

Title:

9 Tips To Help You Gain Weight

Word Count:

435

Summary:

There are a couple of reasons why most people fail in their attempt to gain more muscle mass:

A. Improper diet.

Most people are not eating enough protein and eating too many simple carbs.

They are not stressing their muscles during each workout. You don't have to kill yourself, but

B. They lack consistency.

They do not stay focused throughout the entire 12-week period. If...

Keywords:

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Article Body:

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B. They lack consistency.

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To get results, you have to be willing to do whatever it takes, and work as hard as necessary

Here's some basic information and things you should be doing to help you bulk up:

1. To gain weight you must eat more calories than your body burns off, so EAT MORE!!!!!! The m

Start eating six meals per day (space them out to about once every 3 hours).

2. Increase your protein intake and reduce your simple carbohydrate intake. Without protein yo

3. Keep your workouts under one hour. Short and intense!

4. Concentrate on free weight exercises that work the large muscle groups. The best weight tra

5. Use heavy weights and low reps, rest 3 minutes between each set.

6. Do only 2-3 exercises per body part.

7. Split your workout. Since you have a very high metabolism like me, you need to train with m

Day 1: Chest, shoulders and triceps

Day 2: Rest

Day 3: Back, and Bicep

Day 4: Rest
Day 5: Legs and abs
Day 6: Rest
Day 7: Rest

8. Increase your water intake. A good formula for this is to multiply your bodyweight by .66 to
9. Use nutritional supplements. If you can't afford too many products, just stick with the bas

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