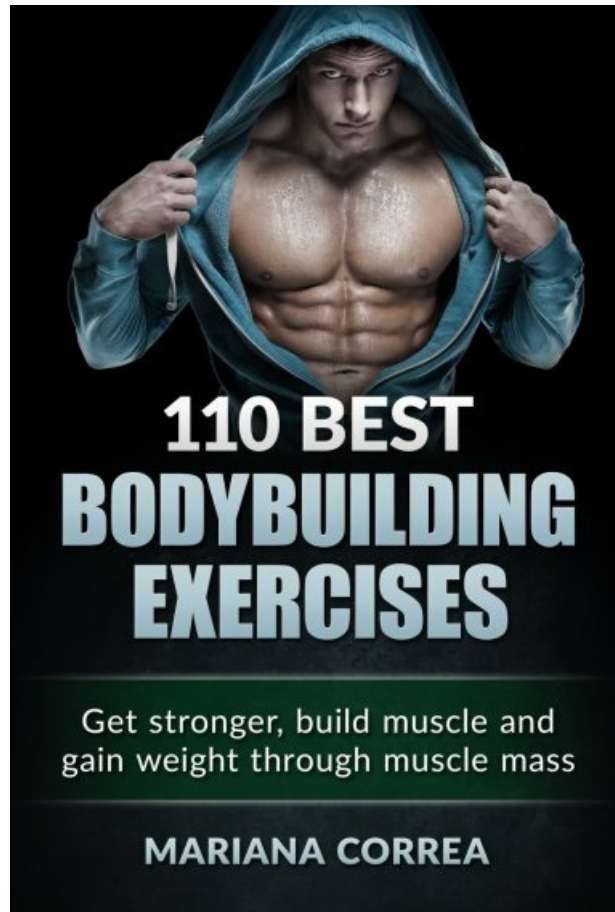




110 BEST BODYBUILDING EXERCISES

Get stronger, build muscle and
gain weight through muscle mass

MARIANA CORREA



110 BEST BODYBUILDING EXERCISES

**Get stronger, build muscle and gain weight
through muscle mass**

Mariana Correa

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ISBN

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Acknowledgement

To my readers and your lifelong goals, may you achieve all you dream of and more.

About the author

Mariana Correa is a certified sports nutritionist and former professional tennis player. Mariana reached a career high of 26 in the world in juniors with wins over Anna Ivanovich (former #1 WTA in the world) and many other top 100 WTA players.

She competed successfully all over the world in over 26 countries and hundreds of cities including in London for Wimbledon, Paris for the French Open and in Australia for the world championships. She also represented Ecuador in Fed Cup, where the team reached the finals in their group.

During her career she was awarded the fair play award many times, proving to be not only an excellent player, but also a role model for other athletes.

Being an athlete herself she understands what it takes to be the best in what you love.

Mariana is a certified sports nutritionist with years of experience in proper nutrition and hydration for high performance athletes.

She combines her love and knowledge in sports and nutrition in this book to provide you with all the information you need to succeed.

Description

Discover how to gain weight through building more muscle and making massive amounts of lean muscle mass with 110 Bodybuilding exercises.

Whoever said muscle building supplements are all you need to gain muscle mass is completely mistaken.

To achieve your goals you need to train your muscles the right way. Learn new and traditional exercises with the correct technique with a great image and description.

With over 100 bodybuilding exercises this book will become your go to weight lifting bible that will help you achieve all your goals.

- Build Lean Muscle Mass
- Burn Fat
- Stay Motivated to Accomplish your Goals
- See your body transforming with every workout

A year from now you will be wishing you had started today. The journey to greatness is not easy, but every step you take forward brings you one step closer to your goals.

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Introduction

Make your body

The ULTIMATE PERFORMANCE MACHINE

“Most people have no idea how amazing their body is designed to perform” Mariana Correa

Let's begin by understanding your body is perfection. Yes, no matter what you think it's perfect. Every single cell works together in

synchronicity allowing you to be healthy and perform your everyday activities and training.

Do you have any idea of all the cells that are working together in order for you to read this book or something as simple as the process of breathing? Your body is incredible, but in order to stay in top shape it needs your help.

Your dream body is closer than you think with a combination of nutrition and hard work.

But in this book we'll take it a notch further, we not only want a great body, we also want to be at the top of our game. Take that perfect body to the next level, the ultimate level.

We will go through several steps in this book to learn how to turn your body into the ultimate performance machine.

A great training program by itself won't even get you midway to the body you need to be the best.

Yes, it's absolutely necessary to have a great training program and without it you won't accomplish much, but any top bodybuilder can tell you that the single most important factor in creating the ultimate body is a proper nutrition plan.

That's why our last chapter includes 50 high protein shakes. Shakes are a fast and easy way to replenish your body after a demanding workout.

The word Diet comes from the Greek language and means "way of life." Therefore we should represent healthy eating and dieting as a **'lifestyle'** not a set of rules set in stone we need to follow.

Nutrition is eighty percent habit. You most likely have had the same nutritional habits for years and years. It will take time, discipline and constant support to change your habits and reach your potential.

If you've been eating toaster waffles with maple syrup for breakfast since you were a kid it won't be easy to change that now after all these years. You might think you're fine and no harm has come from this. Wrong! The hydrogenated fat in the frozen waffle and the high

fructose corn syrup in your maple syrup are definitely not helping you to achieve your potential.

There is only enough room at the top for the ones who really want it. Nothing will ever come for free or granted. Do you love it enough to fight day in and out to reach your goals?

Yes! Wonderful, then let's get started.

Chapter 1

Train to be Perfect

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do.” Pele

No matter what you are striving to be good at in life, it will require dedication and hard work. Anything you want to achieve can be achieved; it all comes down to how bad you want it, and how hard you are willing to work to get there.

Look at those bodies you admire so much, stop and ask yourself, how did they get there? Can you actually buy yourself a nice six pack at the store, or can someone gift you some amazing biceps for your birthday?

They all have one thing in common, they have worked out for hundreds of hours at a high level of intensity. That is their big secret, they worked a lot harder than anyone else.

If you want to be excellent in anything in life, it's going to involve persistently pushing past your comfort zone, as well as frustration, struggle, obstacles and disappointments. This is true as long as you want to continue to advance and sustain a high level of excellence. The reward is being in the best shape of your life through hard work and that can be incredibly satisfying.

You will gain so much from hard work. Your self-esteem will soar and physical capabilities will increase dramatically. Remember in life and in sports nothing is ever handed to you, everything must be earned.

Quality over quantity

An important concept to consider in training is not always volume, but the quality in that volume. Instead of wasting time and energy be efficient with your time. Make sure you are working toward your set goals and objectives. Each workout should be a step forward, a superior workout.

In order to achieve a superior workout you must have a smart

workout. A smart workout would be a training session in which every exercise is done with the purpose to improve. Training efficiently and effectively, not with the purpose pass time and wear yourself down.

A single hour of workout at the highest intensity will be of more value than 3 hours at a half effort. Any athlete will benefit more from a short, concentrated practice with purpose, than on long practices simply wasting time, money and energy.

Best time to train

It's actually best to switch the times of the workout. Bio-rhythms are unique for each individual and this may improve your results and the way you train. Some individuals produce more cortisol in the morning other individuals simple do not like to wake up early and have the highest energy levels at night. Do what works best for you.

