

# How to Build Muscle Fast

## Basic Rules to Follow

### Diet

#### Daily Protein Intake

- Try to consume 1 gram of protein for each pound of body weight. For instance:
- 200 pounds = 200 grams of protein
- The human body can only absorb around 30 grams of protein per meal. So, eating more than 30 grams in a sitting might not be effective.

#### Boost Caloric Intake

- Add 500 to 1000 calories per day to your current caloric consumption.:
- Choose healthy calorie sources such as:
- Wholemeal pasta, Wholemeal bread, Brown rice, Chicken, Beef
- Put a stop to 3 meals a day. Instead, switch to 5-6 snacks/meals per day.

### Training Rules

- Train at least 3 times per week.
- Don't avoid working legs.
- Work all areas of the body.
- Exercises like squats boost the testosterone hormone, which aids in muscle gain.

### Day Focus

#### Focus on compound lifts:

- Deadlifts
- Squats
- Bench presses
- Pull-ups
- Push-ups

### Sets & Repetitions

- Perform 4-8 sets of 8-12 reps for each compound exercise.
- Focus on muscle contraction and perform exercises slowly to increase muscle tension.
- Include exercises like: Barbell Squats, Deadlifts, Bent Over Rows, Bench Press, Barbell Shoulder Press, Pull-ups, Barbell Bicep Curls, Calf Raises, Leg Press

### Rest

Rest is just as important as training. You must rest away from the gym/training to allow muscles to recover and grow.



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