

The Basic fundamentals of the muscle building process

How to build muscles and strength



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The basic fundamental steps of the Muscle Building Process.

Now this is the basic understanding of the muscle building process. This is going to go into depth on how to execute the muscle building process with full complete confidence.

The basic structure of the muscle building process

You learned on the product page and the free report that the muscle and strength building process has one way of accomplishing the process. The first step is Workout and strength train, which breaks your muscles down. The second step is refuel and replenish your muscles so they can build back up. The third step is to rest and recover and allow your muscles to grow and build back. The fourth step is to repeat the process over and build.

Now that is the process of building muscles and strength. There are multiple various strategies and methods to accomplish the muscle building process. There are multiple variations that accomplish different muscle and strength building results. You can build lean muscle mass and have definition in your muscles. You can be skinny and lean with ripped muscles. You can build big and strong with massive muscles and still have definition in your muscles. You can also get gigantically enormous and extremely strong with no muscle definition. There are multiple variations of the one single muscle building process.

Each variation you still go through the muscle building process you just fill in the details differently. You alter and modify each step in the process differently according to your goal and strategy. This is going to go over the basic fundamental structure of the muscle and strength building process. Other products will go into great length about each variation.

It is important to understand the full complete muscle and strength building process before you learn how to build each variation of the muscle building process. With this e-book you are still going to learn how to build muscles and strength. This is just the basics.

When you're done reading this e-book you can read and learn the other variations of building muscles and strength depending on your goals. It depends on the path you want to take with your health and body and strategy. The building massive muscles and size e-book will help you build immensely more muscles, strength and size than you even know.

There is the how to build lean muscle mass e-book as well. Either way you can learn more and build off of this e-book and go the specific direction you want. Build more muscles!

This process is only going to make you successful if you do it on a consistent basis. Just like doing repetitions the more you read and see the muscle building process the better.

4 steps working together

The muscle building process consists of 4 steps and components that you must do together and in unison to accomplish a specific aim, purpose and results. You need to know how to execute each component separately to build the whole goal of building muscle and strength. Each step has its own strategy combined to accomplish one big goal.

There are factors and important details you must know for each step of the process. Knowing how to perfectly accomplish each step will help build better and bigger strength.

By going through this specific process, you're investing in right now, you're going to learn exactly how to perfect each nuance and specifics. You're entering into the process now. Hopefully by the time you reach the end of the process and are out on the other side you will be more than happy with the results you build and accomplish the vision you have.

With processes there are specific methods and system approaches to accomplish what you're looking to accomplish. Building muscles is a process. Your body is a machine filled with multiple processes within a bigger processed machine. Consistent Workouts are a part of the methods and process of growing bigger muscles and strength. Your body, which is a machine has many functions and working out keeps your body running as efficient and smooth as possible. If you want to build your biological machine to have a **STRONG MIND** and **STRONG BODY** then a process must be done to accomplish results. The better the workout program and process the better the results and the stronger and bigger you are.

It's four steps working together. Four processes into one overall bigger process. The program process is like a machine as well. The program process conditions your muscles and your body in general over all every time you consistently workout and refuel every day building bigger and stronger over time. Submit to the process and results will come.

Step1: Strength training workout

The two things you're doing this step

You're doing two things when going through this step of the process. You're breaking your muscles down and you're conditioning your muscles. This is very important because the better a workout you have of breaking down your muscles the better, they will build back up when you refuel and recover. The better workout you have the better muscles you will develop. Both breaking your muscles down and conditioning your muscles consistently.

Breaking your muscles Down

This is the step where you're breaking your muscles down introducing force resistance and weight. The specific way you introduce force, weight, and resistance will ultimately determine your level of strength, size, and muscles. How often you workout, which is breaking your muscles down and the weight amount you choose will all play an essential role in how your muscles and body break your muscles down. You will learn how to here.

Conditioning your muscles

You must workout consistently in order to properly condition your muscles. How you workout will condition your muscles in a specific way. It is all about repetition and building muscles and building results on an incline trajectory. This is why you must build a workout program and structure to continuously workout in an orderly structured way to condition your muscles on a consistent basis. The repetitive consistent strength training workouts is what will slowly condition your muscles over time building more muscles and strength.

Now you need a strategic structured way to break down and condition your muscles. This is where developing a strategic workout program designed and aimed at accomplishing a specific goal and sub goals will come into play. You need to develop a workout program.

Workout program

Your workout and workout structure are important when going through this step of the process. Everything you do will be based off of your goal and implemented off of the workout program you built developed and designed off of the goal. This is where your workouts and workout routines will be orderly and purposefully placed in order to break down and condition your muscles on a consistent basis. This is where the motor functioning comes into effect. The movement and mechanical functional moves in an organized combination of ways together throughout time will build muscles and strength.

Every piece is important

When building a workout program, you will need to design every piece of the workout program to work in unison together to accomplish the big picture goal. From the smallest components to the largest components. Each component plays an immensely important role in building and conditioning your muscles and building strength. If any piece of the entire workout program is not correct or lacking then the trajectory of your muscle and strength growth will differentiate off of the main aim and goal. Everything is based off of the one single goal and sub goals you have over time in your workout program structure.

What are the components and pieces of the workout program?

