**How to Gain Muscle Weight**

Though many people feel any means of increasing body mass is OK, this is not actually the case. There are safe and unsafe ways of **how to gain muscle weight**. However, in any case, gaining muscles on top of bones is an endeavor that requires commitment and a strict workout routine. It also involves being careful about the food intake. Some foods are known to be contributing factors to dangerous health conditions such as diabetes, high blood pressure and other lifestyle disorders. The technique used in a workout is also significant because it’s a great contributing factor to muscle growth.

There are quite simple steps involved in **how to gain muscle weight**. The first involves an increase of the daily caloric consumption. The diet to be taken when one needs to increase their muscle weight should predominantly consist of proteins and carbohydrates. Animal proteins are the most recommended such as poultry, pork and beef are high in proteins. The second step is to reduce the amount of cardio activities. Trying to simultaneously lose weight and at the same time build muscle mass is almost impossible. The cardio activities burn out extra fat that is necessary in the muscle mass gain. Cardio-activities should be limited to half an hour workouts twice a week.

Before and after workouts, drink shakes rich in proteins. This will help your body absorb the proteins necessary in rebuilding muscles after a workout. The body has around 45 minutes after a work-out when it needs to quickly absorb proteins to repair damaged tissues. The most effective work out in **how to gain muscle weight** is to focus more on weight training. This involves the performance of resistance exercises such as lunges and gluts, weight lifting focusing on the chest, abdominal muscles and biceps. These exercises strengthen a person’s core.