

# 10 Vital Muscle Building Facts That You Cannot Look Past

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## 1. Muscle Building and Genetic Factors

The gene factor determines the shape of your body. If your parents are lean and thin it is very likely that you will be like that following the genetic factors. But that does not mean that you cannot build muscles. You need to work hard and strain your body continuously to gain that extra chunk of muscle tissues around your body.

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### 2. Your metabolism has an effect on your size.

If you face any trouble in gaining weight or gaining muscles or fat then most probably you have a fast metabolism. It is your body burning fats faster than you eat and you end up in the deficit zone.

### 3. No single magical weight-training program.

There is no single weight-training exercise that can be branded as the single exercise that ensures weight and muscle. In fact, it is not possible also. Further it differs from person to person. The best way to select a program is to look out a person with same body construction who has gained both weight and muscle. And start following them. No doubt there are some typical exercises but not everything click all.

### 4. More Exercises does not mean more Muscle

More training no necessarily mean more muscles. This fact should always be kept in mind. The very objective of weight training is to activate muscle growth. And mind you over-training leads to loss of muscle. In fact a standard training consists of rest in between exercises.

### 5. Isolation exercises never yield the best result

Those exercises that involve more than a muscle is the best form of exercise one should follow and rely on. So many exercises require the involvement of a group of muscles. And this kind of workout put more strain on your body. And the strain stimulates the nervous system to sprinkle out the growth hormones that you need for muscle building. One single exercise never gives the result that everyone seems to follow and take pride in.

### 6. Free weights build muscle quicker.

Free weights are sought after in compared to the machines because by doing so you will drudge more. They also need enhanced focus and allow the instigation of supporting muscles. Machines are no doubt good for beginners as it assist them in getting the much needed balance and control. But machine has their limit and in a way limit the efficaciousness of the exercises.

### 7. No Pain, No Gain.

Lifting up the same weight continuously is not going to reward you with fatty muscles. In fact it can rob you of what you possess. Want to build muscle you must lift greater weight. This activates the Type IIB muscles fibers that help in building muscles. Lifting heavy is when your body fails after 4-8 reps. So give the extra pain to reap the pride possession.

### 8. Long training sessions are a NO-GO

Long sessions are meant to instigate the muscles and not hit them from every possible angle. However those who are established body builders have to concern with this. Catabolic hormone levels go up because of long training sessions. These hormones are the cause of breaking down of muscle tissue leading to MUSCLE LOSS. Your weight training must not exceed the 60-75 maximum barriers.

## 9. Aerobic for losing fat: a fact

The time spent running or swimming is muscle building and recovery time lost. The fastest way to shed fats is the bodybuilding. Aerobic no doubt help one lose fat. But this is in fact not true if you're gorging a high calorie diet for muscle building.

## 10. Three meals are not adequate for muscle building.

Of course, eating is essential for muscle building. You are required to eat more and more proteinous food. You must eat every 2.5 hours that is six meals per day. Eating round the clock improves muscle assimilation, and ensures that your body gets the extra provision of calorie that is required for muscle building and repair.