Confidence

Confidence is the belief an individual has in them about their ability to execute a specific task successfully in order to achieve a positive outcome. This is the key factor between effective and ineffective performance.

Confidence is not consistent and is based on various situations and outcomes. After a positive outcome or win, confidence automatically increases. Confidence has a place in the past and in the future. Past

outcomes will affect my future confidence. If I have done the same thing 3 times and been successful each time, I will automatically have confidence for the fourth time. In the event of a negative outcome or loss, confidence automatically decreases. But confidence doesn't always have to be this volatile. You can help yourself become confident on a consistent basis.

Motivation

You have that drive inside you to reach your goal, no matter what obstacles you encounter, nothing will stop you. With every step closer to your goal your motivation increases more and more, you want it bad. People who have a passion for what they do will become better faster as they will enjoy putting in the long hours required. When they have a clear set of goals it's easier to stay focused and motivated.

To reach maximum motivation levels it is important to focus on why adversity must be faced, what are the goals and what are the benefits from overcoming this adversity?

Self-motivation comes from deep inside it's a desire to strive for greatness.

Commitment

Commitment is the ability to control one's desires and behavior. It is being able to turn down immediate pleasure and instant gratification in order to achieve long term meaningful goals.

Commitment is more than just the hours you put in. It is the discipline to put aside other pleasures and focus hard on your own improvement. It is about hard work and single mindedness. It is about immersion in your task, getting down to the basic of what you are trying to accomplish. It is about not accepting second best knowing in your heart, when something is not good enough and can and should be better.

No personal success or goal can be achieved without commitment. It is the most important trait to achieve athletic excellence, personal merits or any outstanding triumphs.

Past a certain point, you and only you can provide that intensity of will.

Persistence

In order to be successful you must be persistent. After setting your goals and knowing where you want to go, doing all you can to get there.

There will be days when you might feel like giving up, remember you're strong and you will succeed in the end. Keep moving forward

no matter how small your steps might seem.

You cannot give up no matter how difficult it seems. When you lose hope or have a setback you have to get right back up and give it another try.

With the determination to become your ultimate-self there is nothing that can stop you.

Positivity

Do you feel at your top every day? Of course not. Do you always find it easy to be positive? No. You are human just like everyone else and you have to face challenges every day.

The difference is that positive individuals recognize that their thoughts influence their behavior and they have learned to control their thoughts. Positive people know that the mental strength to be positive can be trained.

Positivity can have a huge impact on the performance level of an athlete. Developing a positive mindset can lead to resilient athletes who continuously strive to improve.

It is important to also have a positive surrounding. Team members, friends and coaches must also have the correct mindset. It takes a very determined and mentally strong athlete to remain positive when

surrounded with negativity. On the other hand if an athlete is submerged in a positive environment, they can achieve even better results.

With the correct mindset anything can be achieved.

Gratitude

“It’s not happiness that brings us gratitude. It’s gratitude that brings is happiness.” Unknown

In a world where many take a lot for granted, gratitude has been slowing eroding. They expect the roof over their head, the clothes on their back and coaches to be at their beck and call at all times. Just a skip away from being spoiled, there is still hope. No matter what the situation is, there is always something to be thankful for.

The more grateful you are for what you have, the happier and at peace you will be. The happier you are, clearly everything will be better in relationships, work and performance.

But how can we learn to be grateful? It can’t really be something forced, otherwise there is no true sense of it. Gratitude works like a muscle. Take time to identify good fortune, and feelings of thankfulness can increase. Furthermore, those who are more thankful gain more from their efforts.

Gratefulness should not be something that we see once a year in a holiday, but a constant day to day activity. An exercise I think is wonderful to apply to this would be to at least once a day ask yourself, what am I thankful for today?

Trust me you have a lot to be grateful for, beginning with the knowledge you are acquiring with this book and how fortunate you are to be able to stay fit and healthy.

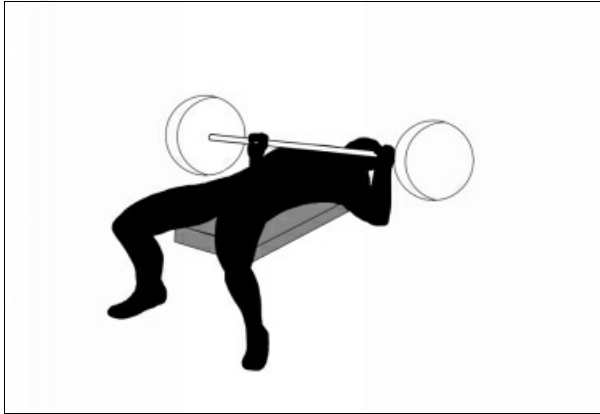
The results will surprise you. Studies have found that after only three weeks, athletes have a better attitude towards work, are happier, improve their fitness performance and have greater life satisfaction.

A successful athlete understands you won't reach your goals immediately. Rome was not built in one day and neither will your goal be reached in one day. Be persistent, lasting results are a process and it's all too easy to give up before you reach your goal. With the right psychological tools your chances of success can be achieved.

Chapter 2

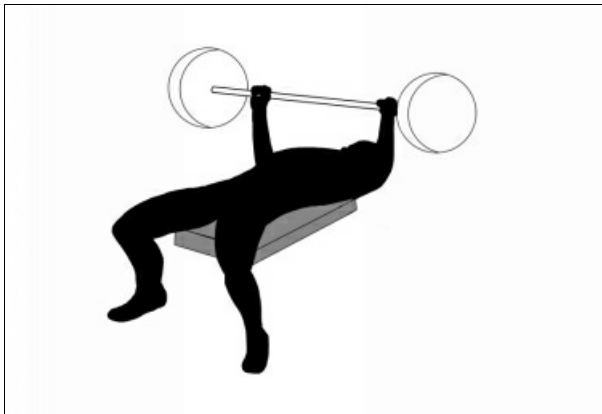
110 Bodybuilding Exercises

Bench press



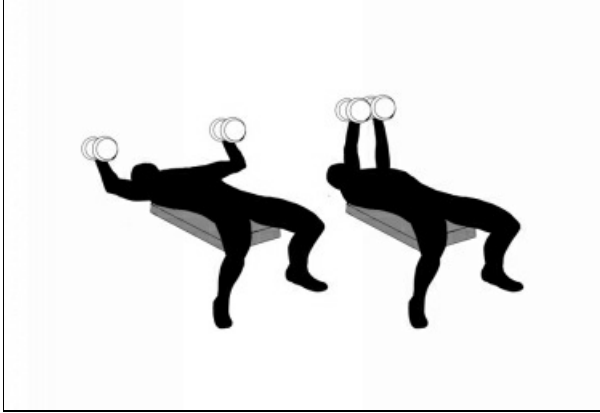
Bench press is an great upper body exercise which targets mostly your triceps and chest, if it's performed correctly. Start by laying on the bench, feet flat to the ground, keeping your hips on the bench. Keep your lats together, and arch your chest back. Grab the barbell with a slightly wider grip than your shoulders are, lift it up, and lower it close to your chest. Push the barbell up and repeat. Keep your elbows on the bench to get better chest activation. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth. Use a spotter when you're lifting heavier weight than you're used to.

