

BODY BUILDING SECRETS REVEALED

Table of Contents

Introduction	3
Weight Training	4
Exercises	5
Workout Plans	12
Eating Right	17
Carbohydrates	17
Protein	19
Fats	21
Sample Meal Plans	26
Cooking for Mass (Recipes)	31
Sweet Dreams (Getting Enough Rest)	41
Supplements	43
Creatine	43
Glutamine	45
Protein	46
Nitric Oxide	46
Steroids & Growth Hormones	47
Body Building for Her	48
Body Building for Teens	50
Contests	53
Your Resources	58
Conclusion	60

INTRODUCTION

Ever since the fitness craze in the 1980's, we have become a nation increasingly aware of our health and physique. Millions of dollars are spent every year in the quest for a perfect body. Gyms are big business, personal trainers are making a tidy living helping people stay fit, and body building supplements are at an all-time level of performance.

In actuality, the sport of body building has been around for quite some time. In the late 19th century, the man known as the "father of bodybuilding", Eugen Sandow was credited with inventing the sport by inviting people to view his body in muscle display performances.

Sandow built a stage performance around displays of strength and agility as well as showing off a "Grecian" physique which was considered the ultimate body. He became so successful, he created several businesses around his fame and was among the first people to market body building products bearing his name. As he became more popular, he was credited with the invention of the first exercise equipment marketed to the masses.

Sandow was also credited with beginning the first body building contest called "The Great Competition" held in London. This competition was the basis for many others to follow including the Mr. Olympia competition that remains the most popular body building contest to date.

When World War II broke out, men in the country were inspired to become bigger in their physique, stronger, and more aggressive in their behavior. Training techniques were improved, nutrition was focused on more than ever, and body building equipment evolved into effective means for working muscles in ways never thought of before.

It was also around this time that many body building organizations came into being including the Amateur Athletic Union and the International Federation of Body Building. In 1970, body building was taken to a new level when the film "Pumping Iron" was released starring Austrian newcomer Arnold Schwarzenegger.

Through the years, body building has just grown in popularity becoming almost an obsession for many people. Women have started

to take an interest in honing their bodies, and the sport has evolved into a real competitive arena.

If you've always wanted to learn about how to build your body to that "Grecian Ideal" envisioned by Eugen Sandow, there can be a lot to learn. This book will guide you through some of the basics to get you started. Of course, nothing will compare to actually getting to the gym and lifting those weights, but you'll need some information first.

That's why we're here. We want to reveal body building secrets to YOU.

WEIGHT TRAINING

Body building is the process of developing muscle fibers through various techniques. It is achieved through muscle conditioning, weight training, increased caloric intake, and rest. Workouts are designed to focus on certain muscle categories, and foods are consumed with the intention to build the body's metabolism and increase mass.

This section will focus on weight training for body builders. Weight training develops both strength as well as the size of skeletal muscles. It uses the force of gravity to oppose the force generated by muscles through contraction. Weight training uses a variety of specialized equipment designed to target specific muscle groups and movements.

Some people refer to weight training as strength training. While they are not exactly the same, they are both similar to each other. Strength training focuses on increasing muscular strength and size. Weight training is one type of strength training using weights as the primary force to build muscle mass.

The basic principles of weight training are pretty much the same as those of strength training. It involves a manipulation of the numbers of reps, sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, size, or shape.

The specific combination of reps, sets, exercises, and weight depends upon the desires of the body builder. Sets with fewer reps can be performed with heavier weights but have a reduced impact on endurance.

Body Building Secrets Revealed

You have just read the first pages of this ebook.

The full product includes the complete PDF, the editable source file, cover graphics and a private label rights licence. Edit it, put your name on it and sell it as your own.

Get it for £2.99

[https://plrshop.shop/body-building/
405-body-building-secrets-revealed.html](https://plrshop.shop/body-building/405-body-building-secrets-revealed.html)