

For Men Only Magazine Releases A Free Muscle Building eBook

For-Men-Only-Magazine.com has partnered with fitness expert, Sean Nalewanyj, to publish a free eBook called "8 Things You Must Do To Build Maximum Muscle". It is jam-packed with killer muscle building tips to help you build muscle mass in no time.

Aug. 28, 2009 - [PRLog](#) -- Do you know what are the most critical factors when it comes to building maximum muscle size and strength? For-Men-Only-Magazine.com has partnered with fitness expert, Sean Nalewanyj, to publish a free eBook called "8 Things You Must Do To Build Maximum Muscle". It is jam-packed with killer muscle building tips to help you build muscle mass in no time.

In this ebook, available free for the asking, you will learn the following :

1) Provide your body with a surplus of calories by ensuring that your caloric intake exceeds your caloric expenditure.

Beyond planning a proper workout schedule with all of the right exercises, sets, reps and rest periods lies this one simple rule of muscle growth. A rule that absolutely **MUST** be followed if you ever want to see measureable muscle gains...

In order to build muscle, you must consume more calories than you burn!

2) Consume the right types of calories from the proper muscle building food sources

The raw number of calories that you consume determines whether you will lose weight, maintain your weight or gain weight... but it is the type of calories that will determine what kind of bodyweight is lost or gained (lean muscle mass, fat, water etc.)

3) Increase your daily water intake significantly

Water is an absolutely critical component to the muscle-building process and to overall body health in general. Failing to keep yourself properly hydrated throughout the day will have a negative impact on literally every single process within your entire body!

4) Keep a detailed record of every single workout that you perform and strive for improvement every week

This muscle-building technique should form the underlying basis for your entire workout plan. When it comes to structuring a proper approach in the gym, this is the most important overall factor, bar none.

5) Be prepared to train at a high level of intensity every single time you enter the gym

If you think that building muscle is going to be a walk in the park and that you can simply enter the gym, "go through the motions" and then go home, you are sadly mistaken.

6) Avoid overtraining by limiting your overall workout volume and by providing your body with sufficient recovery time in between workouts

This is one of the most common and most deadly mistakes that almost all beginners run into. They naturally assume that the more overall work they perform in the gym, the greater their results will be.

7) Stop placing so much of your emphasis on dietary supplements. There is no replacement for basic hard work!

If you really think that pills, powders and drink mixes are going to build your body for you, you're in for a huge disappointment! It continues to amaze me how much value and emphasis the majority of trainees place on "the latest breakthrough pill".

8) Understand that application and consistency is EVERYTHING!

You can have the most effective workout schedule possible, the most intelligent diet approach available and the most intimate understanding of muscle growth from every possible angle, but without the inner drive and motivation to succeed you will get nowhere, and very fast.

The ebook will arm you with 8 very powerful steps towards achieving positive results from your muscle-building program. It is meant to provide eager lifters with the chance to experience guaranteed success, without all of the regular marketing hype and nonsense that you see everywhere else. There is so much bogus information circulating around in books and on the Internet that it can often be hard to know who to trust. And the dead-honest truth is that there are many people who you cannot and should not trust.

Once an awkward, 125-pound, "geeky" social outcast, Sean Nalewanyj is now a renowned muscle building and fat loss expert, best-selling fitness author and success coach. Sean has been researching and promoting natural bodybuilding and fat loss techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle, burning fat and gaining strength fast.

To get an unfair advantage in building the powerful, muscular new body you have always dreamed of, get a free copy of the eBook called "8 Things You Must Do To Build Maximum Muscle". It is jam-packed with killer muscle building strategies :

<http://www.for-men-only-magazine.com/solid-muscle-mass.html>

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For Men Only Magazine is an online magazine dedicated to the physical and sexual health of the modern man.

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