too heavy is the fastest way to injury because it forces you to use incorrect motions and lifting form.

I recommend you spend no more than 45 minutes in the gym and only work out each muscle only once a week. The major misconception with beginners is the more workouts the more gain you'll achieve. Beginners in result give their muscles no rest and recovery so the gains are just at a minimum.

I myself would rather have more time for recovery than not enough because from your previous training session you will receive full gains. Then those muscle groups will be primed and ready for next workout.

Say you go the gym and lift the same weight as you did your previous trip, and you do a few reps less than that means you are overtraining and you haven't let your muscles fully recover. Every time you go the gym your reps should go up. REPS SHOULD NEVER LOWER. If you feel that you've given a particular muscle plenty of time to recover yet your weight and reps are remaining the same then you will have probably hit a "Plateau"

Rep range is the most effective way to fight your way out of a plateau. Attempt various weights so you can target your reps between 4 - 12. For instance use a weight to go to failure for a few weeks. For the first week do 4-6 reps, the second week attempt 6-8 reps, and then do 10-12 reps. By this method, your muscles won't have time to adapt so that you can bust out of your plateau as soon as possible.

Your body isn't naturally designed to grow so if it can stay the same size it will. In order for you to keep your body in a constant state of growth, you have to change the number of reps and change the exercises regularly. These techniques will propel you to fast muscle gain.

Article Source:
http://www.articleside.com/health-articles/build-muscles-fast-with-efficient-techniques.htm - Article Side

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About the Author: Joshua â€œCoachâ€• Kozak has been a fixture in the world of health and fitness for ove 10 years. The most effective a how to build muscle on the internet! New mass building a chest exercises at HASfit!

Article Keywords:
how to build muscle, chest exercises

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