You have multiple components that build a full complete workout program. Each piece is a part of the machine. A workout program is like a machine with many different moving pieces and combinations. A well-designed workout program has each piece specifically placed with a specific purpose that accomplishes many different goals. When building muscles and strength your building strength but also muscle mass. So looks are important.

Repetitions:

From the smallest part of a workout program, you have your repetitions. You can't have a workout program without the repetitions. This is the fundamental building block of an entire complete strength training workout program. Each repetition is vitally Important to strength and conditioning your muscles. This is the basis of conditioning your muscles.

Sets:

Sets are the next building block of a strength training workout program. Your repetitions build your sets. The organized structure of your repetitions in sequence and consistent order is what build your sets. There are many different various kinds of sets that can strengthen and condition your muscles in a very specific particular way that will build you strength and muscles. Regular sets will still build good muscles and strength but if you add specialized sets into your workouts then you can really increase the intensity and strength.

Workouts:

Workouts are the next building block of a workout program. Your repetitions build your sets and your sets build your workout. Each workout can have different kinds of repetitions and sets. If you want to perfect a workout and get the most quality and build the strongest strength then you must perfect and take serious each and every repetition and set. When you perfect each workout, you will perfect each workout routine and your whole workout program. You have many different kinds of workouts you can choose from to build muscles and strength. Each workout has a specific aim and purpose and strength trains a primary and a secondary muscle group. One workout is just a piece of a bigger picture program.

Workout Routine:

A workout Routine is the next building block of an entire workout program. This usually consists of one day of strength training and working out. This is an entire strength training session. When your muscles are conditioned enough and you have more experience you can build up to even have two workout routines in a day. Just having one workout routine a day will help build strength and muscles. Multiple different workouts build one routine.

Each workout routine focuses on a specific primary muscle group and a secondary muscle group. All of the workouts in the workout routine are all specifically geared towards building and strengthening one primary muscle group and one secondary muscle group with multiple various workouts strengthening and conditioning that specific muscle group in many multiple ways. You're breaking down and adding force and resistance with your muscles many different ways. Many factors play a role in how you add force weight and resistance to your muscles. All of the workouts combined together add force weight and resistance to your muscles in a specific structured strategic way. Each workout works together with the other workouts breaking your muscles down and tearing muscles apart.

The specific way you strength train and order your workouts will give your muscles and strength different results. When talking about results, there are two kinds of results. The first kind of results is building strength. The second way is with the way your muscles build, develop and look. If your Strength training to build strength, then you're automatically going to develop muscles. Focusing on building strength will get you size and definition.

Weekly Routine

Each week consists of multiple workout routines a day that each specifically strength train and condition a specific primary muscle group and a specific secondary muscle group. Throughout the week as you're training with your muscle groups, you're rotating the order of your muscle groups in a specific order to give your muscles time to rest and recover completely. SO, each day you work on a specific muscle group, you rest that muscle group the next day and work on another muscle group. This allows the muscles enough time to rest and recover. If you do not give your muscles time to recover you will not build muscles.

Workout program:

This is the big picture of all the pieces and components working in unison together all in combination strengthening and conditioning your muscles in a specific way and aiming in a specific trajectory and results. The results are based off of your primary goal. There are many multiple pieces and factors that play a vital role in perfecting a workout program.

The combination of every piece and component of a workout program and altering and modifying the workout program throughout time, changing and rotating the pieces around all effect the workout program and results. The purpose of this is to strengthen and condition your muscles in a specific way to attain specific results. This is where all the pieces and components work together to build your muscles and strength all together.

A workout program is about designing the right combinations of the components and executing them correctly and consistently together with the other steps of the muscle building process as well. SO, not only executing these components and pieces but this is just for the first step of the muscle building process. You still have fueling and recovery.

They all work together to build results.

When building a workout program

You do not have to have your workouts rigidly cemented in terms of primary and secondary muscle groups exactly. You can add in other workouts with other muscle groups. Your primary muscle group chest and secondary muscle group back where all your workouts are chest and back with one or two workouts with arms. For an example you're doing bench and back workouts but also working on your triceps arms when bench pressing. So, adding in push downs after a bench press set is still good and okay. As long as the next day you're not focusing on arms and triceps intensely. Also adding in a skull crusher combo set at the end is fine with bench and back because it still helps your chest out as well. Building and developing a workout program is versatile and flexible as long as it is goal dependent. This means as long as it is accomplishing your goal then it will work.

Example of How to build a workout:

Like you just learned a workout consists of repetitions which is the most basic component of a workout. Sets are your next building block component. The repetitions make up your sets. Your sets make up a full workout. Down below is an example of building a workout.

Workout: Bench press

3 Sets

10-12 repetitions

So, each set would consist of lifting the weight 10-12 times. You do this 3 times. One set has 10-12 repetitions. Each set you do 10-12 repetitions that is a total of 36 repetitions on the high end and on the low end that would be 30 repetitions. Now you see if you go for 12 repetitions every set you will get more repetitions. This will give you a better workout. Each repetition is critically and vitally important. Just the difference between those six extra repetitions would help pack on more muscles and build stronger strength.

When purposely breaking down your muscles to plan to build your muscle back up bigger and stronger, this is conditioning your muscles for when there is a break down to build back bigger and stronger. This is all conditioning the muscles to build bigger and stronger for the future. This trains and conditions muscles for the future building muscle memory.