Barbell incline bench press



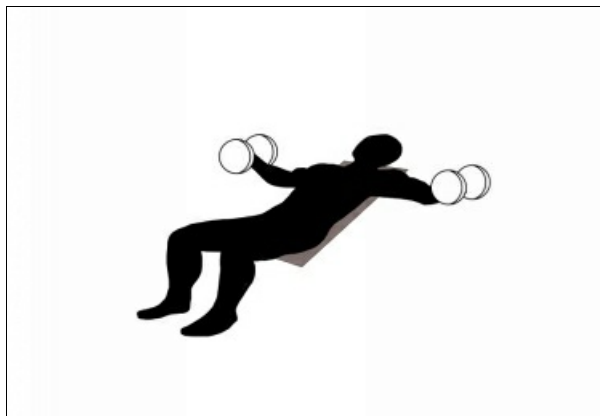
Barbell incline bench press targets your upper pecs, shoulders and triceps. This exercise requires an adjustable bench, and it's usually performed on a smith machine. Start by adjusting the bench to a 45 angle. Put the bench under the smith machine, to the point, where your hands will be vertical when grabbing the barbell. Arch your chest back, and lower the barbell close to your chest and push it up. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Dumbbell flies



Dumbbell flies are an easy and effective way to target your pecs. They require a flat bench. Start by laying on the bench. Arch your chest back, grab the dumbbells with a hammer grip and lift them up above your chest (your palms should be facing each other when the dumbbells are up). Start to lower the dumbbells down to your sides keeping your elbows slightly bent, and when you feel tension in your pecs, push the dumbbells up towards each other and repeat. Using dumbbells which weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

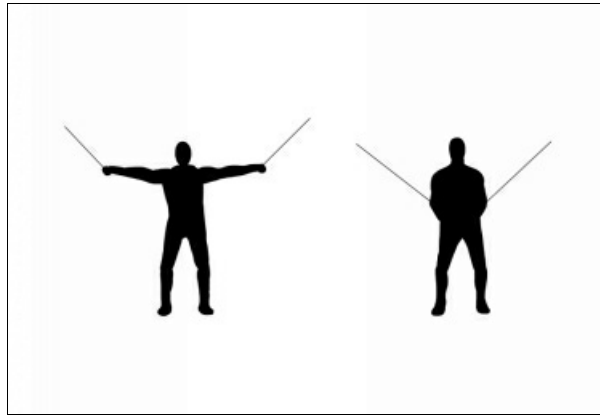
Incline dumbbell flies



Incline dumbbell flies trains your upper pecs. They are performed on an adjustable bench. Start by adjusting the bench to a 45 angle. Lay on the bench and arch your chest back. Grab the

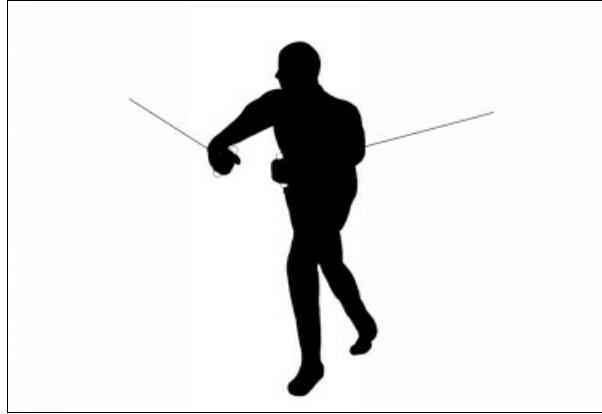
dumbbells with a hammer grip and lift them up so your hands will end up vertical (your palms should be facing each other when dumbbells are up). Start to lower the dumbbells out to your sides, elbows slightly bent, and when you feel tension in your pecs, push the dumbbells up towards each other and repeat. Use only your shoulders when rotating the dumbbells, not your arms. Using dumbbells which weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

High cable crossover



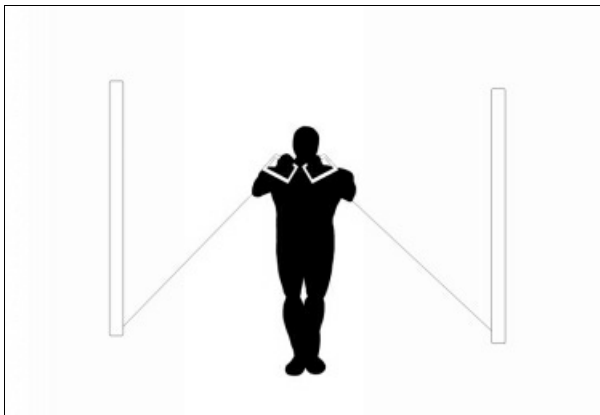
High cable crossover targets your upper pecs. They require a crossover machine. Start by placing the pulleys on a high position. Arch your chest back and keep your back neutral. Grab the handles and pull them down towards each other, with elbows slightly bent. Return the handles to starting position and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Mid cable crossovers



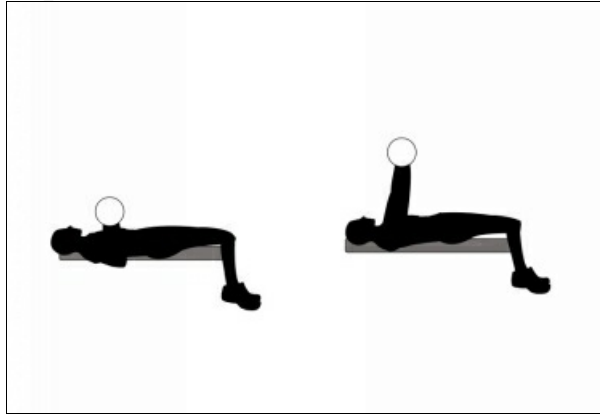
Mid cable crossovers work out your upper and lower pecs. They require a crossover machine. Start by placing the pulleys in a mid-position. Step forward with your one leg, arch your chest back and keep your back neutral. Grab the handles and pull them towards each other with elbows slightly bent. Return the handles to starting position and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Low cable crossover



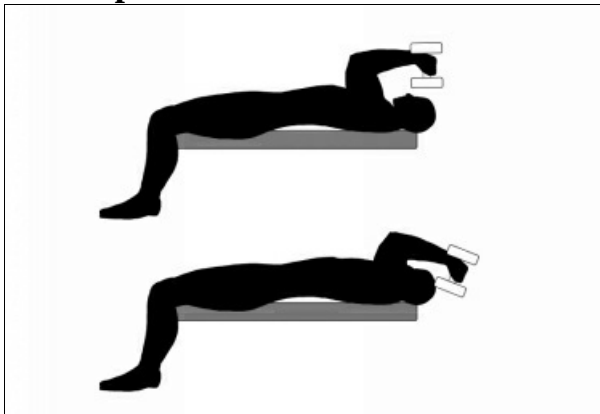
Low cable crossovers train your lower pecs. They require a crossover machine. Start by placing the pulleys on a low position. Arch your chest back and keep your back neutral. Grab the handles and pull them up towards each other, with keeping your elbows slightly bent. Return the handles to the starting position and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Dumbbell chest press



Dumbbell chest presses target your pecs and shoulders, and they are performed on a flat bench. Start by grabbing a pair of dumbbells. Sit on the bench and bring the dumbbells on your knees. Lift the dumbbells up, lean your back to the bench, and arch your chest back. Keep the dumbbells facing sideways, and lower them down to the point, where your forearms are vertical and upper arms parallel to the ground. Push the dumbbells up and repeat. You can get more chest activation by bringing your arms wider when lowering the dumbbells, instead of just lowering the dumbbells straight down. Using dumbbells which weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

