



EXPERT ADVICE:

BUILD & BURN PROGRAM BY OBI OBADIKE

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There are always truths and myths about what is the right way to build lean muscle mass with minimal fat gain. There are so many different things collectively you have to do consistently to be able to build muscle. There is diet, supplementation, training and you have to be consistent with all of these things which are integral in building lean muscle mass.

The type of supplementation that is important is a basic whey protein supplement. Whey protein is the best protein because it is the fastest digestive protein on the market today. Whey protein is key to building muscle, improving physical performance, sharpen your mind and it improves your overall health. Another advantage of whey protein is that it exits your stomach much faster than other proteins and it is absorbed through the intestines very quickly. Whey Protein has been clinically proven in many studies to reduce body-fat while at the same time increase lean muscle mass.

Another great supplement product that is essential to building and maintaining muscle is Glutamine. Glutamine maintains muscle mass, boosts immune system function, prevents muscle breakdown, aids recovery from exercise and

increases growth hormone levels. And a third supplement that is advisable to take in building muscle is creatine. There have been dozens of studies that have confirmed athletes that took creatine under certain conditions have improved their athletic performance, improved strength levels and increase in lean muscle mass.

Without proper supplementation it is very difficult for any person to build reasonable lean muscle. As important supplementation is training in the gym is just as important. Without incorporating a sensible anaerobic weight-training routine your chances of building lean muscle is very slim.

Some of the weight-training exercises that can help you build muscle are squats, flat bench press, Incline Dumbbell Chest Press, Standing Bicep Curls, Preacher Curls, Lat Pull Downs, Pull-ups, Standing Calf Raises, Seated Calf raises, Cable Chest Cross-Overs, Sit-ups, leg raises, Seated Leg Curls, Lying Down Hamstring Curls, etc. All of these exercises are very important but you have to understand that you have to split your body-parts that will allow you target each muscle effectively each day. Splitting body-parts helps you to build a symmetrical muscular physique.



Photo Art Brewer/Progenix



Example of a basic muscle building training routine that you can follow:

MONDAY

Chest Routine

Bench Press- 3 sets of 10 reps
 Incline Dumbbell chest Press- 3 sets of 10 reps
 Cable Chest Cross-Overs- 3 sets of 10 reps

Abs

Sit-ups - 3 sets of 20 reps
 Leg Raises- 3 sets of 20 reps

TUESDAY

Biceps

Standing Dumbbell Curls - 3 sets of 10 reps
 Seated Preacher Curls- 3 sets of 10 reps

Triceps

Dips- 3 sets of 10 reps
 Triceps Cable Extension with Rope - 3 sets of 10 reps

WEDNESDAY

Shoulders

Shoulder Dumbbell Press - 3 sets of 10 reps
 Shoulder Shrugs - 3 sets of 10 reps
 Barbell Upright Rows - 3 sets of 10 reps

Abs

Crunches on a floor mat- 3 sets of 20 reps
 Stability Medicine Ball Crunch- 3 sets of 20 reps

THURSDAY

Back

Pull-ups- 3 sets of 10 reps
 Bent-Over Rows- 3 sets of 10 reps
 Lat Pull Downs- 3 sets of 10 reps

FRIDAY

Legs

Squats - 3 sets of 10 reps
 Leg Extensions - 3 sets of 10 reps
 Seated Curls - 3 sets of 10 reps
 Lying Down Leg Curls - 3 sets of 10 reps
 Standing Calf Raises - 3 sets of 10 reps
 Seated Calf Raises - 3 sets of 10 reps

It is also very important to incorporate a sensible cardio-routine with your weight-training muscle building program. You should perform a cardiovascular routine at least 3 times a week at about 20 to 30 minutes a day with a slow jogging pace because you are trying to build muscle not lose muscle. The cardio routine can either be a treadmill, stair-master or elliptical machine.

This may sound like a cliché but 80 percent of building muscle is your diet and what you put into your body is very important. For muscle building your macronutrient ratio should be the following: Protein should be 25%, carbohydrates should be 55% and fats should be 20%. This macronutrient ratio is for the people that are skinny and are ectomorphs. For the people that are mesomorphic and are naturally muscular their macronutrient ratio is 30% protein, 40% carbs and 30% fat.

The type of foods you should be eating is egg whites, oatmeal, chicken, turkey, broccoli, spinach, brown rice, sweet potatoes, lean steak, etc. These are all great healthy muscle building foods that can help you attain your muscle building goals. For building muscle mass you need to consume at least 18 to 20 calories per pound. The types of good fats that are very important to take on

a daily basis are mixed nuts, avocados, olive oil, fish oil and flax seeds. You can spread these throughout the day and throughout your meals.

