



3 STEP FORMULA TO GAIN MUSCLE

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I'M GOING TO GIVE YOU 3 TIPS ON HOW TO GAIN MUSCLE AND NOT BE STIFF LIKE A BODYBUILDER!

1. LACK OF PROTEIN

Many people go to the gym consistently without making the gains that they want. The simple reason why they aren't making the muscle gains is because of a lack of protein. Make sure that you are eating enough protein! Knowing the amount of protein is very important if you are trying to gain muscle. If you are not getting the right amount of protein, you will not get the results that you want.

2. LIFTING ACCORDING TO YOUR GOALS

Many people go to the gym and try different machines and aren't really on a specific routine, which could be confusing, and it will lead to inconsistent results. You will start to get really frustrated and the idea of you ever reaching your goal will soon fade away. The key to gain muscle is to lift according to that particular goal.

3. DOING THE RIGHT TYPE OF CARDIO

Cardio plays a part in increasing muscles and getting lean. If you are trying to gain muscle and you are doing the wrong kind of cardio, you will not see the muscle growth that you want. INSTEAD you will see a decrease in your muscle mass and you will have an endless cycle of frustration and disappointment. The key is doing the right cardio at the right times to see great results.

I hope these tips have helped you! If you need a little bit more help in reaching your fitness goals.

I want to invite you to a ONE ON ONE CALL! CLICK ON the like below to schedule a call

<https://calendly.com/flexletic/10-minute-consultation-call->