

RIVERSIDE GYM

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TOP TEN TIPS FOR MUSCLE GROWTH

1. GOALS Decide what you want to achieve & stick to it in each workout & long term. It may help to keep a workout book to help review progress.
2. NUTRITION Eat a high calorie high fibre diet low in fats & simple sugars with plenty of protein & complex carbohydrate. Eat 5 meals a day & drink plenty of water.
3. FOOD SUPPLEMENTS Use these to make sure you get the extra protein & calories to maximise growth. Drink Carbopower during your workout & Fit Protein, Reflex Instant Whey or Reflex Mass Gain within the hour after. Try creatine and or L-glutamine- they work.
4. REST Good nutrition, rest & sleep are needed for the nervous & hormonal systems as well as joints, muscles, ligaments & tendons to recover. Use weights at most 3 days a week & have at least 2 days rest a week & 1 or 2 aerobic days.
5. AEROBIC WORK Use to warm up as below & do 10 minutes after weights or 20 - 30 minutes on a separate day. Good heart/lung fitness helps you train harder & longer.
6. WARM UP At least 5 minutes light aerobic work/abs followed by a first set with an empty bar for 40 reps will improve performance & reduce injury.
7. BREATHING Holding your breath during part of a rep can help the lift but if you hold it from one rep to the next or hyperventilate you can suddenly pass out.
8. LESS IS MORE Doing more work in a shorter time will increase intensity & therefore lead to muscle growth. For maximum gains work out hard at most 3 times a week for 30-40 minutes, working each bodypart once or twice weekly. Not progressing? Rest then train shorter & harder. Don't push yourself hard every workout & don't train if unwell or injured. Don't do forced reps or negatives.
9. VARIABLES These include exercises, sets, reps, weight, speed of movement, rest between sets/workouts & workout length. Put all your effort into the basic movements such as squats, bench press, deadlifts, pullovers & chins. Do abs twice weekly. Tell us your goals & we will construct the best program for you.
10. FINALLY Slim down once a year, enjoy your training & don't let it become obsessional - take time off now & then & regularly do other sports.