

MARK'S CORNER



10 WAYS TO BUILD MUSCLE QUICKLY

1

EAT ENOUGH CALORIES

Everyone's needs are individual, however, you will want to make sure you are eating 5-10% more than your total daily energy expenditure. This will allow you to train hard, live your current lifestyle outside the gym, and still have enough calories to build new tissue.

2

TRAIN WITH WEIGHTS OVER CARDIO

If you are looking to gain muscle, you need to train with weights. Cardio can help to increase your overall endurance to allow you to train hard with weights (if you notice you are always out of breath), however, cardio should not be your primary focus in your workouts. Aim to lift weights at least 4 times per week if you want to gain muscle fast. This will allow you to train each muscle at least twice per week.

3

TRAIN WITH HEAVY WEIGHTS

Training with Heavy weight (5-10 rep range) is a great way to stress a lot of muscle tissue at once and also increase strength. When increasing both strength and muscle, you enable yourself to progressively overload the movements (adding more weight or volume) and continue your muscle growth for months.

4

LIFT LIGHT WEIGHTS, TOO

When you train with lighter loads, it is important that you train close to or very near muscular failure.

Training with light to moderate loads for muscle growth is ideal when using machines, free weights, and isolation exercises as this allow you to concentrate on a muscle specifically and train it without fatiguing other areas.

5

TRAIN A MUSCLE TO NEAR FAILURE (*MOST OF THE TIME*)

Research has shown that short-term bouts (few weeks or progressively increasing intensity) of training to or near failure can help promote muscle growth, increase motor unit activation, and potentially increase growth hormone secretion. When training for muscle growth, you want to make sure you are training with an intensity that stresses the muscle tissues and allows you to accumulate enough volume to signal muscle growth.

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6

DON'T ALWAYS TRAIN TO FAILURE WITH VERY HEAVY WEIGHT

If you are using a weight where you cannot perform more than 5 reps with (more strength-building rep ranges), training to failure can have a negative effect. This is because it will be very difficult to accumulate enough training volume to stimulate muscle growth.

7

SUPPLEMENT WITH CREATINE

Creatine has been shown to increase short-term strength and power (5-15%), sprint performance, and maximal effort muscle contractions (5-15%). Increases in those areas can enhance your ability to train hard, lift more weight, and perform more intense training which can lead to more muscle growth. When looking to supplement with creatine, aim to ingest 5g per day of creatine monohydrate.

8

TRAIN A MUSCLE 2, EVEN 3 TIMES PER WEEK

Research suggests that training a muscle directly three times per week can help build more muscle than training it once or twice per week. By training a muscle more frequently, you can increase muscle protein synthesis and keep natural anabolic hormone levels elevated throughout the week and be in a more readily state of muscle growth, for longer.

9

DRINK CARBS DURING YOU WORKOUT

Drinking carbs during a workout (or in the workout time frame) is a great way to increase muscle growth, start the recovery process, and refuel the muscle bellies with the necessary glucose.

Research suggests that ingesting carbohydrates during or immediately after resistance training has been shown to increase muscle protein synthesis, initiate the muscle recovery process, and can also help increase performance during training.

10

PROGRESS ONE TRAINING VARIABLE, EVERY SESSION

Progressive overload is a key component of muscle growth and strength development. When training in the gym, you want to make sure that you are progressing in at least one area, every workout (with the exception of deloads).