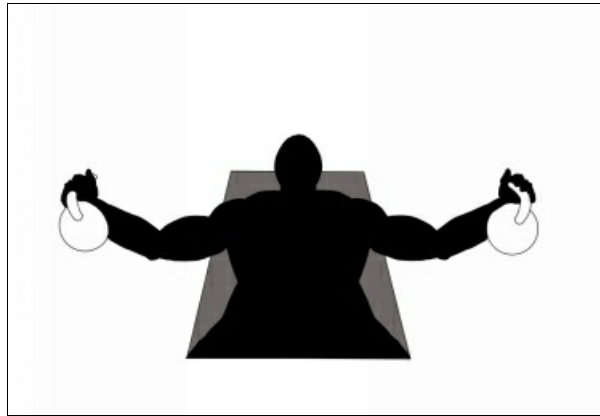
Dumbbell pullover



Dumbbell pullover targets mostly your pecs, but it also trains your triceps, shoulders and biceps. They are performed on a flat bench. Start by grabbing a one dumbbell with your both hands while sitting on the bench. Lean your back to the bench and lift the dumbbell above your chest. Keep your feet flat to the ground and hips to the bench, and start to lower the dumbbell behind

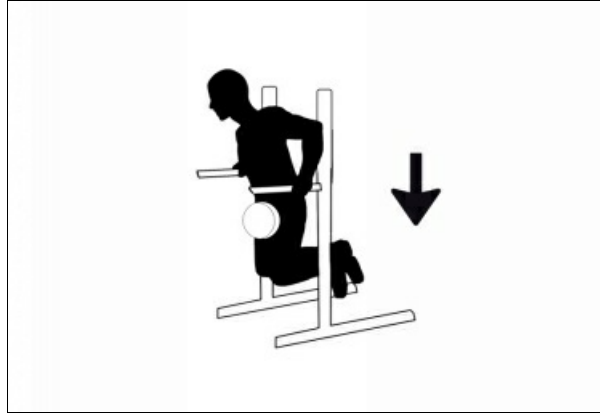
your head, elbows slightly bent. When you feel tension on your pecs, lift the dumbbell back to the starting position and repeat. Using a dumbbell which weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Kettlebell flies



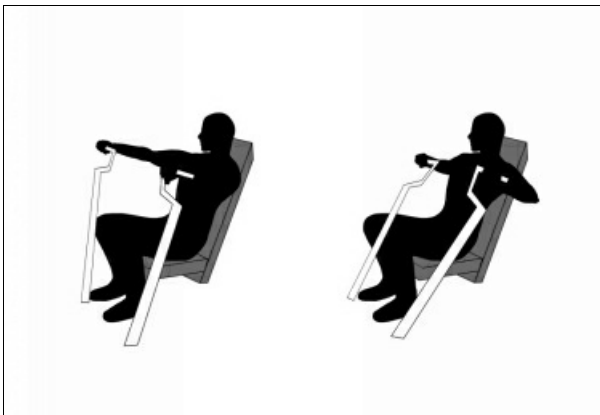
Kettlebell flies targets your pecs. They are performed on a flat bench. Grab the kettlebells with a neutral grip and go lay down on the bench. Arch your chest back, and lift the kettlebells up above your chest (your palms should be facing each other when kettlebells are up). Start to lower the kettlebells down laterally, keeping your elbows slightly bent, and when your upper arms are parallel to the ground, push the kettlebells up towards each other and repeat. Using Kettlebells whose weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Weighted dips



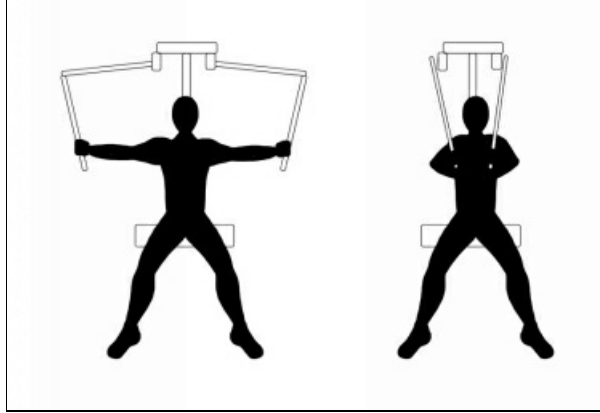
Weighted dip works out your chest, triceps and shoulders, but you can get the best chest activation by leaning slightly forward when performing the exercise. They are performed on parallel bars. Start by putting your dip belt on, and attach the weight with a chain to your dip belt. If you don't have a dip belt, you can keep the weight between your knees or ankles. Grab the parallel bars and lower yourself down until your arms are at 90°, (forearms vertical and shoulders parallel to the ground) and push yourself up and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Chest press



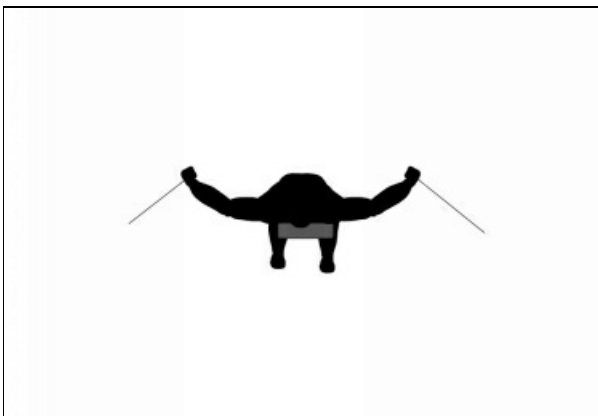
Chest press targets mostly your pecs and triceps. They are performed on a chest press machine. Start by sitting on the seat and grabbing the handles of the chest press machine. Arch your chest back and push the handles forward. Return the handles back and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Butterfly



Butterfly targets your pecs. They are performed on a pec deck machine. Start by sitting on the seat. Arch your chest back and grab the handles of the pec deck machine. Bring the handles towards each other in front of you and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

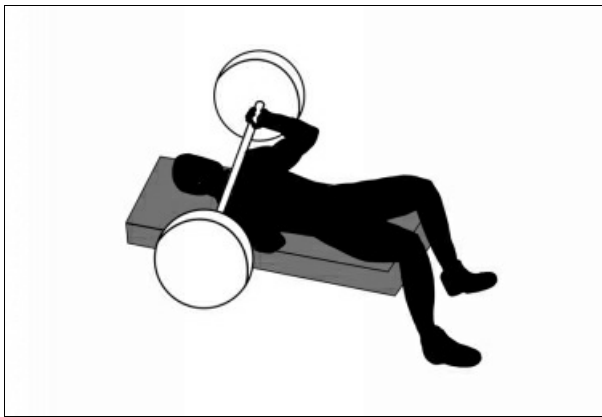
Flat bench cable flies



Flat bench cable flies trains your pecs. They are performed with a flat bench and a crossover