Your workout is just a piece of the bigger picture strategy of the full workout program and the direction you're building and growing your muscles and strength. Everything has a purposeful reason in the full workout program. No detail is left by chance. To build up BIG!

Here is an example of the workout

Set 1	Set 2	Set 3
10-12 repetitions	10-12 repetitions	10-12 repetitions

This completes the single workout

This is a very simple and basic understanding of a workout and how to structure a workout to build and condition your muscles and strength. Now there are other factors that you must consider when building a workout and workout program, but for this example it is simple and basic so you can understand. This is a very basic structure of a full workout.

There are other factors like weight and time and combination of everything together that you must consider. You must also consider the weight time and combination of all the components and how you alter and modify them throughout time. Your workout and workout program will change and alter throughout time. You want to make sure your workout structure is well designed and structured to keep you on the right trajectory. Slightly changing a component or piece of the workout can change aim and the results.

Example on how to build a workout routine:

Now you seen an example of how to build a workout. Here is simple example of one workout routine for one day. A workout routine is just strategically combined and ordered workouts in a strategic structure for a specific purpose. You can modify and alter the combinations of a routine overtime. The specific structure and order of the workouts in connection with each other build your muscles and strength in a specific aimed direction.

Workout routine:

Primary muscle group: Chest

Secondary muscle group: Arms

Workouts:

Bench press 3/10-12

Cable fly's 3/10-12

Pull downs 3/10-12

Push downs 3/10-12

Skull crushers 3/10-12

This is an example of one workout routine you would do in one day. You See you start with your bigger overall muscles first. Then you break down the components and sections of the bigger whole of the muscle. When working out the details of the sections of the bigger muscle You're doing two things. You're enhancing the overall workout routine as well as building and strengthening the overall muscles more. You want to train the bigger overall muscle group first because these exhausts the most energy and takes the most strength. Then as your workout progresses you work on the smaller less intense workouts. This allows your muscles to endure longer as they fatigue throughout the workout, they will

still be able to have enough strength to push through the smaller less intense workouts. During the beginning of the workout, you have the most energy and strength. As the workout goes along Your muscles get more fatigued and the muscle tears and break down get to broken down and fatigued. That is why you must have a strategic order of process.

Now let's have weekly routine example:

A weekly routine example would consist of 4 days working out and 3 days of rest.

Monday: chest and back

Tuesday: Legs

Wednesday: Rest

Thursday: Shoulders and back

Friday: Chest and Arms

This is an example of a weekly workout routine. You notice you work on a muscle group twice a week. You can rotate the muscle groups with other muscle groups. You notice once you work on a muscle group you give a few days in between to allow your muscles to rest and recover and build back. If you were to work on the same muscle group multiple days in a row then you would not build muscles. You would just be breaking down the muscles and tearing them and potentially hurting yourself. Rest and recovery is essential and a vital part of the muscle building process. Every component and piece of the muscle building process is important. Having 3 rest days is good to start if your just beginning working out.

That is a big picture over view of a weekly workout routine.

Now breaking the weekly workout routine down in more detail so you can see and understand an easy and simple example. This is just the basics essentials of a weekly workout routine. This would be a good beginning workout routine for your weekly lifts.

Monday: Chest and back

Bench press 3/ 10-12

Cable Flys's: 3/10-12

Dumbbell press: 3/10-12

Pull downs: 3/10-12

Rows: 3/10-12

Tuesday: Legs and arms

Squats :3/10-12

Leg extension: 3/10-12

Leg curls: 3/10-12

Leg presses: 3/10-12

Barbell curl: 3/10-12

Push downs: 3/10-12

Cable curls: 3/10-12

Wednesday: Rest

Thursday: Shoulders and back

Military press:3/10-12

Shrugs:3/10-12

Bent over rows: 3/10-12

Cable pull downs: 3/10-12

Plate burnout: 3/10-12

Friday: Light Bench

(Bench for light weight many repetitions opposed to earlier in the week where you lifted for heavy weight. With these bench presses you train the in-detail sections of the muscles, and would train close grip and wide grip. This would work on endurance strength and definition more than the bench press workout you trained with earlier in the week as well.

So, you see there are different combination of how you structure your workouts every day throughout the week in relation with the other workouts in the week. You do not have to have all the workouts the same. You can have a multiple variety of different kinds of workouts and workout combinations inserted in your daily and weekly workout routines.

Next level Information source

If you really want to get an in-detail description and understanding then checkout the e-book that will help you build massive muscles and size and increase your strength. This e-book goes into great length on how to build muscles and size to the absolute maximum.

This e-book is going in detail on the muscle building process and each step, but if you really want even more detail to perfect your workouts and workout programs then after reading this book and going to the next level will help you build muscles and strength even better and you will feel more confident in what you know to go in the weight room and strength training. This is a good basic understanding and start. If you want to get to the next level then you could get the other books that build off of this book. It's well worth it.

Now back to the Friday workout

Barbell curls: 10-12

Cable push downs:10-12

Cable curls: 10-12

Skull crusher combos: 3/10-12

This would be your Friday workout. After your Friday workout you will have the weekend to rest and recover. This time is very important to allow your muscles the time to rest to start the new week. You have just conditioned your muscles for the week and now resting to repeat the process again and condition your muscles for the next week. Just like with repetitions with each set and workout. Each workout routine for the day as well as workout routine for the week is also a repetition. They are bigger picture repetition training and conditioning your muscles. Just like with repetitions on a smaller scale you want to think of the entire workout program and the building block components as bigger repetitions on a bigger scale. With conditioning muscles, repetitions is the key component.

