Muscle Booster Description

According to statistics released by the Centre for Health Protection, my body mass index (BMI) is within the underweight range. Integrate this with my insufficient daily consumption, I have come to the determination of increase my body weight via muscle building, with establishment of a routine exercise habit and eating schedule.

The airtable database which aids in the muscle gaining process has been composed. In the airtable chart, each blocks represents: 1) exercise schedule; 2) recommended nutrients intake; 3) major muscle anatomy, exercise methods, and graphical visualization. The schedule contains a mixture of anaerobic and aerobic training, at the same time links to the exercise methods and muscle anatomy. The nutrients intake recommendation list is extracted from various workout website such as healthline.com, CNN health and menshealth.com. The major muscle anatomy and exercise method are viewed and selected base on my own body strength and endurance, which can be categorized as a 19 years old healthy female as a beginner trainer case.

This design of guidelines and procedures of muscle training will assist in the future of my well-being both physically and mentally. The building of this workout routine helps in management of my time slots, consumption portion of food, and a better relationship of me and myself.