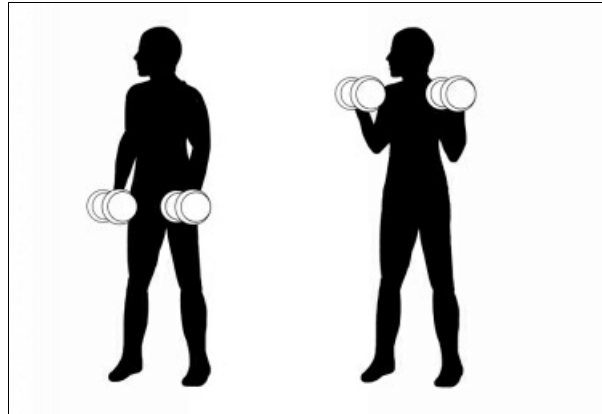
machine. Start by placing the pulleys on a low position, and attach the single handle attachments to the cables. Lay down on a bench, grab the handles and arch your chest back. Pull the handles up towards each other, with elbows slightly bent. Return the handles to the starting position when you feel tension on your pecs, and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Neck press



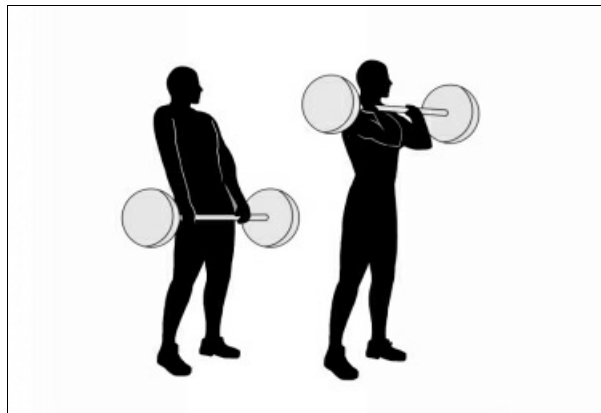
Neck press targets your upper pecs. Start by laying on the bench, arch your chest back, keeping your feet flat to the ground and hips on the bench. Lift the barbell up and lower it down close to your neck. Push the barbell up and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth. It's very important to use a spotter in this exercise when you're lifting heavier weight than you're used to.

Dumbbell curls



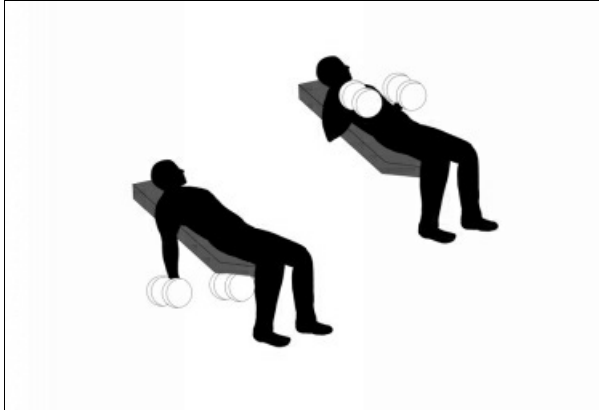
Dumbbell curls are one of the most common ways to train biceps. Start by grabbing the dumbbells and bring them on your sides. Your palms should be facing forward when dumbbells are on your sides. You can bring your elbows slightly backward to get better bicep activation, but do not lock your elbows. Lift the dumbbells up until your biceps are fully contracted, and lower them down. Use only your forearms to lift the dumbbells up and down. Using dumbbells whose weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Barbell curls



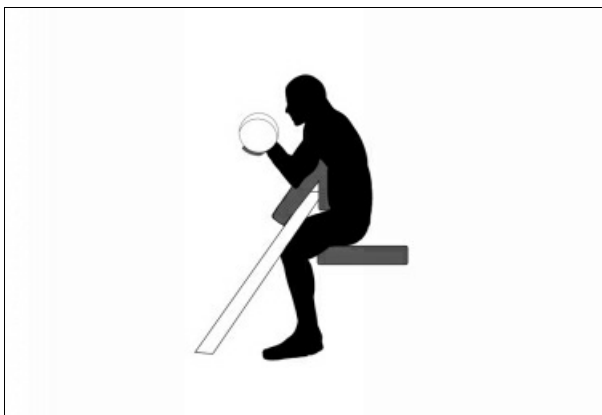
Barbell curls works out your biceps. Start by grabbing the barbell slightly wider than your hips are, and your palms facing forward. You can bring your elbows slightly backward to get better bicep activation, but do not lock your elbows. Lift the barbell up until your biceps are fully contracted, and lower it down. Use only your forearms to lift the barbell up and to lower it down. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Seated incline dumbbell curls



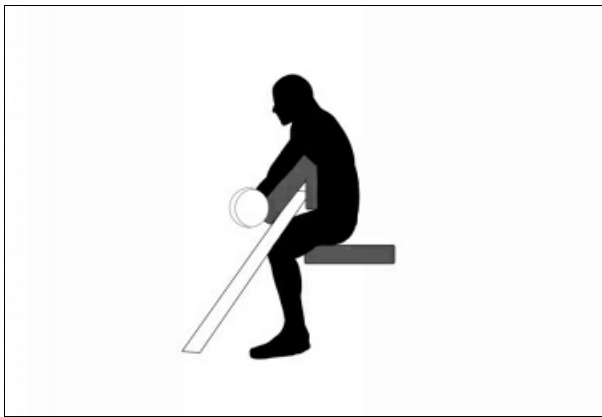
Seated incline dumbbell curls help you to get even better bicep activation than the regular dumbbell curls. They are performed with an adjustable bench. Start by adjusting the bench at the 45 degree angle. Grab the dumbbells with a supinated grip (palms facing forward) and sit on the bench. Lift the dumbbells up until your biceps are fully contracted, and lower them down. Use only your forearms to lift the dumbbells up and to lower them down. Using dumbbells whose weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Barbell preacher curls



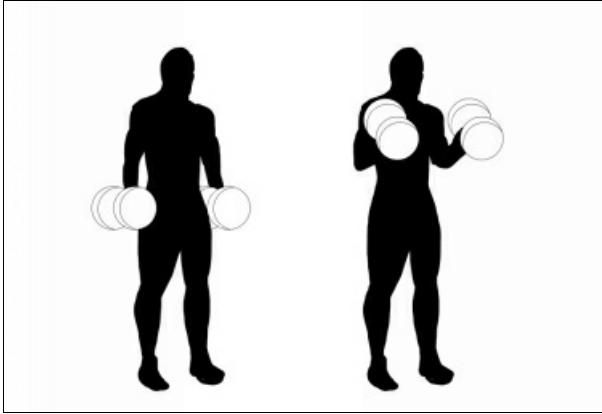
Barbell preacher curls targets your biceps. They are performed on a preacher bench. Start by sitting on the seat. Grab the barbell with a supinated grip, keep your upper arms attached to the armrest, and lift the barbell up using only your forearms. When your biceps are fully contracted, lower the barbell down and repeat. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Two arm dumbbell preacher curls



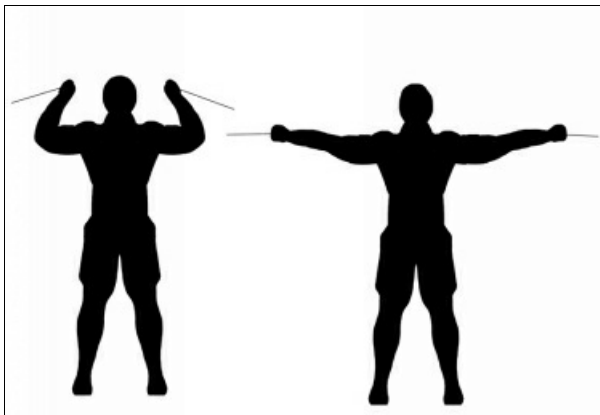
Dumbbell preacher curls are a great way to create even bigger tension to the biceps by using dumbbells. They are performed on a preacher bench. Start by sitting on the seat. Grab the dumbbells with a supinated grip, keep your upper arms attached to the armrest, and lift the dumbbells up using only your forearms. When your biceps are fully contracted, lower the dumbbells down and repeat. Using dumbbells whose weight allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Hammer curls