Factors to consider when developing a weekly workout routine

Now when developing a weekly workout routine there are many factors to consider. Many factors to consider with many different factors. Where you're going to place the workout. How you're going to do the workouts. The combination of workouts in relation with each other. What days you're going to decide to have each workout and why. What are all the reasons You're choosing each purposeful position and place for each individual repetition, set, workout and combination of workouts in your routine. How are you going to structure your weekly routine and why are each muscle groups done on that specific day? As you see there are many questions you must ask yourself when you're building a workout plan.

The order of your workouts and what workouts are on each specific day plays a role in your muscle growth and development. Additionally, your rest days added in combination of the structure on how you order your muscle group workouts. Everything must be strategically placed with a specific purpose to build your muscles in a specific direction.

The more detailed you design your workout with specifics the more detailed your results will be. Even the number of weights and repetitions are important to consider when building and structuring a workout. When building a workout program much thought and consideration into how you want to develop your muscles and strength play a significant role in how your results are ultimately accomplished. When first starting a basic workout program and strategy will work very well. Your muscles only need a basic workout. When you become more advanced and experienced then raising the bar and level will help build.

Weekly routine summary

Now you have seen an example of an entire weekly workout routine. This is a very basic simplistic workout routine. Now as you get to the bigger picture of the workout program you would see how you modify and alter the different combinations of workouts over time. Even this example of a workout routine is a good example you can use to start now.

Step 2: Fuel, Refuel, Replenish your muscles

This step you're fueling your muscles with the best nutrients to build and rebuild your muscles stronger. This step is critically vital for success in building muscles and strength and perfecting the muscle building process. When you workout and break your muscles down you're just tearing your muscles apart. This is not building muscles. The break down allows you to then refuel your muscles with nutrients to replenish your energy and build back your muscles. Fueling your muscles with healthy energy sources is vital for strength.

Just like with building a workout program, you must build a diet program to complete the full strategy. Each step of the process is going to have an individual program that is going to build the full muscle building program strategy. With diet there are multiple various things to consider. Just like breaking the components of a workout program down, you would do the same with the fundamental components and factors with a diet strategy.

Things you must consider when fueling and refueling your muscles.

You must consider what to eat, when to eat, how much to eat, and know why. You must know the timing very well. This is the detailed understanding of fueling your body with nutrients to energize and build your muscles and build stronger strength. You need calories for energy because you're going to be putting your body through stress and force.

What to eat

There are foods you must eat that will help build muscles and strength more than other foods. Before you learn about these foods you must first learn about the different kinds of nutrients that are going to fuel your muscles and increase strength. Each nutrient has a specific purpose to fuel your body. Depending on your goals you're going to determine how high and low amount of each nutrient you fuel your body with. Here is an example.

This is an information source to help you build muscles and strength so you're going to need to have a high protein and high carb diet. This is because you're looking to build big.

If your goal was to lose and cut weight, which you are not, then you would have a lower carb and fat diet and high protein diet. Each program for the variation of the process is

different. Each diet plan and program builds off of the workout program and the strategy you have designed to accomplishing your goal. There are other sources for this strategy.

When you're looking to build muscles, you're naturally going to increase weight and size. You need carbs and protein in your diet. You will learn what these are as you continue to read. There are other diets that help build massive amount of size and strength. This is just a basic example of the muscle building process. This is not going to go directly into the different variations of the muscle building process. For now, learn the basic process.

Nutrients

There are two main kinds of nutrients. They are a form of a calorie. Calories are energy sources. There are macro nutrients and micro nutrients and minerals. There are minerals like iron, zinc, and water. There are micro nutrients which are your essential vitamins.



Macro nutrients

Micro nutrients



Macro nutrients

Your macro nutrients are the direct energy source that helps you build muscles. You need these to fuel and refuel your muscles. Your macro nutrients include protein, carbs, and fats. The various combinations of the specific amounts of protein, carbs, and fats together in relation with each other all play a role in how your muscles and strength fully develop.

Remember the various methods you can accomplish the one muscle building process? Just like with the strength training and breaking your muscles down. The specific way you strength train will give you specific results. The multiple variations of building muscles are skinny lean, lean muscle mass, building size, muscles, and strength with definition and tone, and building massively huge muscles and size not concerned with muscle definition.

The same with your workouts and strength training program, the same with your fueling and diet program. The strategy you implement and use will build your muscles a specific way. The amount of protein, carbs and fats you consume will determine your muscles and strength. Your diet strategy will work together with your strength training program to build the specific variation of muscles and strength. Each macro nutrient has its own purpose.

The macro nutrients are

Proteins

Carbs

Fats

Now the combinations of the level and amount you consume will build your muscles and strength in a specific way. SO, the variables are proteins, carbohydrates and healthy fats.

We're going to use three examples of the variations for you're to understand.

Build lean muscle mass

Build big and strong size with lean muscle mass

Build massively enormous size and muscles and incredibly strong strength.

Building lean muscle mass

With lean muscle mass you would have a high protein intake, moderate carb intake and low-fat intake. You wouldn't want a high fat and carb intake because you want muscle definition and tone. You wouldn't be lifting as intense as the other two variations. You still need protein to fuel your muscles and rebuild your muscles. You're not aiming for big size.

