



Sample Extract:

©Muscle Building Inferno!

**Build Extreme Muscle the Natural Way,
However Skinny You Are!**

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Introduction

Have you seen guys in advertisements and magazines showing off their massive, rippling muscles? You simply can't help yourself from wanting the same thing, can you? However, the only thing you can do is to frown on the thought that it is possible for you to possess what they have.

You may have a body type that makes you believe you could never get huge but it is time to throw that thinking out the window.

This book will give you the necessary tools to get yourself massive and ripped and help you do it in the right way. There is no better feeling than looking in the mirror and seeing that your muscles have grown. To see yourself with bigger arms and a more developed chest is a feeling that is hard to explain unless you experience it.

Nutrition secrets that Only the Best Bodybuilders Know

Inside you're going to learn about the kinds of foods that you can eat to really help you get amazing musculature. You will not only learn about the foods that help, but you also learn about the foods that are going to hurt you when you're trying to build up.

The Real Deal on Supplements

Supplements can be important to your plan and you're going to learn how to use them and which ones you should look for. When it comes to gaining weight in muscle, taking the proper supplements can really give you an added boost.

The Tricks to Fast Muscle Gain

When you do in the gym has a lot to do with your results. It's time to figure out when to lift, how much to lift and how often to do it. Too many people try and start a plan without the proper knowledge and end up doing a lot of work for nothing.

If you have the right plan in place and get the most out of your workouts then soon the mirror will reward you with muscles that you didn't think were possible on your body.



The Worst Things You Can Do when trying to Bulk Up

On top of learning what to do, this book will also point out what not to do. It doesn't make any sense to go through all the motions, work so hard and spent so much time simply to derail your plans with some of the more common mistakes that are made by people who want to gain mass.

Anabolic Hormones- Building up the Natural Way

Anabolic hormones are an important part of the process when it comes to having good workouts and developing shirt-busting muscles. You are going to read about the ways that you can naturally increase these amazing hormones in your system and what they can do for you.

Why Recovery is so important to Relentless Muscle Growth

Also so important is the recovery of your muscles when it comes to building up your body. It is a part of the plan that is misunderstood and overlooked, but you are soon going to know how to best assist your body to recover and see the incredible results that you are looking for.

So now sit back and have a good read. When you are done you will have everything you need to get huge, and you will also have the motivation you need to do it.

You are going to have the right plan to get yourself to the point where you are turning heads and feeling great about the way you look and feel.



The Most Important Part Of Any Muscle Building Routine

No matter which type of training you do, ever, they all must revolve around one principle:

Progressive overload.

Your body likes to stay the way it is, it does not like to add on muscle because it is metabolically active and uses up energy. The only way to get it to add more muscle is to put it under a lot of stress like weight lifting. Your muscles will then super-compensate (get slightly bigger and stronger) so that it is prepared next time you do a similar activity.

Now this is the crucial point: If you lift the same weight for the same amount of reps every week your body has already adapted to that stress. Which means you are only maintaining your current strength and muscle size levels.

Therefore you have to apply progressive overload every workout were you add more weight or do more reps!

This way you workout, your muscles get slightly bigger and stronger so the next time you can do more work. Your body then thinks; right this is even more stress, time to add on more muscle.

Hopefully I have made my point; don't just do the same weight and reps every week then wonder why you are not gaining any size. Always increase your workout load and you are guaranteed to make muscle gains.



Muscle Building Inferno Workouts

The actual muscle building routines people do these days gets picked over with a fine tooth comb. Really the focus should be on hard work and a progressive overload (read the previous section if you haven't done so already).

As long as you're working your entire body so that you don't create muscle imbalances, just focus on getting into the gym and working hard. Also make sure you work your legs, do not skip them thinking you only want a big upper body. Working the legs will help build more muscle on your upper body due to testosterone and growth hormone release. This happens when you work large muscle groups and the lats in your back are the only muscles that affect hormone release on the upper body.

With that being said we will now get into the actual routines.

Basically you are best picking a program that will suit your lifestyle and everyday routine best. The days per week of the workouts are 3 and 4.



3 Days A Week

The 3 days a week muscle building routines will be whole body workouts. They have proven good for skinny guys and hard gainers to build the most muscle. They are also good for busy people who cannot train more than 3 days week.


You are best doing them on non-consecutive days like Monday, Wednesday and Friday.

3 Days Per Week – Strength Training				
Group	Exercise	Sets	Reps	Rest (seconds)
A	Deadlift	3	6-8	120
B	Leg Press	3	6-8	120
C1	Incline Dumbbell Press	3	6-8	75
C2	Close Grip Lat Pull-Down	3	6-8	75
D1	Lying Triceps Extension	3	6-8	75
D2	Standing Barbell Curl	3	6-8	75

Notes:

Alternate from the volume training to the strength training every workout. This is because muscle growth does not occur in a continuous fashion so you need to change training styles regularly. For example, do the strength training on Monday, then on Wednesday do volume training, Friday do strength and the following Monday do volume.

Also see the following sections for more advanced styles of training if you wish to use more than straight sets.



Group – These indicate alternating sets where you perform the first exercise, rest then move onto the next. For example: do a set of squats (A1) rest for 90 seconds then do a set of stiff leg deadlifts (A2). Rest then go back to the squats and so on until all sets are complete.

Exercise – Feel free to change exercises to suit your needs and situation. Also change the exercise if you are not constantly increasing your weight or reps. Use the bonus exercise library book and pick a different exercise from the same section if you are unsure how to substitute exercises. For example if you want to change the bench press exercise go to the bookmarks of the pdf. Then select the Pushing exercises – horizontal plane and select another exercise like incline dumbbell bench press.

Sets & Reps – Perform the designated amount sets and keep within the rep range. You are best picking a weight which you can only perform the lower rep range. Then keep using that weight until you can perform the maximum reps for that range. Increase the weight once you can lift the maximum reps in the rep range.

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