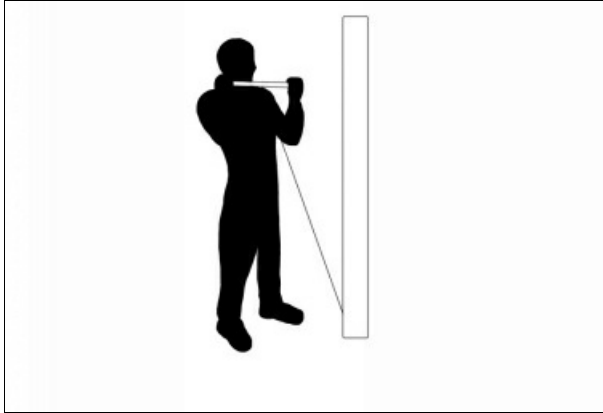
Hammer curls a key exercise for bigger biceps. Start by grabbing two dumbbells with an neutral grip (palms facing to your each other) and bring them on your sides. Lift the dumbbells up until your biceps are fully contracted, and lower them down. Use only your forearms to lift the dumbbells up and to lower them down. Using dumbbells whose weight allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Overhead cable curl



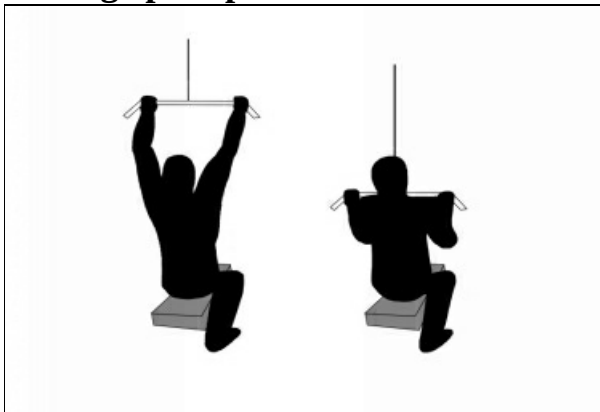
Overhead cable curls works out mostly your biceps and forearms. They are performed with a crossover machine. Start by adjusting the pulleys at the shoulder level, and attach the single handle attachments to the cables. Keep your back neutral and grab the handles. Keep your arms parallel to the ground, and pull the handles upwards towards your head using your forearms. Return the handles to their initial position once your biceps are fully contracted and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Bicep cable curls



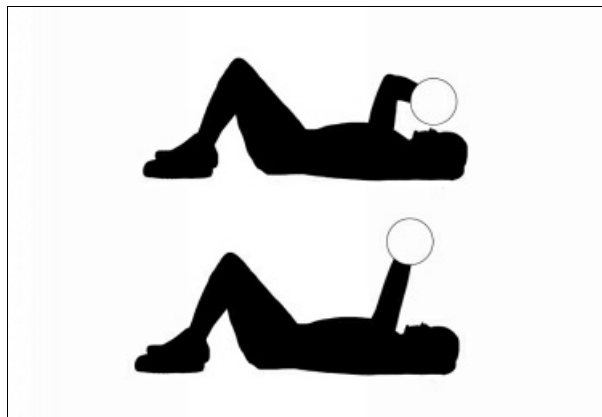
Bicep cable curls train your biceps and forearms. They are performed with a crossover machine. Start by adjusting a pulley on a low position. Grab a straight bar attachment and attach it to the cable. Bring the bar up to your hip level, and curl it up using only your forearms. Once your biceps are fully contracted, lower it down and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Supinated grip lat pulldown



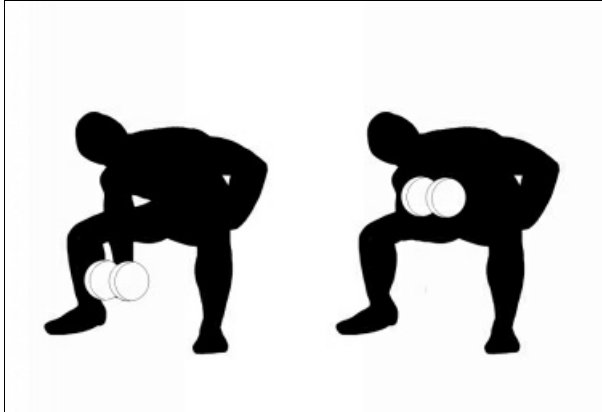
Supinated grip lat pull down targets your biceps and back. They are performed on a lat machine. Start by attaching a straight bar attachment to the cable. Grab the bar with a supinated shoulder width grip. Keep your back straight, and pull the bar down to your shoulder level using only your arms. Return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Laying cable curls



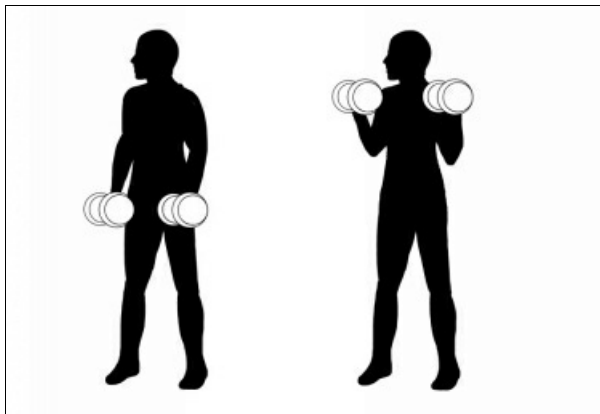
Laying cable curls are an effective way to work out your biceps. They are performed with a crossover machine. Start by adjusting a pulley on a high position. Attach a straight bar attachment to the cable. Grab the bar with a supinated shoulder width grip, and lay down on a bench or the floor. Keep your arms straight, upper arms vertical throughout the exercise, and pull the bar close to your forehead. Return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Concentration curl



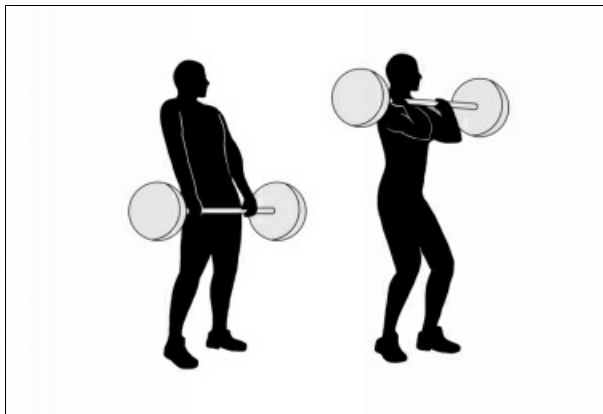
Concentration curl targets your biceps. Start by sitting on a bench, feet wide spread on the floor, and grab a dumbbell with a neutral grip (palms facing sideways). Put your elbow to the middle of your inner thigh and curl the dumbbell up. Once your bicep is fully contracted, lower the dumbbell down and repeat. Switch arms during sets. Using a dumbbell which weight allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Dumbbell reverse curls