High protein

Moderate carbs

Low fat

Building massive lean muscle mass and strength with definition

With the building massive size and strength and definition you will have a high protein, high carb and low-fat diet. You need the high carbs and proteins to fuel your muscles. Your workouts would be more intense and you need the fuel. Fats are really good with this muscle building strategy but you wouldn't need them as much as the next level variation.

High protein

Moderate to high carbs

Low fat

Building massive muscles and strength with no muscle definition.

With building massively enormous size and strength with no muscle definition just focused on building gigantic size and extreme strength you will have a high protein, high carbohydrate and high fat diet. With lifting extremely heavy you will need extra carbs for energy, extra protein to rebuild your muscles and fats to lubricate joints and stay healthy.

High protein

High carbohydrate

High Fat

So, you see each variation of the muscle building process you would have a different combination level of proteins, carbohydrates, and fats. Everything would be based off of your goal and workout program strategy. The combination the different fueling elements will give your body the specific build and strength. It must align with your strength goals.

Protein

You need protein to build muscles. You need as much protein as you can consume to build strong muscles. Protein brings the amino acids that are necessary to refuel your muscles after break down and repair. Amino acids are the building blocks for maintaining your body and muscles. This is why you need protein for every workout strategy for building strength.

Carbohydrates

Carbs, are your main energy source you need. You will burn a lot of carbs during your workout and strength training routine. When building muscles fueling your body with bread and pasta are good sources of energy and carbohydrates. Carbohydrates are really good to eat a lot of after a workout. As you will learn the best time to eat is after a workout.

Fats

When building muscles and going through the muscle building process you will learn not all fats are bad for you. When building muscles, you need fats to lubricate your joints and stay healthy. The unhealthy fats you must stay away from are trans fats. Unsaturated fats are healthy for you. Saturated fats are not as bad as trans fats but still not healthy for you.

Combining the nutrients and other factors in your diet strategy

Combining these nutrients with your micronutrients together on tip of structuring the factors of your diet strategy like when to eat and what to eat is very similar to how you structure the factors and components to your workout program. Everything is broken down into sections of understanding so you can strategically implement each step proficiently and effectively. This is very similar to the workout program where the combination of all the factors and components together in relation with each other all have an effect in the outcome of the muscle building process and accomplishing your goal.



Micro nutrients

Micro nutrients are vital for health and energy. They may not directly help building muscles and strength like your macro nutrients, but they give your body energy and keeps you healthy enough to workout. Energy is an important aspect of strength training and working out. You cannot work out without energy. Having a full balanced nutritional diet is a vitally important thing to keep in mind. All vitamins and minerals are vitally important.

Micro nutrients are mainly your vitamins you will naturally get by eating. Vitamins include Vitamin A,B,C,E and more. You can get these from eating a healthy balanced un processed diet. The healthier your diet the better vitamins you will consume and the healthier you'll feel. The healthier you are the better workouts you will have. You will have more energy.

A basic daily diet plan would have three primary meals. Depending on your goal and how big you want to get and the level of strength you want to increase, will determine how much you eat and how often you eat. When building muscles always eating is a vital must.

Breakfast

Lunch

Dinner

You can have more meals if your goal is to get big and strong. If you're looking to put on weight and increase muscle size and strength to an enormous level then eating more food and incorporating more meals into your plan would be beneficial for much bigger growth.

You can have 3 meals a day, even up to 4-5-8 meals a day. Your proportions would vary in size from meal to meal. Not every meal you would eat the same amount as your 3 main meals a day. You could even have snacks in between your big meals if you're looking to build bigger and stronger. It all depends on your goals. There are more sources you can learn more in depth after you read this e-book. It would go in great length on building more strength. It is a good idea to look into if you want to level up your game even more.

Here is an example of a day with 3 meals. This is a basic example of how a muscle building meal plan would look in one day. The primary food source you would need is chicken.

Breakfast:

3-4 or more eggs (you can also have chicken or even steak)

Hashbrowns or potatoes

Toast

(You can have more variety if you looking to get enormously gigantic.) (ex. Sausage, bacon, pancakes, yogurt etc.)

Lunch:

Chicken/salmon/(fish)

Potatoes/rice

vegetables

Dinner:

Chicken/ pasta/steak

Rice/potatoes

vegetables

Basic easy example

This is very simple basic understanding. The important thing to remember if you're looking to build muscle and strength then you must eat food. If you're working out your muscles is going to burn calories and energy so you need to always make sure there is fuel and energy for your muscles to use and build. When building muscles and strength, if you ever think you need more food than eat more food. Your muscles will thank you later. Carbohydrates and fats are good when it comes to building muscles and size. Other variations you would need to be more meticulous about the calories you consume and intake into your body.

Best source of protein

The number one source of food you should always eat is chicken. If you want to build muscles and strength then eat as much lean chicken as you can. If you don't know what to do then eat chicken. Eat as much chicken as you want. It is lean and is a good source of protein. You don't need a complex meal and diet plan to build muscles and strength. Especially when you're first starting and learning how to build muscles through the process. Now a good enhancer source of protein is a protein shaker. Always have protein.

