

# Building Muscle Fast

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Do you know where to start if you want to bulk up? Taking some time to research this information on the internet will help you design a great diet plan and increase your muscles. Eating right is a key element in making your goal a reality. You will need to eat plenty of protein. Tuna is a great food to consume when you are trying to bulk up. You will also want to eat plenty of fresh fruits including berries and bananas.

There are many great protein powders you can add to your diet. Make sure you chose one that is a healthy source of protein. Many bodybuilders and fitness gurus use such protein supplements. It is inexpensive as well. Wal-Mart carries it for about \$18 for a two pound container. The brand is called Body Fortress. You can drink a few shakes each day and get about 60 grams of protein added to your diet. With the RDA being 50 grams that is quite a jump.

For those who still want to build muscle fast, you had better start lifting weights. This can be free weights or machines. Either one will give you results if you use them correctly. Make sure you focus on heavy weight with low reps. This is a great way to work the muscles. You can expect to be very sore in the beginning. Always make sure you use the proper form when you lift weights. If not you won't build any muscle and you can hurt your body.