

Muscle Building Workouts

Contributed by Admin
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There are many great muscle building workouts to choose from. You can use the internet and have all the information on them at your fingertips. A little buddy of mine called Google is always a great source of information. When I was in high school and worried about my weight the internet wasn't an option. At the time when I was a Senior in high school I was 6'1" and 155 pounds. Very skinny.

My older brother taught me about muscle building workouts that use free weights. Of course this wasn't as good as using the supplements that are out there today. I guess what I was drinking was nothing but calories. The protein shakes and other products are much better today than back then. I can still remember mixing a scoop of mix with a cup of milk. It tasted like strawberry sludge. I had to force it down. Anyone else have similar memories? I guess it was worth it as I am not 170 pounds with only 10% body fat. It doesn't matter if you build muscle with free weights or machines. But free weights are more difficult and they require less weight.