Best source of carbohydrates

There are multiple great sources of carbohydrates which include pasta and bread. If you're gaining too much fat then you would have to cut your carbohydrate consumption to build more muscle definition and muscle tone. If you're looking to just get big with no muscle definition then always eating pasta will get you big and give you energy. If you're really skinny then eat as much carbohydrates as you can. This is if you're looking to build huge.

Best source for fats

Good sources of fat include fishlike salmon. There are other foods and oils that are good to give you a nice healthy look and fat intake. Stay away from trans-fat and saturated fat. If you're looking to get big and massive then more fat is good. Even the fat off of steak and meats are good if you're looking to build big and strong. You need calories to burn if you're going to have an intense workout program and looking to build big muscles and strength.

Diet Summary

If you're looking to build muscles and strength, you're not going to be watching your weight or fat. You're not going to be dieting to lose weight. You need food and you need to eat it. Depending on your size you're starting with. If your starting big and overweight you still need to eat food to give you energy for your workouts and fuel your muscles. As you continue to workout consistently your fat will turn into muscles and will gradually change your appearance. SO, you won't need to diet or do cardio. Workout and strength train and let your fat turn into muscles. Your muscles can use the extra fat storage energy.

Like mentioned before if your skinny eats more food. Eat as much as you can. You need to focus on eating and getting big. If you have a frame and have some muscle on you then still eating is good but you wouldn't need to over eat as much as the skinny person. No matter what your variation of the muscle building process you need to eat and eat well.

Step 3: Rest and recover your muscles.

Rest and Recovery is the third step and component building the whole complete muscle building process. This is out of the 3 main steps. The fourth step is to repeat the process again repetitively. The repeat part of the process is the consistent continuous repetitions.

Resting and recovery is a very essential and vital step in the muscle building process. Without this step you cannot build muscles or strength. Every step which is a component to the full workout process is important. With this step, it is implemented in every step of the process but also has its own step as well. During your workouts you are applying this step in between sets and workouts. During your rest days you are also applying this step.

The Resting and Recovery process

What is happening during this process? This step takes place after the first two steps as well as in between your sets and workouts during your routine. This is when you have just broken down your muscle tissues and tore them apart with weight force and resistance. Your muscles have been broken down and your body now is communicating saying we must get bigger and stronger to be able to lift more and heavier because the current strength is not enough. Now your muscles have been broken down. This was the first step.

The second step you ate food to fuel and refuel your muscles to replenish them with nutrients and energy to build back bigger and stronger. This is where the proteins, fats, and carbohydrates play a role. Now your body is using these nutrients to go to your broken-down muscles and begin repairing the tears in the muscle tissue. There building.

The third step is a vital step in the process. If you do the first two steps then you will not build muscles and your strength will decline. You must have a rest and recovery period to recover and allow the food and nutrients to replenish and rebuild your muscles. Your body needs time to repair the muscles bigger and stronger. This is why strategizing the recovery time is just important. Now all you have to do is allow your body and muscles the time.

Two main components of Rest and recovery

There are two main parts of rest and recover. With this e-book we are going to specifically only go into the resting and taking time off of your workouts to space your time in-between sets, workouts, workout routines and your weekly workout routines. The other component is sleep which also you need to do is sleep. There is a more in detail knowing and understanding but with this all you need to know is get rest and rest your muscles.

The main things you must consider when strategizing your rest and recovery plan is that you have to know when you're going to rest and let your muscles build and how you're going to do it. What is meant by this? An example of how you're going to rest well is on your rest day. On your rest day you want to make sure you're doing two main things resting and consuming healthy nutrients that are going to help replenish and rebuild your muscles from the workouts in the workout week. Continue reading to learn more about recovering.

The timing and spaces in between your resting periods

When knowing when to strategize and plan your recovery you need to plan 4 main resting spaces. The first one is how long in between sets you want to rest and recover for your muscles to break down and build on a smaller level. The second resting space is rest in between workouts which increase the scale of breaking down and rebuilding your muscles during your workout routine. The third is resting and recovering during your weekly workout routines as well as choosing when your off days are so your muscles can rebuild from the weekly breaking down and rebuilding cycle. The fourth is resting and spacing out your whole complete workout program. Usually, two weeks to a month maybe even more after you complete your full workout program throughout the years, you would take a break. This is good to allow your muscles to rest and recover and get a good break until you begin your next phase or workout program all over again. Rest periods are essential.

Resting and recovering in between sets

This is important to make sure you do. Just like after every set, you must take time to allow your muscles to build back and heal from the break down and muscle tears. Depending on your workout goals and strategy will determine how long you rest in between your sets. If your workouts are highly intense and heavy then a longer rest period in between sets is a good strategy. This is because you introduced heavier resistance and force to your muscles and they will need more time to repair from the break down. If you have a basic workout or not as intense then a shorter period in between sets like 2-5 or more minutes.

If your strength training workout program is intense you can take from 5-15 even longer time in between sets. Allow your muscles to rest and rebuild. This is especially if you're lifting over 300lbs or squatting and deadlifting intensely. Now some workouts will have longer rest periods then others in the same workout routine. This is the next level resting.

