

How to Start a Bodybuilding Program?



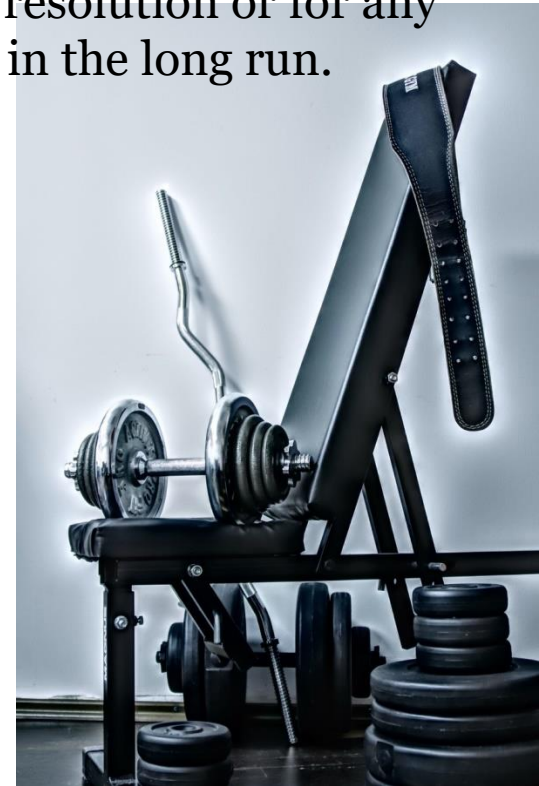
Consider these tips from the pro before you start doing so. It's better to be prepared and get familiar of what you will be doing before heating the gym and dealing those exercise equipment.

Number 1. Have a good reason in starting bodybuilding.

Decide to start bodybuilding program due to your desire for a healthier and more developed body. It is not simply because it's your New Year's resolution or for any other reason. Most people who do so are more likely to stray in the long run.

Number 2. Bodybuilding demands commitment.

It is a totally different lifestyle that entails letting go of old habits and adopting new ones. You cannot go into bodybuilding and be half- hearted about it. It is a test of strength, self-discipline and willpower. Start only when you are sure you can commit time, effort and energy.



Number 3. **Set your goals and make a plan accordingly.**

Here are some questions to consider.

- How much body fat do you want to lose?
- How much muscle weight do you intend to gain?
- Are you after gaining strength?
- Are you after developing speed and endurance?
- What about power?

Give yourself a deadline of when these goals should be attained.

Number 4. **Manage your expectations.**

One month is a good start in losing weight but it isn't enough to get you ripped. Make a realistic visualization of the progress you can achieve in a certain period. Do not set yourself for disappointment.



Number 5. Evaluate your lifestyle.

Try to answer these questions:

- How many hours a week do you intend to devote to working out?
- How much energy do you still have after work/school?
- Is it best to go before your daily duties or after?
- What habits must you get rid of?
Alcohol? The weekend buffet? Nightly parties?



Number 6. Make an assessment of your body.

Decide what kind of attention goes to which part of your body. Some people have flabbier arms while others have most of the fat collected in their midsection. With this, it is easy for you to create a program that addresses your problem areas.

Number 7. Hormonal profile shows a substantial role in muscle mass gain.

Testosterone is responsible for developing muscles while estrogen is responsible for the womanly curves. Hence, men grow muscle mass faster than women. This should not be a problem to women since they are more concerned with toning and shaping rather than gaining bulk.

Number 8. The ability to gain differs from person to person.

Therefore, progress cannot be tracked by comparing it with your training buddy, even if both of you started at the same time. You can check your development only by taking note of your present measurement and comparing it with your previous measurement.



Number 9. **Do not be discouraged when you do not see a change in your weight during your strength training.**

While you lose weight by burning fats, you also keep or even increase pounds as you build muscle. Evaluate your progress by keeping track of your strength gains and measuring your body fat against muscle weight.

Number 10. **Write a journal.**

Document your progress from the first day. Write down your current weight. Measure your body fat using a fat caliper. Take photos of your body, especially the problem areas. Compare measurements as you go along your bodybuilding efforts. This shall serve as your motivation in reaching your goals.



Number 11. Know the difference between setting up an in-home gym versus getting a gym membership.

Many people find it easier to stay faithful to their routine in a gym setting. While in-home setting is convenient but poses temptation to slack off. The presence of other bodybuilders is a motivating force.

Number 12. Prepare yourself physically, mentally and psychologically for the task at hand.

Condition your mind that you are capable of achieving a better physique. Remind yourself your reasons for wanting a better body – be it for strength, confidence or for physical attractiveness. A good warm-up routine lets your brain condition your body to the rigors of the training ahead.



Number 13. If you intend to get a bodybuilding partner, choose someone who has strict exercise habits and is most unlikely to flake on you.

Working out is an activity that can be enjoyed with someone, especially because you have someone who can spot on you. However, make sure that you don't go lazy once your buddy drops the routine.

Number 14. Be creative in your strength-training program.

The more fun that you have in your workout, the bigger chance that you are going to stay in the program long-term. Aside from tips from your trainer, maximize the wealth of information available in the internet. Search for more tips, watch videos and exchange ideas on online forums.



Number 15. **No matter what the myths say, you can never turn fat into muscle.**

You cannot work out fat. It is not flexible nor does it control any movement. All it does is cushion your muscle and hinder it from developing. You have to lose the fat first to give way to muscle building.

Number 16. **Determine which cardio workout approach suits you well.**

Low intensity cardio workout, also known as slow and steady, requires 45 minutes to 1 hour of low intensity workout. This burns fats but not carbohydrates.

High intensity cardio requires 20 to 30 minutes of high intensity workout. This fires up metabolism and burns fats and carbohydrates.



Number 17. Choose from a variety of cardio exercises.

For a much better way, combine one form with another so you do not get bored with your routine. Low intensity cardio workout includes aerobics, walking, biking, swimming and rock climbing. Calorie burn ranges from 180 to 400 in 30 minutes. These activities also exercise different parts of the body.

Number 18. High intensity interval training burns serious calories in a short period of time.

This improves the body's overall endurance. Among the favorite HIIT routines are jump rope, spinning and sprinting. Pay attention to how your body adapts to the change in pace for you to know the highest intensity it can go.



Number 19. **Total body workout is a combination of cardio exercises and strength training.**

Cardio exercises burn fat while strength training develops muscle. Do not focus on one form of training alone. Pure cardio leads to muscle loss while pure strength training builds bulk without whittling away fat.

Number 20. **Strength training, more commonly known as weightlifting, improves muscle tone by conditioning the musculoskeletal system through resistance to weights.**

Beginners should start with least resistance, working their way up to heavier weights in time. Muscle pain is a normal result of weightlifting; the absence of contraction signifies no resistance, which necessitates heavier weights.





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