

HOW TO LOSE WEIGHT & BUILD MUSCLE



**TRANSFORM YOUR BODY WITH THE RIGHT
FOOD AND THE RIGHT EXERCISE**

Coach Juber



Disclaimer

No part of this book can be transmitted or reproduced in any form, including print, electronic, photocopying, scanning, mechanical, and/or recording, without prior written permission from the author.

All information, ideas and guidelines presented here are for educational purposes only. While the author has taken utmost efforts to ensure the accuracy of the written content, all readers are advised to follow information mentioned herein at their own risk. The author cannot be held responsible for any personal or commercial damage caused by misinterpretation of information. All readers are encouraged to seek professional advice when needed.



Introduction

Do you wonder why some people achieve stunning results and the rest, well, there is nothing much to say? Many of those who achieve better results consider themselves blessed with great genes, or often think of themselves as somewhat “better” than other people around them.

If you have had problems gaining weight and building muscles, maybe you were a victim of “false” truths. Of course, all people contain the same basic building blocks, or cells, but we all have different reactions to the environment. Some people “naturally” have more muscles, and then there are hard gainers that require more “fuel” or “energy” to gain muscles.

That being said, let’s face the facts. You cannot change the genes you have, but you can transform your body to achieve the look you’ve always wanted. Don’t worry about it. As long as you are putting on healthy weight with the right amount of muscle gain, you’re doing it correctly. Remember, your muscles are very crucial to your body, and it is impossible for you to do anything when your muscles are not working properly.

When most people talk about muscles, they only think about the large muscles that are visible. Even though you take your muscles for granted, they do have the ability to get stronger with practice. Yes, how fast you buildup depends a little bit on your genes, but you can improve your muscle mass with a good weight training program.

Table of Contents

<i>Disclaimer.....</i>	<i>2</i>
<i>Introduction.....</i>	<i>3</i>
<i>1. Things You Need to Know about Muscle Building.....</i>	<i>5</i>
<i>2. Choose A Workout Plan For Your Body</i>	<i>8</i>
Diet & Exercise For Ectomorphs	8
Diet & Exercise For Mesomorphs	10
Diet & Exercise For Endomorphs.....	12
<i>3. Myths & Mistakes Holding You Back</i>	<i>14</i>
Common Mistakes You should Avoid.....	14
Uncovering Muscle Building Myths	17
<i>4. Muscle Building Nutrition</i>	<i>18</i>
Food You Should Eat.....	18
Food You Should Quit.....	22
<i>5. Get Bigger with Simple Exercises.....</i>	<i>24</i>
21 Best Muscle building Exercises	25
Tips You can Include in Your Daily Routine	46
<i>Conclusion.....</i>	<i>50</i>

1. Things You Need to Know about Muscle Building

Gaining muscle and putting on healthy weight requires some serious devotion from your side, but here's a list of things that can affect your ability to gain muscles.

1. ***Your Genes***

You get your “genes” from your parents, and there is nothing you can do about it. If your parents both have small body structures, you are most likely going to have the same characteristics. However, genetics are not the only factor indetermining your fate.

You will be relieved to know that you can actually turn your genes “on” or “off.” Wonder how this is possible? Your genes are affected by your lifestyle, diet and exercise in particular. So, if you are looking to gain weight, you can change your lifestyle and change the way you look.

2. ***Your Basic Metabolic Rate***

Your basic metabolic rate is the rate at which you can burn body fat and calories. To a certain degree, your basic metabolic rate can work for you or against you when it comes to gaining weight.

When you become consistent with your diet and workout plan, your metabolic rate is boosted; this in turn helps you gain healthy weight and muscles. So, if you are looking to gain healthy muscles, make sure your metabolic rate is high and your body does not store excessive fat.

3. ***Proper Sleep***

This does sound funny, but you need to get a proper amount of rest to increase your muscle mass. Getting a peaceful night's sleep should also be an essential part of your workout regime. Remember, your muscles can grow bigger and better when they get the



right amount of rest.

Those of you who are a little curious to know more should definitely read this. Sleep changes the way your body responds to exercise and healthy diet. If you have an intensive workout plan, your muscles basically get stretched and tired. During rest, your body actually restores the tired muscles and performs minor fixes to bring them back to great shape. So from now on, turn off your TV and laptop and get to bed earlier than what you used to do, to see your body getting better.

4. *Intensity and Duration of Exercise*

Maintaining the intensity of a workout session is also very important for gaining muscles fast. You should increase the intensity of your workout plan gradually, and it is better if you constantly mix up your muscles so that they don't become used to the same routine.


In addition to the intensity of your workout, you also need to pay attention to the duration of your exercise session. Long workouts are of no use, and you should try to limit your workout to a maximum of 60 minutes.

Sure you can exercise for two to three hours, but the question is, why? When you can get impressive results with training for sixty minutes, four to five days a week, your only focus should be to make these minutes count.

Weight train for about forty-five minutes, and do about ten minutes of warm ups, on training days. Remember, if your workout session is really long, your muscles will not have enough time to repair.