Resting and recovering in between workouts

Resting in between workouts is the next level, bigger scale recovery component. During your workouts you're going to have multiple workouts. In the beginning of your workout routine, you're going to more heavy intense workouts. So, in between those sets you would have a longer rest period, then less intense workouts. A good example is squatting, leg extension, and leg curls. When you're performing your squatting sets, you're going to rest longer in between each set. Then you're going to go to your leg extensions and leg curls which are less intense. These sets are going to be a shorter rest and recovery break then when you're training with the squats. Squats is a primary important muscle group.

Now resting and recovering In between workouts is another factor when thinking about the level of intensity of all the workouts and the combination of the workouts together. SO, like your example above, with squats, leg extensions, and leg curls, you're going to have different rest periods in between each workout as well as each set with in the workout. Now if you add another intense workout after your squats like dead lifts. The break time in between squat workout and dead lifts would be long. Between 8-10 minutes depending on the weight. If your weight and intensity is smaller than you can have a shorter break time. This is if you insert the dead lift in between the squats, leg extension and leg curls. You can have a various multiple amount of workouts in full combination.

If you have all four workouts; Squats, Deadlifts, leg extension, and leg curls, the rest time would all vary in time you would allow your muscles to rest and recover. Example below.

Example:

Squats –

Rest 10 minutes –

Dead lift –

Rest 10 minutes –

leg extension –

rest 3-4 minutes –

leg curls rest 3-4 minutes.

DO you see how as the intensity and weights declined as the workout progresses the rest periods in between the workouts got smaller? Now if you think your body needs more rest time then rest. Allow your muscles to build back and recover. Very simple and basic.

Resting and recovering in between workout routines weekly

Now throughout the week you're going to increase the scale of resting and recovery. You rest in between your sets, workouts and now workout routines throughout the week. You must have at least two rest days. If your just beginning having 3 rest days even four rest days is good. You must choose when you're going to have your rest days in relation to your workouts and the specific muscle groups on each day. You must alter your muscle groups at least every other day to give the muscle group you trained a recovery day and break to build back and recover. This is very important to allow your body and muscles full recovery.

So, if you workout chest Monday, legs on Tuesday, rest on Wednesday, shoulders Thursday and back on Friday, you alternated each workout and muscle group to have a specific day so after you worked it out it had a full day of recovery. Then you have another two days of full recovery which are very important. Having the weekend to rest and recover is a must.

So, those two days you get to recover your muscles have been broken down and damaged, now you're having a full recovery period to recover and rest to begin conditioning your muscles again the next week. This is the rest period in between the weekly repetitions.

During this time your muscles are using the nutrients and energy to recover and build back your muscles bigger and stronger. They are repairing your body and muscles and your strength is increasing. Every week your goal should be to increase strength and weights. The best way to accomplish this is let your muscles rest and recover with healthy time.

Resting and recovering in between workout programs.

Now during your workout program you're going to have many workouts weekly routines and seasons that fit your weekly routines in side of them. Your workout program usually lasts around a year. Just like on the smaller scale, you're going to do the same on the bigger scale. Your workout program is going to consist of at least two weeks even more if you want to rest and recover. Giving your muscles a long period of time after strength training for a long period of time is really good for muscle building and muscle development. Your muscles need time not training. It would help you build even bigger and stronger as opposed to never resting after your workout program. A long good rest not working out is beneficial. Even eating unhealthy for that big 2 weeks or month-long rest period will do you good. Especially if you have been consistently eating healthy and working out. Break is good. If you have been working out for multiple years, even a few months is good to take a long break. After a while your muscles build up strength and conditioning as well.

This is another reason to rest long periods. As you continuously strength train and workout, your muscles build a tolerance to the weight force and resistance. The workouts get repetitive and strength and muscle growth plateaus. Resting would allow a fresh go.

Summary

Now you have read the rest and recovery section of this e-book. It is very simple and when you begin implementing this you will become more experienced and confident you know what you're doing. This step is very important like the other steps to complete the process.

Repeat the process and summary of the process

Now you have read each step of the process. Now you have a basic understanding of the muscle building process and will soon be ready to begin going to the weight room and building muscles and strength. If you continuously and consistently condition and repeat each component and step you will begin building muscles and strength. Patience and time.

Now you combine each step of the muscle building process and complete them in unison together and slowly you will condition your muscles, build size, and increase your weights. There is more you can learn to get even better results. This is just the introduction into building muscles and strength. If you want to learn more to build even stronger than read.

Quick reminder

This is just the basics of the muscle building process. There are more in-depth e-books that go into great length on building muscles and strength with each variation of the muscle building process. This is just the core simple basics. If you really want to build big huge muscles size and strength then you would want to check out the other e-book sources. You can even get good deals buying them together. For now, just keep learning.

Full workout routine with every step in the process.

Now you have seen each step of the muscle building process broken down section by section. Now you know what you must do in order to build muscles and strength. This is the basic fundamental process. This is not going into specifics of any variation of the process. This is to build strength and muscles and increase weights systematically in process. Now here is a full complete example of a weekly workout routine with every step in the muscle building process. From Strength training and breaking muscles down, refueling and replenishing, and resting and recovery. This is an example Monday – Sunday.

Every day you're going to see examples of completing each step of the process. Just like every workout and every day you complete the muscle building process. Every week you complete the process on a bigger scale. Every day you workout eat and recover. Every week you workout eat and recover. You workout 4- 5 days a week and rest two days on the weekend. If your days have a rest day in the middle of the week that is good as well.