When talking about how often you should consume your meals per day it is important to consume them every 2 to 4 hours if possible and at least 4 to 5 meals a day. Eating every 2 to 4 hours is an important strategy for improving your health and body composition. Regular feeding intervals are important because of its positive effects in burning off extra fat mass while helping to maintain lean muscle mass.

Along with diet drinking water is also very important in building muscle as it helps to flush the toxins from your body and it is recommended you drink at least 8 glasses of water per day. Drinking water helps to keep you fully hydrated while working out. If you can incorporate all of these things in your program you will be on your way to building a muscular physique.

-Obi Obadike

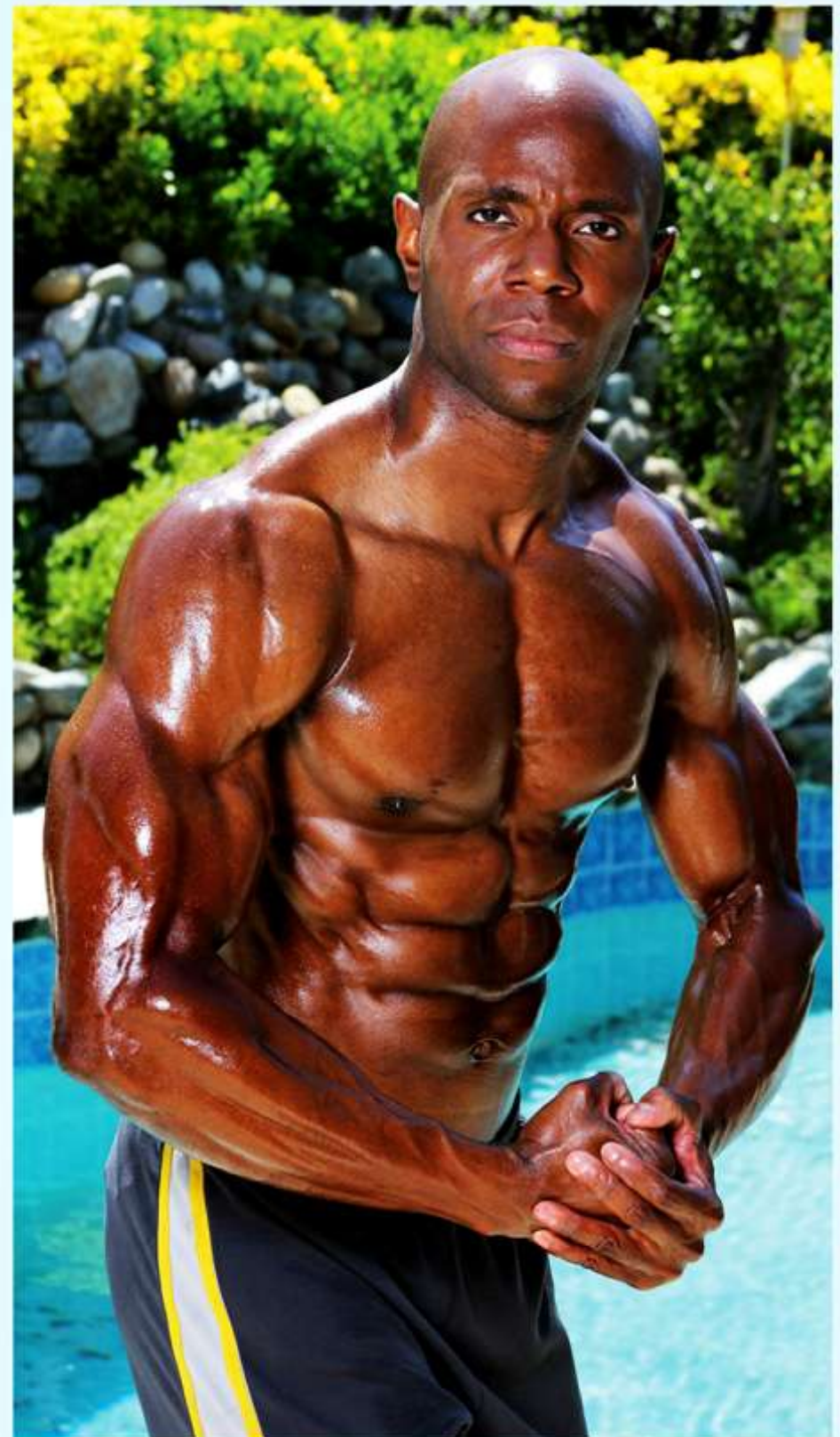


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