5. *Right Diet*

If you want to develop strong muscles or gain muscle mass, following a proper diet is essential. Most guys skip meals when they don't feel like eating anything. You know that your muscles need lots of fuel to work and get stronger, so it is important to have a decent eating plan.



Even if you are not hungry, your muscles need energy, especially after a workout.

Try to stick to a diet plan where you have four to six meals per day. Also, try to spread out your meals.

2. Choose A Workout Plan For Your Body

Most of you know that there is no “one size fits all” program for weight and muscle gain. We all have different body types. Take a good look around you. You’ll find people who never gain weight even if their table is full of junk food; and there are some not so happy people who exercise a lot but still cannot manage to stop gaining weight.

Well, your body type is also an important factor when it comes to weight training and gaining muscles. You have to eat and train according to your body type; otherwise, things are never going to improve.

To make things easier for you to understand, there are three different body types: ectomorph, mesomorph and endomorph.

Diet & Exercise For Ectomorphs

Well, ectomorphs are very thin, and it is really difficult for them to gain weight. People with this body type take slightly longer than others to gain muscle mass, but gaining weight is not an impossible task. Ectomorphs need to eat more calories and plan to eat at least five to six meals per a day. If you have an ectomorph body, you’ll not only burn more calories, but you are going to utilize all your energy faster than others. You should be concentrating on increasing the amount of calories you consume every day, and you need to rest more.

How can you recognize whether or not you have an ectomorph body?

If you have narrow shoulders and hips, very little body fat, skinny arms and legs and a thin and narrow chest and abdomen, you most likely have an ectomorph body.



What should be your diet and exercise plan?

Split training usually works best for ectomorphs, and you should try to get plenty of rest between your workout sessions. Try to focus on building workout intensity gradually, and this means increasing the weight, reps, and sets as you proceed with the workout plan.

You have to make your body work hard, but never workout if your muscles are feeling sore. Remember, overtraining can actually slow your muscle gain. Try to lift heavier weights to increase workout intensity, but there is no need to exercise if your body hasn't recovered fully.

You can gain muscles quickly if you get adequate rest each night, and eat five to six meals per day. Increase the amount of daily protein and fibrous carbohydrate intake, while refraining from simple sugars. Your daily fat consumption should be around 25% and a good multivitamin or mineral supplement is also ideal.

Some Friendly Advice

If you have an ectomorph body, try to keep your stress levels low, as increased stress can be highly damaging to your muscle building process. Try to limit activities that use large amounts of energy and make you feel tired. Last, don't forget to drink lots of water every day.



Diet & Exercise For Mesomorphs

People with mesomorph type of body are extremely lucky as they are “genetically gifted” to gain weight and muscle mass really fast. However, if you are genetically blessed to gain muscles quickly, you can also gain unwanted fat if you don’t take care of your diet.

How can you recognize whether or not you have a mesomorph body?

People with mesomorph body have broad shoulders and a narrow waist. You can easily identify their muscle building power, as mesomorphs have strong and muscular forearms and thighs. Their wedge shaped body is also complemented with a long torso, large, full chest, and an excellent shoulder to waist ratio.


What should be your diet and exercise plan?

Mesomorphs typically respond very well to muscle training that involves heavy training and shaping exercises. You can also vary your workout plan to achieve better results. While having a mesomorph body puts you at a genetic advantage of gaining muscle mass very rapidly, you should not overdo the basic training.

Remember, slight variations in high intensity workouts can give you great results so make sure your workout plan has a few light training days, while others are moderate and heavy training days. As mentioned earlier, proper rest can help you gain muscles so don’t forget to take a day off if your optimum strength level is not there.

Some Friendly Advice

If you have a mesomorph body, include activities such as stair climbing or brisk walking in your training plan. Your protein intake should be at least one gram for every pound of your bodyweight. You also need to increase your carbohydrate intake and try to include food such as brown rice, lentils, whole grains and low fat beans in your diet.



You can also gain unwanted fat if you don't keep a close eye on what you eat. Try to restrict your fat intake and eat lean proteins instead. You can include chicken, egg whites, fish and turkey in your diet. Needless to say, you must never try to workout "too fast" as it not going to help you. Remain patient and consistent with your workout plan and don't forget to drink lots of water.

Diet & Exercise For Endomorphs

People with “endomorph” body consider themselves “unlucky” because they have really hard time losing weight. Interestingly, endomorphs can gain muscles pretty rapidly if they pay close attention to their workout and diet plan.

How can you recognize whether or not you have an endomorph body?

You belong to this category if you have wide hips, but your shoulders are very narrow. This can make you look pear shaped and quite a lot of fat will be visible on your upper arms and thighs. Endomorphs have slower metabolic rate, which makes them prone to easy weight gain.

What should be your diet and exercise plan?


Once you figure out that you are endomorph, try to eat five to six small meals in a day. You can space out your meals and this should speed up your metabolism. Your diet plan should be such that you eat your carbohydrates in the morning and then eat proteins during the rest of the day. A good way to avoid gaining fat is by eating lots of fruits and whole grains, and don't forget to drink lots of water.