So just as you do everything on a smaller molecular scale, everything is also done on a big astronomical scale as well. Every set, you have a rest period, every workout you have a rest period, every week you have days that have rest periods. A repetition is one up and down motion or retract extend motion. Every week you consistently repeat the muscle building process as one big repetition build from other repetitions. This is conditioning.

Workout program strategy

Diet program strategy

Rest and recovery program strategy

All combined into your muscle building program

This is an example of a weekly planned schedule

Weekly routine

Monday:

Breakfast: Full meal

4 or more eggs

hashbrowns

toast

lunch: full meal

Chicken

Potatoes

Vegetable

Pre workout energy source:

Protein shake

Workout routine:

Primary muscle group: Chest

Secondary muscle group: Back

Dips: 2 sets as many as you can get

Flat Bench press: 3/10-12

Incline bench press

Pull downs: 3/10-12

Barbell Rows: 3/10-12

Back flys:3/10-12

Immediate replenishing and refueling source:

Protein shake

Dinner: Full meal

Bread

Chicken

pasta

Potatoes/rice

Rest and recover

Tuesday:

Breakfast: full meal

4 or more eggs

Hashbrowns

Toast

Lunch:

Chicken

Potatoes

Vegetables

Pre workout energy source

Protein shake

Workout routine:

Primary muscle group: Legs

Secondary muscle group: Arms

Squats: 3/10-12

Dumbbell straight leg deadlifts: 3/10-12

Leg extension: 3/10-12

Leg curls: 3/10-12

Leg press: 3/10-12

Barbell curls: 3/10-12

Dumbbell curls: 3/10-12

Cable push downs: 3/10-12

Cable curls: 3/10-12

Post workout energy source:

Protein shake

Dinner:

Steak (Beef) and or chicken

Pasta (If you're building for massive size)

Potatoes/rice

Vegetables

Rest and Recover

Wednesday: Rest and recovery Day

Same meal plan. Eat well and much so your muscles can fuel and build your muscles back bigger and stronger. Relax and let your muscles build. You don't want much strenuous moving around. Now is the time to allow your muscles to build and recover from the weight force and resistance you gave them during the two days you just strength trained.

Thursday:**Breakfast:**

4 or more eggs

Hashbrowns/ potatoes

Toast

Lunch:

Chicken

Rice/potatoes

vegetables

Pre workout energy source

Protein shake

Workout Routine:

Primary muscle group: Shoulders

Secondary muscle group: back

Pull ups: 2-3 sets as many as you can

Standing Military Press: 3/10-12

Shrugs: 3/10/12

Barbell Back Rows: 3/10-12

Pull downs: 3/10-12

Back fly's: 3/10-12

Lateral Shoulder Raise Machine: 3/10-12

Back Row Machine: 3/10-12

Dinner:

Pasta

Chicken (When building muscles and strength you can never eat enough chicken)

Vegetables

potatoes

Rest and Recover

Friday:

Breakfast:

4 eggs or more

hashbrowns

Toast

(Oat Meal, yogurt etc.) You can have more food to start your day. when building muscle, you want energy for your muscles. Eating is good, especially in the morning for energy.

Workout routine:

Primary muscle group: Arms

Secondary muscle group: chest

Bench press: (Light weight) close grip 3/10-12

Pushups right: after (super set)

Barbell curls: 3/10-12

Skull crusher combos: 3/10-12

Cable curls: 3/10-12

Cable push downs: 3/10-12

Rest and recover

Saturday: Rest and Recovery Day

Sunday: Rest and Recovery Day

NO working out! Your muscles need this time to rest and recover. This is the time your muscles are using the nutrients to rebuild bigger and stronger from the strength training break down. Utilize this time to rest and relax so your muscles can build back much bigger.

E-book Summary

You just learned the muscle building process. This is the basic core back bone of the muscle building process. It is very simple and easy to understand, especially when you begin applying what you have learned here. Just Consistently strength train and workout and you will build muscles and strength. There are more sources of information and much more to learn. Look into the other sources to build your understanding and know how to build muscles and strength even more. There is better more in-depth information you can read and learn. There are deals and packages you can get as well that will add more value.

Repeat the process more and more. If you want to learn different workouts and strategies, with a higher level of information on how you can build strength and muscles more then checkout the other information sources. Especially the e-book that will help you build massive muscles and strength. You still need to know workouts and kinds of workouts. There are different kinds of repetitions, sets, and workout strategies that can enhance your workouts to help you build muscles bigger and stronger than just the basic average workout strategy and programs. If you want to perfect the process then learn even more.

Now if you want to learn even more in detail then There are other sources and content you can get that build even more in detail then this e-book. Just from reading this e-book, we will give you a better deal with the purchase of two other e-books on building muscles.

When working out remember you're not just building a STRONG BODY but also a STRONG MIND. As you workout you're working out your brain as well and strengthening your mind. You're hardening and molding your mind as you workout and lift weights. When you lift heavier and harder weights it hardens your mind. Each repetition, set and workout over time develops your mind so it is also conditioned to be able to resist more weight force and resistance. This is how you build muscles. Your brain is telling its self it needs to get bigger and stronger to be able to survive in the environment it is in. Build big and strong.

STRONG MIND

STRONG BODY

Don't quit

Stay focused

Stay consistent

Now continue through the process and see you on the other side!

This is a SOLIS OLYMPUS Product.