

10 Basic rules to build muscle

1. To build muscle you need weight training, an adequate amount of protein, and proper sleep.
2. If you want to achieve your goal you need to follow a nutrition plan.
3. Consistency and dedication are the most important things.
4. It may take years to achieve your goal, don't rush the process.
5. A training programme may not change for months, it's useless to change it completely after 4 weeks because you don't see results. Once again see point 3.
6. Progressive overload - Training with heavier weights than last time -is the proper way to find out if your training programme is working. Stick with the plan.
7. The human body to assimilate a set amount of protein per meal. Therefore it is better to have more protein meals throughout the day.
8. Bad days may happen, it's not the end of the world. Get back on track asap.
9. 99% of the training with a partner will help you to achieve better results.
10. Believe you can do it! Nothing can stop a motivated mind, you will do it!