As you know, your workout plan is also an important of gaining muscles. You need to include three to five exercises for every body part and there's no harm in trying out something different after every two or three workout sessions.

You don't need as much sleep as ectomorphs or mesomorphs do, but try to get at least seven to eight hours of peaceful night sleep.

Some Friendly Advice

Here are some nutrients tips you need to keep in mind. Try to keep your fat intake low



and eat frequent small meals to keep your metabolism rate high. If you want to gain muscles fast, you should only consume dairy products that are practically fat free, and stay away from caffeinated soft drinks and alcohol.

Your quest of muscle gain can become easier and interesting if you take part in a variety of aerobic activities that are fun. Plan on taking part in biking, hiking or swimming, and don't forget to drink lots of water every day.

What We've Discussed Until Now...

You can gain muscles really fast if you are ready to make a change in your diet and exercise routine. When you know the type of body you have, your "changing moments" can be much clearer and properly defined. Remember, even small steps in the right direction can take you closer to the change you want to see. Yes, it's just that simple!

3. Myths & Mistakes Holding You Back

Gaining weight and muscles is never an easy feat unless you are really serious about it. Sometimes, you could be missing out on valuable gains only because you're making some silly mistakes that can be easily avoided. So, before you skip the idea of gaining weight because of being stuck in one place, it's time to review some common mistakes you might be doing and try to make a positive change.

Common Mistakes You Should Avoid

You Don't Wait to See the Results


It is kind of funny to expect "visible results" the first day you start working out. Remember, if you're true to your mission, you will wait and see your muscle mass increase steadily with each exercise. As you continue to workout, your brain gets better at instructing muscle coordination and you can easily see yourself getting "bigger." So, continue putting in hard work and impressive results will surely follow.

You Don't Keep a Record of Your Progress

How do you know your training plan is not working out the way you want it to? If you really want to boost your muscle gain, it is important that you keep a record of your workout routine, weights used and the breaks you took between workout sessions. Remember, to gain muscle mass quickly, you need to know what you did yesterday and what needs to be done today to increase your net gain. Maintaining a log is a great way to look back at how well you've built on your exercise routine without being injured or burned out.

You Have No Plan

This perhaps is the most fatal mistake. And, you already know that having a plan is one of the most important parts of the muscle building process. Random exercises might



give you results instantly, but remember they won't last long. Nothing can improve and increase muscle mass the same way a properly planned exercise plan does. So make a plan and stick to it to gain muscle mass fast.

You Are Too Stressed!

No matter how hard you try, you cannot achieve impressive results unless your body is stress free. Even though it's easier said than done, you need to lower your stress to build muscle mass. The less stress you have on your body, the bigger and better your muscles will grow. Eat the right amount of healthy food and drink plenty of water. You also need to get seven to eight hours of peaceful night sleep to see your muscles get better.

You Skip the Basics

Don't blame your body and muscles if you have the habit of skipping basics during your workout. Contrary to what you think, doing isolation exercises is not the best solution for bigger gains. Basic moves, such as bench presses and squats, force your body muscles to work together, which really helps them grow. So, the next time you think about skipping the basics, remember that you are damaging your body at your own will.


You Simply Cannot Quit Smoking and Drinking

Drinking and smoking not only cause health issues, but they also have a negative impact on your muscle training. Smoking causes carbon monoxide to get trapped in your body, and your muscles cannot get enough oxygen. When there is less oxygen, your muscles cannot contract and relax effectively, which can sabotage all your hard work.

As far as alcohol is concerned, regular drinking can actually decrease muscle mass and interfere with hormones that help you build muscles. So, the bottom-line is: stay away from smoking and drinking while you try to gain muscle mass.

You Don't Drink Enough Water

Your body requires plenty of water to utilize the proteins and build muscle mass. If



you're an active guy, your proteins should be divided among five to six meals, and don't forget to drink at least eight to ten glasses of water a day. This will not only help your body utilize more of the proteins you are eating, but your kidneys will also be under less stress.

Your Calories Do Not Support Muscle Gain

In order to build muscles and put on size, you can't eat like a small bird. As mentioned earlier, you need to have five to six meals per a day. And make sure your body receives just the right amount of calories to help you gain muscles. Remember, eating junk or refined sugar will only make you unhealthy, so put some time into planning your meals for the day.

You Look for Shortcuts


Half or quarter reps will only give you half or quarter results, so it is better if you don't look for shortcuts. Make sure you perform the required reps for each exercise to maximize your gains. Remember half and quarter reps have their importance as assistance exercises, but for great results, you have to sweat a bit more than you might want to.

You Don't Attempt Compound Movements

Most beginners perform curls, lateral raises, calf raises and front raises at the wrong time, so they don't get the desired results. You can perform big compound lifts right at the start of your workout process when you are fresh and energetic. This will surely give you much better results in the long run.

