



How To Build Muscle - 10 Mistakes Killing Your Muscle Gains

Jack Ross

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Unrealistic goals, rampant drug use, crazy genetics and a supplement driven industry all serve to confuse and distract the average weight trainer from reaching their ideal body.

Building muscle and transforming your body can be dead easy... if you know what to do.

How To Build Muscle reveals guiding principles that will help you build a better body by avoiding the most common mistakes that kill progress.

There is no shortage of information in the glossy magazines that fill the news stands... sadly little of it applies to the average aspiring weight trainer looking to add muscle.

How To Build Muscle cuts through all the hype and garbage to keep you focused on what works for the average trainer who is drug-free, has below to average muscular genetics and wants to have a life outside of the gym.

These are the 10 most common mistakes that prevent people from building muscle.

Inside How To Build Muscle you will discover:

- The one training accessory that most trainees don't have or use but could dramatically increase your gains (and it costs under \$5)
- A crucial out of the gym factor that if you don't address despite your best efforts in the gym will prevent your muscles growing
- Six days a week? Twice a day training? Is it possible to get a good body while still having time outside the gym to show it off? The answer revealed plus 2 sample routines you can get started on.
- A simple trick that you can do every 12 weeks of training to prevent overtraining and blast through plateaus
- How an economics law from 1906 can help you choose the right exercises to transform your body (this will save you time as you fast track your progress and don't waste time on useless exercises)
- Two "tricks" to manage your progression in the gym. If lift the same weights week after week, you risk looking the same. Discover the secrets of progression to ensure every time you workout you are stronger than the last workout. Imagine the transformation your body will have with this progress week after week.
- The truth about intensity and how hard you really need to train in the gym
- Most people's work outs go for too long a time period murdering their gains. Find out the right length work out time that will boost gains and prevent overtraining
- What role does your mind play in achieving your perfect body and how can you harness your mind for

better muscle gains

- How to use your mind to blast through your workouts and push your body to extremes you never thought possible

- The truth about physique and strength goals for drug-free athletes. How strong do you have to be to achieve a 16 inch arm? What is your maximum muscular weight? What is a good bench press weight? You will find answers to all these types of questions.

How To Build Muscle is your road map to keep you on track and avoid the mistakes that cause many weight trainers to fail at their goals.

How To Build Muscle gives you the answers to help you on your journey to get the body you've always wanted.

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