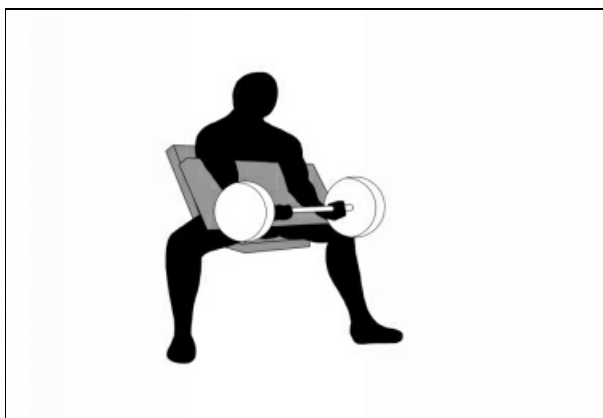
Dumbbell reverse curls are a great exercise for building bigger forearms and biceps. Start by grabbing 2 dumbbells with a pronated grip (Palms facing backwards), and bring them on your sides. Lift the dumbbells up using only your forearms, and when your biceps are fully contracted, lower the dumbbells down and repeat. Using dumbbells whose weight allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Barbell reverse curls



Barbell reverse curls targets your forearms and biceps. Start by grabbing a barbell with a pronated (palms facing backwards), and bring it up to your hip level. Lift the barbell up using only your forearms, and lower it down and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

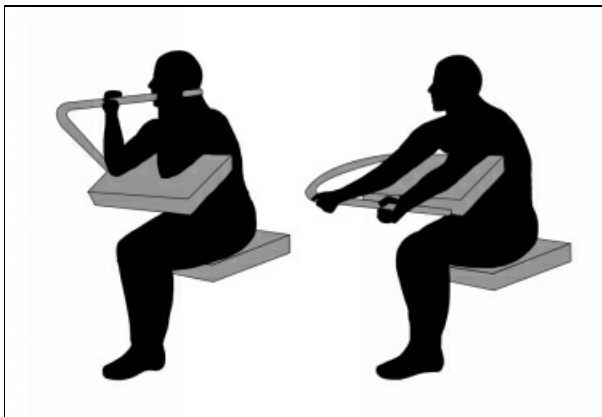
Negative barbell preacher curl



Negative barbell preacher curls are a great way to add more intensity to your bicep workout.

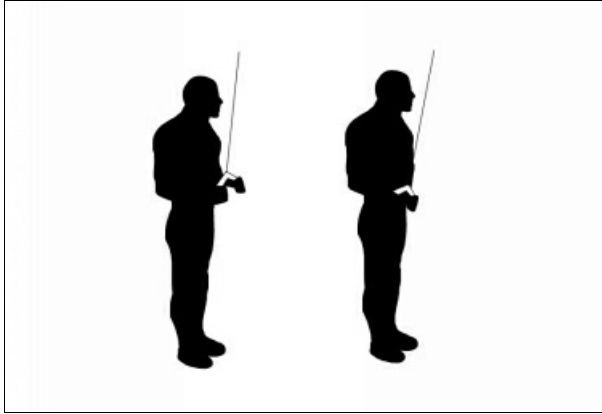
Start by sitting on the preacher bench and grab the bar with a supinated grip (palms facing forward). Lift the barbell up and lower it down as slow as you can, using gravity as a resistant. This will create a lot of tension to your biceps. Lift the barbell up back to the starting position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Machine biceps curl



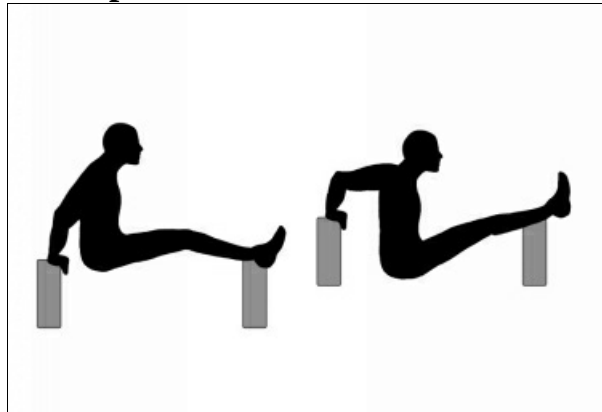
Machine biceps curl focuses on your biceps. They are performed with a bicep machine. Start by sitting on the seat. Place your elbows on the armrest and grab the handles of the bicep machine. Bring the handles towards you using only your forearms, and once your biceps are fully contracted, lower the handles back to their initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Triceps cable pushdown



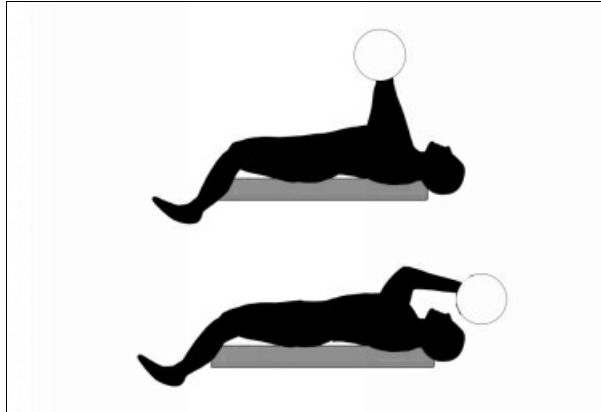
Triceps pushdown targets your triceps. They are performed with a crossover machine. Start by placing the pulley to a high position. Attach a bar/rope attachment, to the cable and grab the bar with a pronated grip (palms facing forward). Pull the bar down to your hip level, using only your forearms and keeping your upper arms stationary. Return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Weighted bench dips



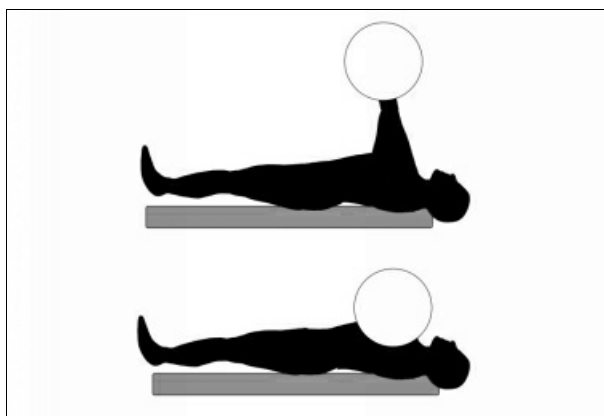
Weighted bench dips help you to create bigger triceps. They are performed with a flat bench. Start by finding a pair of flat benches. Put one bench behind you and the other in front of you. Place your hands on the bench behind, and your feet together on a bench in front of you. Put some plates on your thighs and start to lower yourself down until your arms are at 90° angle (forearms vertical, shoulders parallel to the ground), and push yourself up. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Barbell skull crusher



Barbell skull crushers works out your triceps. They are performed on a flat bench. Start by grabbing a barbell with an shoulder width grip. Lay down on the bench and lift the barbell above your chest. Keep your feet flat to the ground and hips on the bench, and start to bring the barbell behind your head using only your forearms. Once your arms are at 90° angle, lift the barbell back above your chest using only your forearms and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