You Spend Needless Hours in the Gym

Spending needless hours in the gym is not going to help you; rather, it is going to add to your stress levels. Remember, your muscles can get the right amount of training required in a 45 or 60 minute workout that is properly done. Too many reps or useless hours in the gym will not allow your muscles to recover, and this can result in diminishing returns. So the next time you go to a gym, do your desired workout and then go back



home.

Uncovering Muscle Building Myths

You Can Build Big Muscles When You Lift Weights Really Slowly!

The real truth is that your muscle mass and strength increases when you do the lifting phase as rapidly as possible, and then lower the weights slowly down with great control.

Lots of Proteins Means Bigger Muscles!

Most of you would be quite shocked to know that increasing your intake of proteins can actually become harmful for your muscles. If you have a proper workout plan, consuming about one gram of protein per pound of bodyweight is what you really need.

Remember, excessive proteins (more than what your body requires) are broken down into amino acids and nitrogen, which not only puts extra stress on your kidneys, but excess proteins are also converted to carbohydrates and stored inside your body. This means you have more chances of getting ‘fatter’ so try to stick to your daily protein intake of one gram protein per one lb. of body weight.

Stretching During a Workout Reduces Your Chances of Getting Injured

Stretching your body does improve your flexibility, but warming up before an exercise is what really reduces your risk of getting injured. When you warm up, your blood flow is increased slowly, and your muscles become well prepared for the training session that is coming up next.

4. Muscle Building Nutrition

Most of you have a vague idea about things you should eat before and after a workout, but let's have a closer look at the right foods that should make up your diet plan.

Food You Should Eat

The first thing you should do in the morning is drink a small glass of orange juice. You can also replace this with grapefruit juice; both citrus juices work as strong appetizers. Once finished, go for hard boiled eggs, celery, fruits and veggies for the breakfast, as they also help increase appetite.

You can also take a multi-vitamin capsule to cover your vitamin requirements, and multi-vitamin supplements also help improve your appetite.

Why Should You Focus on Pre-Workout Meals

Most beginners focus on what they should eat after they're done training, but pre-workout meals can help you build muscle mass really fast. Of course, you can drink a **protein and carb** shake immediately after you finish training, but your body does take time to digest and absorb these nutrients.

If you eat a small pre-workout meal, your body will have enough energy during the workout session and you will be quite "energetic" to complete the last few reps. A good thing to eat before a workout would be half cup of oats with a scoopful of whey protein. Adding a glass of milk and banana to this meal would make it even more ideal, and you can have all this about one hour before your actual training session.

Including a drink in your pre-workout or post-workout is always better than eating anything solid, because your body needs less time to digest and absorb liquids. Your energy drink will make sure that the nutrients are instantly delivered to your muscles while you are working out. You can also use your energy drink during the training session if your stomach can tolerate it well.

Post-Workout Meal

Your muscles also need proteins and carbohydrates immediately after a workout session, but in a different ratio. You can consume 4 grams of carbohydrates to every single gram of protein and replenish your energy. Here's a simple meal plan you can use as soon as you complete your workout: First, go for a sandwich with two ounces of skinless chicken or turkey or any other lean meat. You can then have one serving of fresh veggies and fruits (the list of fruits and veggies you can eat is coming up later) along with a glass of fresh fruit juice. A cup of fat free yogurt will also be a good addition to this meal.


The Type of Protein You Eat Also Matters

You know that your muscles require proteins to get bigger and better, but the type of proteins you eat also matters a lot. Try to go for proteins containing essential amino acids such those found in dairy, eggs, animal protein and fish. Remember, animal products give better results than vegetable proteins such as those found in rice or nuts.

You can get your required share of proteins from dairy, eggs, and oatmeal at breakfast. Skinless chicken or turkey is good enough at another meal. Go for beef during the afternoon, and meals containing fish are perfect at night. Hard boiled eggs are also an ideal snack, and are a good way to end your day.

Your Body Also Needs Carbohydrates

Consuming three to four grams of carbohydrates per pound of your bodyweight will give enough energy to carry out your workout plan, and the proteins you eat will be used for muscle growth and repair.



Here is a list of items you can use to plan your meals:

Complex Carbohydrates:

- Oatmeal
- Oat bran
- Sweet Potatoes
- Barley
- Beans
- Brown rice
- Bread, pasta, tortillas made from whole wheat

Fresh Vegetables:

Remember, the darker the vegetable, the **higher its nutritional value**:

- Broccoli
- Asparagus
- Celery
- Cucumber
- Spinach
- Cauliflower
- Tomatoes
- Onions
- Garlic
- Green / Red Pepper
- Mushrooms

Fresh Fruits:

Darker fruits also have **higher nutritional value**:

- 
- Apples
 - Pears
 - Oranges
 - Bananas
 - Grapefruit
 - Peaches
 - Strawberries
 - Blueberries
 - Raspberries

Proteins:

- Salmon
- Turkey
- Canned Tuna
- Milk and Eggs
- Chicken



Food You Should Quit

Empty Calories

Stay away from soda, sweetened juices, carbonated drinks and bakery items. Remember, cookies and confectionaries do not contain nutritious calories, and your muscles aren't going to benefit from eating a lot of junk.

