

# Building Muscle Quickly

## Discussion

Have you tried to build your muscle?

Yes, but it was long time ago.

Were you successful?

No, I wasn't.

Why?

It's difficult to persist.

Did you go to the gym?

Yes, I did.

Do you remember your gym workout?

I lifted weights, ran, and swam.

How often did you go to the gym?

I went to gym three times a week.

Besides exercising, do we need anything else to build muscle?

We need to eat enough calories.

We also need nutrients.

Protein is especially important for building muscle.

What food is rich in protein?

Meat(beef, chicken white meat, tuna fish, salmon, etc.), eggs, dairy(cheese, cream) etc.

What was your diet like when you were building muscles?

I ate a lot of chicken and shrimp.

Do you know how much protein we should take to build muscle?

There is a measure: 2 grams per kilogram of body weight. (If you weigh 80kg, then you need to take 160 grams a day)

If you really want to build big muscle you need to eat a lot of meat.

There is no way around it.

People also like to supplement.

Because it's so hard to eat enough protein, many people, use whey protein powder.

Have you ever tried to use it?

No, I haven't.

It's hard to eat enough protein, you need to a lot of meat(0,5 kg of beef, and 10 eggs)

He has a lean body.(He doesn't have extra fat on his body)

I do 3x system training, jump rope, boxing, TRX ropes, ashanga yoga, iron neck, kettle bells, Wim Hof Method...

Where do you exercise?

I exercise at home.

When do you exercise?

After this class I will have two hours break, so I will use this time to jump rope, to box, X3 and take a cold shower.

After our class I used kettlebell.

That is the advantage of working from home.

My workout is Push&Pull workout.

If you are disciplined you can do a lot from home. Although I teach many classes every day, I have time to exercise and study things that I am interested in.

Exercises that I do are very simple.

I do deadlifts, bench presses, lat pull downs, etc.

For yoga I have bought a special book. Yoga is the most complicated system of exercises that I use.

I have bought a book about Thai boxing and I have had some classes when I was in Thailand.

That's one way of learning.

In Ashtanga yoga, the grand master said very important thing: "99% practice, 1% theory".

I try to do the workouts and at the same time learn about them and improve them. It's a process.

Coding is like that too.

Making mistakes is part of learning.

I think there has been a long conflict between Israel and Palestine.

No I don't teach German.

Why do you ask?

I want to learn German.

Oxford Club

[www.oxfordclub.com](http://www.oxfordclub.com)

Overspending money is very dangerous and bad.

If you want to improve your English while learning how to invest, I recommend a book: “Rich dad poor dad!” Robert Kyosaki. Robert uses relatively simple language that everyone can understand.

He has many books on this topic, he is all about financial education, you might want to read his books.

Robert Kyosaky’s books: 1. CashFlow 1. Rich dad, poor dad 1. Investing Guide 1. Rich child, smart child.

## **Vocabulary**

### **New Words**

1. energy(noun)
2. routine(noun)
3. efficient(adj.)
4. weight-lifting(noun)
5. lean meat(noun)

### **Irregular V**

1. swim - swum - swum

### **Useful W**

1. Israeli(adj.):beloning or coming from Israel.
2. push&pull(workout - noun):it’s a workout that separates all muscles in two groups. One group are muscles that push, the other group are muscles that pull.
3. lean(adj.):with out fat.
4. supplement(noun):it’s a powder or a pill, that can improve nutritional value of your diet(vitamin pills, protein powder, etc.)
5. There is no way around it(expression):something cannot be escaped.
6. metabolic(adj.):related to our metabolism, to energy, digestion of food, the usage of energy, creating of necessary chemicals in our body(hormones), etc.
7. persist(verb):to keep on doing something, despite it is difficult, painful or challenging.
8. calorie(noun):the measurng unit for energy that food gives us.
9. nutrients(noun):useful things that our food contains, that our body uses for energy, metabolic processes, ect.
10. macronutrients(noun):nutrients that we need in relatively large quantity(grams): water, carbs(carbohydrates), protein, and fats.
11. micronutrients(noun):nutrients that we need in relatively small quantity(miligrams): vitamins(C, E, B...) and minerals(Mg, Ca, Zn...)

## **Pronunciation**

### **Words**

1. Israeli /iz-ra-e-li/