HOW TO BUILD MUSCLE

**Muscle mass** includes the weight of the muscles in your body in kilograms or pounds. While the body fat percentage measures the amount of fat your body holds. When your body builds muscles, it burns energy and fat all the time. As your muscle mass increases, the faster your body is able to burn calories.

Muscle size increases when a person continually challenges the muscles to deal with higher levels of resistance or weight. This process is known as muscle hypertrophy.

Muscle hypertrophy occurs when the fibers of the muscles sustain damage or injury. The body repairs damaged fibers by fusing them, which increases the mass and size of the muscles.

Certain hormones, including [testosterone](https://www.medicalnewstoday.com/articles/276013.php), human growth hormone, and [insulin](https://www.medicalnewstoday.com/info/diabetes/whatisinsulin.php) growth factor, also play a role in muscle growth and repair.

These hormones work by:

* improving how the body processes proteins
* inhibiting the breakdown of protein
* activating satellite cells, which are a type of [stem cell](https://www.medicalnewstoday.com/info/stem_cell/) that plays a role in muscle development
* stimulating anabolic hormones, which promote muscle growth and protein synthesis
* enhancing tissue growth
* strength and resistance training can help the body and so on.

**Bodyweight exercises to build muscle at home**

You actually don’t have to pump iron to get stronger. All you need is yourself and some creativity to get those muscles moving.

**Chest**

**1. Push-up: 3–6 sets of 6–12 reps**



**How-to:** Lie face down and place hands on the floor, slightly wider than shoulders. Push up to lift shoulders, torso, and legs until arms are fully extended. Only your hands and toes should be touching the floor. Slowly lower your body until chest almost touches the floor, then repeat.

**Arms**

**Plank-up: 3 sets of 5–10 reps**



**How-to:** Start in plank position, with elbows and toes on the floor, core engaged, and torso elevated. Raise yourself into a push-up position by extending one arm at a time, keeping your body straight. Lower onto your elbows one arm at a time. Repeat.

**Legs**

**Lunge: 3 sets of 15 reps (each side)**



**How-to:** From a standing position, take a big step forward with one leg. Lower your body toward the floor until upper thigh of front leg is nearly parallel to the floor and back knee is just above the floor. Raise up by putting pressure on the heel of your front leg. Repeat by taking that big first step with the opposite leg.

Top of Form

Bottom of Form

**Your 30-day muscle-building workout plan**

Take these 18 exercises and work them into a weekly routine to kick off your monthlong plan. Here’s a schedule to help you build muscle while boosting your cardio and staying limber.

|  |  |
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| **Monday** | upper body (arms, chest, and abs) |
| **Tuesday** | lower body (legs and butt) |
| **Wednesday** | rest or cardio |
| **Thursday** | upper body (shoulders, arms, and back) |
| **2Friday** | lower body (legs and butt) |
| **Saturday** | rest or cardio |
| **Sunday** | rest or cardio |