Food containing excessive starch

While starchy foods such as white rice, white bread and pasta are delicious, they also contain excessive calories, which ultimately get stored as fat. And if you want to show off your muscles, you cannot afford for them to be covered by a thick layer of fat. So, make sure starchy foods aren't included in your diet plan.

Whole fat dairy

While dairy products such as cheese and yogurt are an excellent source of proteins, they do contain saturated fat. If you plan to gain muscle mass, go for reduced fat or non fat dairy products.



Maintain Your Calorie Count

Make sure you check the calorie content on the label and figure out the total calories you have to consume. More than 70% of your body is made of water, and if you're trying to gain muscles, drinking more water is something you need to include in your diet plan.

Set a schedule for your meals and decide how often you have to eat. You can start with breakfast at 9 in the morning and then eat a meal every two to three hours. Remember, your pre-workout meal should be at least 60 or 90 minutes before your training session.

You can pre-cook your meals on the weekend and then store them in plastic containers for use during the coming week. Ideally, you should have a gap of two to three hours between each meal, and you should not use supplements to replace proper meals.

A muscle building diet generally requires a calorie surplus, but the question is, how many calories should you consume? Here's a simple trick to help you calculate the total calories you require every day:

Multiply your bodyweight (in pounds) by 15 and this will be your ideal daily calorie intake. For example, if you weigh 160 pounds, you have to consume 2400 calories in a day. If you want to gain muscle mass, add 10% more calories to your daily intake.

5. Get Bigger with Simple Exercises

If you're looking to gain muscle mass, go no other place, as you will find some great basic moves right here that will definitely maximize your gains in just a few weeks. In addition to a diet plan containing fresh fruits, veggies and proteins, you also need to develop a training schedule that suits your body. Make sure you add a ten minute warm up and stretching period to your workout plan to reduce chances of injuring yourself.

On many occasions, your workout plan may not give you the right results because you don't do the exercises correctly. The next section highlights some of the best exercises you can include in your workout plan to make a giant leap towards success.

A good start for muscle building process would be three sets containing ten to fifteen reps for each exercise. For best results, you can always change or mix up your workout at least every four to six weeks. This will not only make your muscles stronger, but you won't be bored with a monotonous routine.

21 Best Muscle Building Exercises

1. Bigger Arms

Hammer Curl

- Hold dumbbells in a way that they face your outer thighs.
- Exhale and bend the elbows.
- Raise your dumbbells until their tips come in line with your shoulders.
- Inhale and lower the dumbbells slowly.



Preacher Curl (Excellent workout to get “broad” shoulders)

- Rest the back of your arm on a stable support.
- Hold a dumbbell in your hand with your palm facing up.
- Raise the dumbbell slowly and then lower it to your starting position.



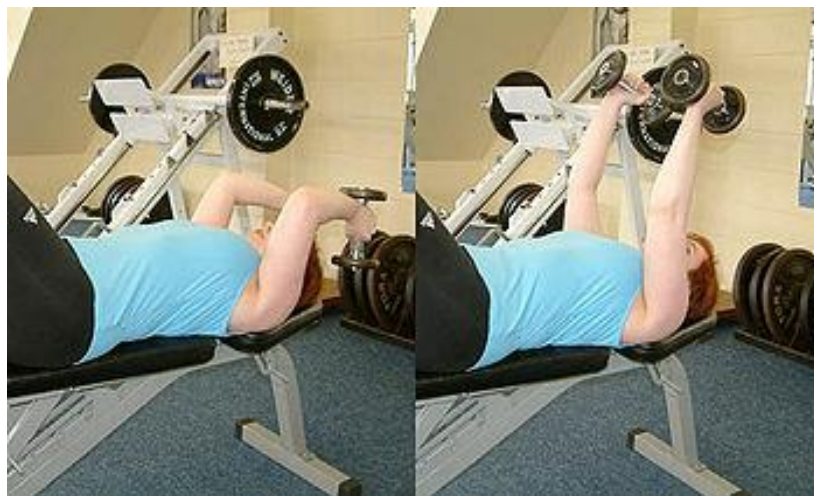
Triceps Pushdown

- Grasp the handle with your palms facing down.
- Your hands should be six inches apart, and make sure your upper arms are near the sides of your chest.
- Bring your forearms parallel to the floor and push the cable down.
- Continue until your elbows are fully extended.
- Pause for a few seconds, then return to your starting position.



Triceps extension

- Lie down on a bench, holding dumbbells in both hands as shown in the picture.
- Palms should face in the upward direction, while your upper arms point toward the ceiling.
- The upper arm of your hand should be still throughout the exercise.
- Extend your elbows while raising the dumbbells. Breathe out and pause.
- Slowly lower the dumbbells to their starting position while breathing in.
- Do 10-15 repetitions.



Pushdown

- This exercise requires attaching a straight bar to a pulley.
- Stand straight. Grab the bar with your arms shoulder width apart and palms in downward direction.

- Bring your upper arms closer to the body, perpendicular to the ground. Your forearms should point upwards when you are holding the bar. You start at this position.
- Now pull the bar in downward direction and make it touch your thighs. Your arms will be extended fully. Move only your forearms. Upper arms remain stationary. Breathe out during this move.
- Now raise the forearm up bringing the bar back to its original position. Inhale during this move.
- Do 10-12 repetitions.



One hand-Pushup

- Take the position of normal push-up.
- Lift one hand above the floor rest it on your back or your leg.
- Do the push-ups in this position. Now repeat the exercise putting the other hand down.
- Or you can lift your hand straight in the air. Your body will look like T-shape. Do the push-ups and then repeat with the other hand.



2. Bigger Chest

Bench Press (A Classic Move You Shouldn't Ignore)

- Grab the bar as shown below with a closed grip.
- Inhale and lower the bar slowly until it touches your chest lightly.
- Exhale and go back to your starting position.



3. Strong Shoulders

The upright row

- This exercise requires attaching a straight bar to a low pulley.
- Stand straight. Grab the bar with lesser shoulder width and palms in downward direction.
- The bar rests on your thighs.
- Extend your arms with a little bend at your elbows. This is the starting point.
- Lift the bar using your shoulders as shown in the picture, and exhale during the process.
- Keep lifting the bar as high as you can, until it reaches your chin.
- Now return to the original position by lowering the bar. Inhale during the move.
- Repeat.



Front Raise

- You can do this move standing straight or when seated on a bench.
- Hold weights in your hands and bring them to your sides.
- Raise your straight arm up to shoulder level while your palm is facing the floor.
- Slowly lower your arm back down.



Shoulder press

- You need a shoulder press machine.
- Sit on the machine and place your legs comfortably at an angle of 90 degree with your feet pointing forward.
- Grab the bar and lower the weight above to a position that is immediately above your shoulders. Breathe out.
- Return the bar to its starting point while breathing in.
- Now do it with one arm, and then switch the arms.



4. Narrow Waist

Wide-Grip Pulldown

- First sit on a pulldown machine and hold the bar wider than your shoulder width.
- Lean back slightly, then contract your abs.
- Lower the bar to your upper chest.
- Pause for a few seconds and then slowly return to your starting position.

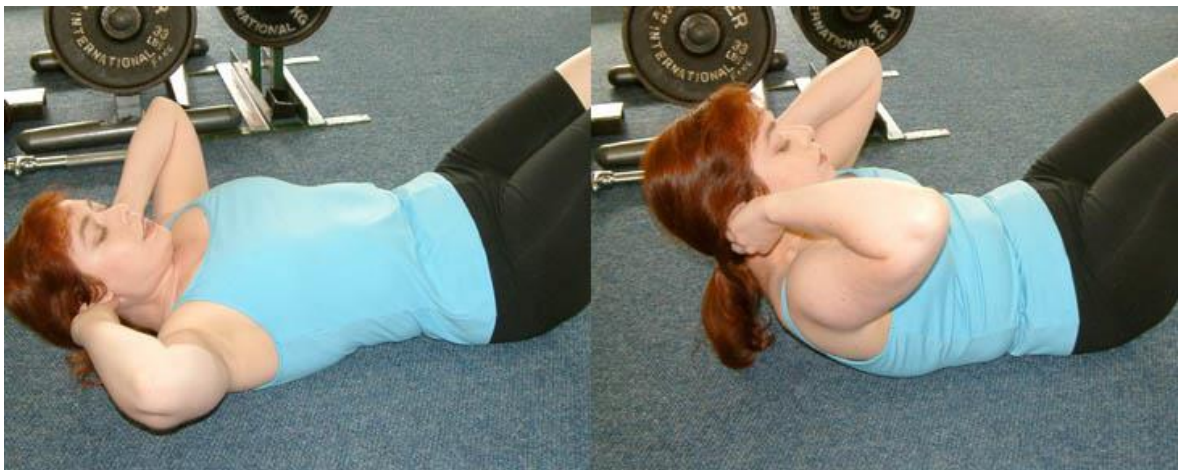
5. Great Abs

Kettlebell Twist (gives you really lean abs)

- Sit on the floor, and then bend your knees. Your heels should be down on the floor.
- Lean back slightly and put your abs into action.
- Place the kettlebell on the floor and then switch from one side to the other.
- For faster results, try doing the same when your feet are off the floor.

Crunch

- Lie down flat on a rough surface. Your feet should be flat while lying down.
- You can also lie down on a bench, but your knees should be bent at an angle of 90°. Also, your feet should be three to four inches apart, with your toes pointing inward.
- Place your hands at the back of your head, holding the head lightly. The fingers of both the hands shouldn't be interlocked.
- You have to do simple sit ups, but little harder. Contract and relax the muscles of abdomen during the push downs.
- Make sure that the lower back of your body remains stationary on the ground with shoulders coming up about four inches above the floor.
- Contract the abdominal muscles after reaching the top, and pause for two seconds. If you are a beginner, maintain slow but controlled movement.
- Now come back to the original position while inhaling. Repeat.



6. Lower Body

Leg Press

- Place your feet on the leg press plate. Your knees should be bent at 90 degrees.
- Grasp the handles on the sides and push the plate until your knees are perfectly straight.
- Pause for a few seconds and then slowly return to the starting position.



Squat

- Hold a barbell heavy enough behind your head, and stand with your feet shoulder-width apart.
- Keep your back straight and bend down until your thighs are almost parallel with the floor.
- Raise your hips and chest as you come back up.

Leg Extension

- You need a leg extension machine.

- Adjust your weight. Sit on the extension machine and place your legs comfortably under the machine pad with your feet pointing forward.
- The pad should fall a little above the feet on top of the lower leg. Accordingly make the adjustments.
- The lower leg should make an angle of 90° with the upper leg in order to avoid undue stress generally at knee joint.
- Hold the bars of the machine as shown in the picture.
- Use quadriceps and extend the legs. Extend as far as you can while exhaling.
- Make sure that the other part of your body is stationary while seated. Pause for a moment before contracting.
- Now lower the pad back to its original position while inhaling maintaining the limit of 90 degree between the legs.
- Repeat the exercise.



Hack Squat

- A hack machine is needed for this exercise

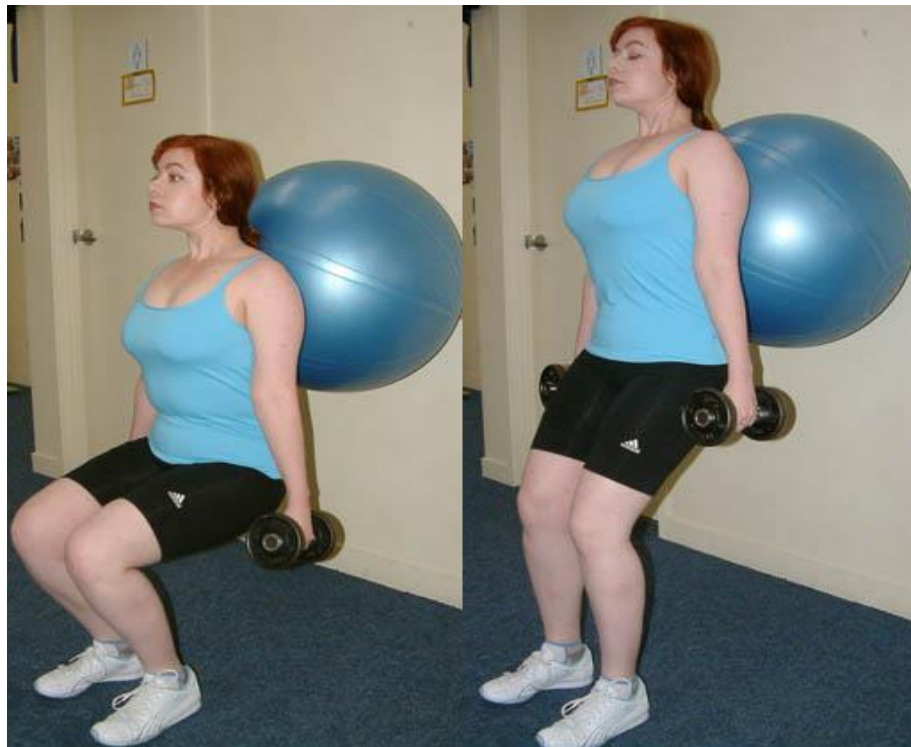
- You have to sit on the machine in such a way that your back should rest touching the back pad.
- Your shoulders should lie below the shoulder pad.
- Your legs should be positioned apart at a shoulder's width. Toes should point outwards.
- Put your hands on the handles of the machine and grab it.
- Don not lock your knees, but keep the legs straight.
- The exercise is lowering the machine weight during inhaling.
- Keep lowering down the weight as far as you can.
- Your knees should be in line with toes. Now pause for a moment.
- Now go back to the original starting point, by pushing the legs up and exhaling at the same time. Pause again for a moment.
- Repeat the exercise.



Ball Squat against a Wall

- You need an exercise ball and dumbbells for this exercise.

- Place an exercise ball between your back and a wall. Keep pressing the ball towards the wall.
- Hold dumbbells in both of your hands, facing downwards as shown in the picture.
- Your knees should be at a 90° angle
- Extend your legs slowly and raise your body upwards while breathing out. Pause for a moment.
- Now lower your body back to the starting point while breathing in
- Do 10-12 repetitions.



Kettlebell Squat

- Stand straight with your feet wide apart. Toes should point forward.
- Hold a kettlebell in your hands as shown in the picture.
- Squat and lift your chest. Make your thighs parallel to the floor. Breathe out during this move and then take a pause.
- Raise your body slowly to standing position while breathing in.
- Do 12-15 repetitions.



Standing Calf Raise

- Stand on a step or platform while your arch of the foot and heel remain “hanging off.”
- Drop your heel below the platform or step and then raise it all the way back up to the starting position.



Leg Curl

- A leg curl machine is required for this exercise.
- Lie down on the bench with your face facing downwards as shown in the picture below.
- Pads are required to be adjusted to make your ankles feel comfortable. Don't keep pads too low or too high.
- Let's start with some light weight and do 10-12 repetitions in the first set by adjusting weight.
- Grab the handles of the machine.
- You have to exhale on exertion and inhale on recovery.
- Now try lifting the pads with your feet in an upward direction, and flex your knee joints at the same time.
- Put an effort and try lifting the pad farther, as far as possible towards your buttocks
- Now try lowering your leg slowly. Repeat.






For Quicker Results:


To build muscle mass in less time, you can try doing super sets, i.e. doing two different sets of exercises with very little or no rest in between. You can also do exercises that work opposing muscles. For example, you can combine biceps curls and triceps pushdowns in a super set.



Tips You Can Include in Your Daily Routine


- At the office you can drive your colleagues crazy. Every hour do some triceps dips with the edge of your chair as support, or do some squats with your chair under your bottom. Pull yourself up again before your bottom hits the chair.
- Lunchtime fitness classes are common in towns and cities. Leave the class early if taking a shower would be a good idea.
- When your colleagues are taking their cigarette breaks, go outside too, but walk around the block instead.
- While waiting for the metro, walk up and down the platform. If you know your exit is near the front of the train, make sure you get on at the back. Maximize your walking whenever possible. And don't forget to mumble profanities about politicians or the weather so that you blend in.
- Museums and galleries keep you moving.
- Even traditionally slow games like ten-pin bowling and snooker get you off your bum.
- Wash your own car - get the kids involved too!
- No tennis partner? Try tennis on a rope or bash the ball up against a brick wall. Very therapeutic.
- Half an hour slamming golf balls at a driving range will improve your game and your waistline. And you just might get the next executive position that's going.

- 
- Add a little exercise to things you have to do every day. For example, you could arrive to pick your kids up from school ten minutes early, park and walk around the block.
 - Looking after young children gives you a chance to be ridiculous and energetic. Put on one of their favorite CDs and mime the actions, play 'Simon Says' or hopscotch, or some stretching and clapping games. Fall on the floor exhausted.
 - Before signing up for a series of yoga, weightlifting, stretching, aerobics or other kinds of exercise classes, especially if they're going to be expensive, rent an appropriate video to see if you actually like the look and feel of the activity.
 - Women, especially mothers, tend to put other people's needs before their own. Remember that exercise is 'Me Time' and be a bit selfish for a change.
 - Have your exercise gear laid out each night before you go to bed. You're in it and out the door before you're even awake.
 - Some people like to drink a strong coffee before starting exercise; the caffeine triggers the muscles to start burning fat instead of carbohydrate sugars. I find that drinking coffee before any exercise makes me work harder and for longer. But check with your doctor before trying this.
 - Treadmills and exercise bikes are less boring if you fit a bookrack onto them. Or watch a favorite TV programme or video while you exercise.
 - Do you become sweat-drenched when you exercise? Then set up a fan near your exercise machine or keep a damp towel in the refrigerator and drape it over the



back of your neck for an instant cool-down. Think positive - if you're sweating, it's working.

- Walk to a coffee shop that's further from the office.
- Get into DIY. Paint or paper your own rooms at home.
- Put some elbow grease into scrubbing the grill pan, the oven, the shower screen - all the horror jobs.
- Remove dead jars and containers from the back of the refrigerator, scrub the shelves and restock with fruit and vegetables.
- Take up a new sport with your partner. Learning to play golf, tennis, squash – or just starting to jog together - gives you something new 'in common'.
- Too breathless to talk while you're exercising? You're overdoing it and using your time inefficiently.
- Mothers! Your body has given birth! You can do anything!
- Drape a skipping rope round your neck when out walking. Every now and again, stop and do ten skips.
- Keep away from the computer in your free time. Really!
- Join the lunchtime sports team, or set up your own five-a-side competition.
- Borrow a child, or find your inner child, and walk around the zoo for a couple of hours.

- 
- Plane delayed? Don't head for the bar. Check your hand luggage into a locker and walk around the (usually huge) terminal.
 - Young babies can go into a papoose or backpack, or into one of those running buggies, and off you go.
 - As your confidence grows, don't just walk. Stride! Swing your arms, pull in your abs and walk tall. You may think you look like a wally but fit people will understand.



Conclusion

There are plenty of workout and diet options you can choose from, and you'll surely find one that suits your needs. Having read through all of this, it's time that you choose a muscle building plan and put it to action. Make sure you stick to your plan to make it work for you. This guide has set you on the right path for muscle gain, and with hard work and dedication you will emerge successful at the end of this process.