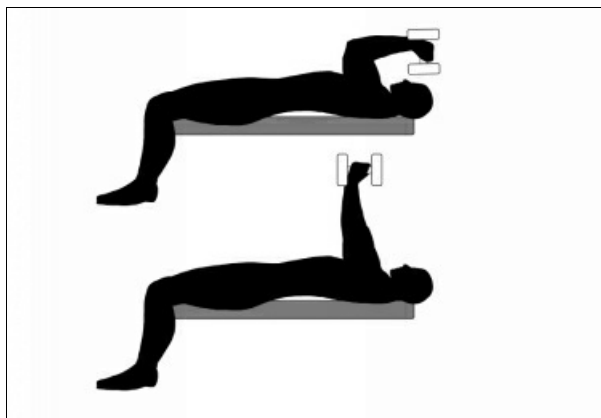
Close-grip bench press



Close grip bench press puts a lot of tension to your triceps. Start by laying on the bench. Grab the

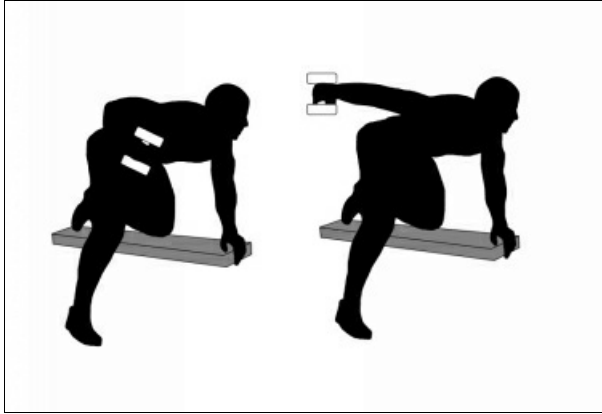
barbell with a shoulder width grip. Keep your feet flat to the ground and hips on the bench, and lower the barbell close to your chest and push it up. Using weight which allows you to do 8-12 reps before failure is the most efficient way to stimulate muscle growth. Use a spotter when you're lifting heavier weight than you're used to.

Laying dumbbell tricep extensions



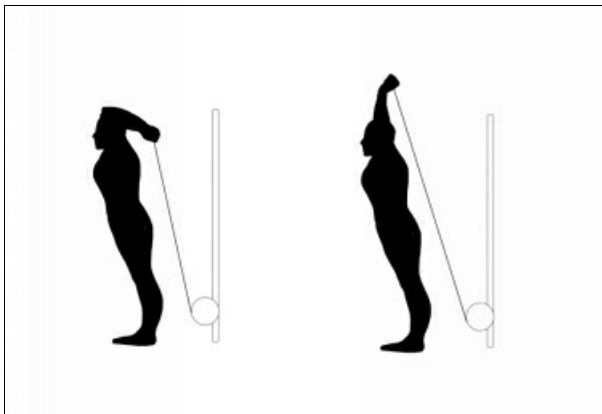
Laying dumbbell tricep extensions works out your triceps. They are performed on a flat bench. Start by grabbing a pair of dumbbells with a neutral grip, and lift them above your chest keeping your arms vertical. Lower the dumbbells close to your head using only your forearms, and when your arms create an 90 degree angle, push them up and repeat. Using dumbbells whose weight allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Dumbbell triceps kickback



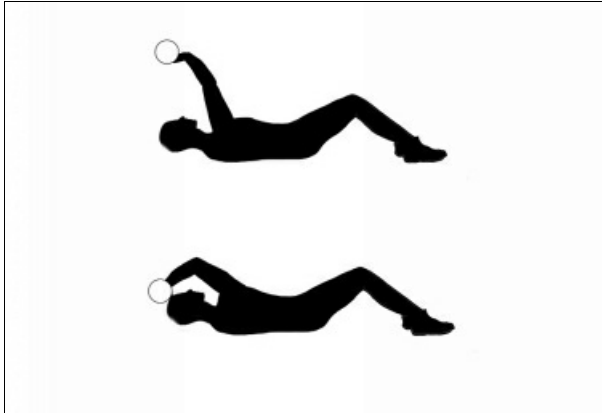
Dumbbell tricep kickback is an effective way to train your triceps. They are usually performed with a bench. Start by grabbing a lighter dumbbell than you can curl. This will help you to get a better range of the motion, and therefore you don't wreck your elbow joints. Put your knee of your left leg on the bench and keep your right foot on the ground. Grab the bench with your left arm, and keep the dumbbell on your right arm. Keep your upper body and shoulders parallel to the bench, and forearms vertical. Then bring the dumbbell backwards using only your forearm, and when your whole arm is parallel to the bench, bring it back and repeat. Using a dumbbell which weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

Cable rope overhead triceps extension



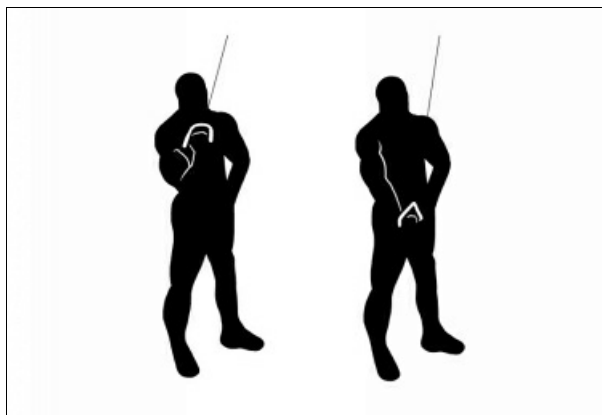
This exercise targets your triceps. It requires a crossover machine. Start by setting a pulley to a low position, and attach the rope attachment to the cable. Turn around so you're facing away from the pulley, and grab the rope with your both hands. Bring the rope behind your neck, and keep your upper arms vertical, elbows close to the head, and forearms parallel to the ground. Pull the rope upwards using only your forearms, and when your forearms are vertical, return the rope to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Decline dumbbell triceps extension



Decline dumbbell triceps extension creates a lot of tension to your triceps. They are performed on a decline bench. Start by laying on a decline bench and grab a pair of dumbbells with an neutral grip (palms facing each other). Lift the dumbbells up above your chest, and start to lower them behind your head using only your forearms and keeping your upper arms vertical and stationary. Once your triceps are fully contracted, push the dumbbells back to their initial position and repeat. Make sure your range of the motion is correct so you will not wreck your elbow or shoulder joints. Using dumbbells whose weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

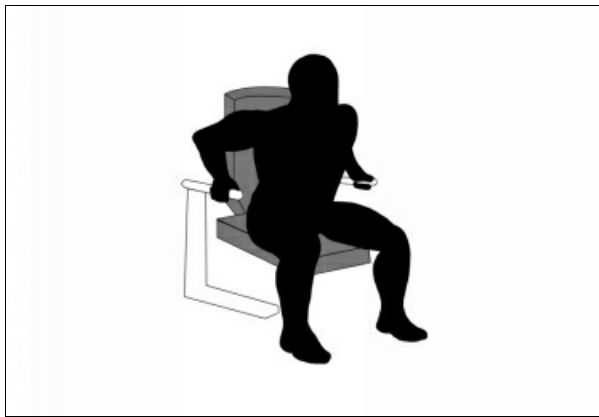
One-arm reverse cable triceps extension



This exercise is great for building bigger triceps. They are performed with a crossover machine. Start by adjusting a pulley to a high position. Attach a single handle attachment to the cable, and

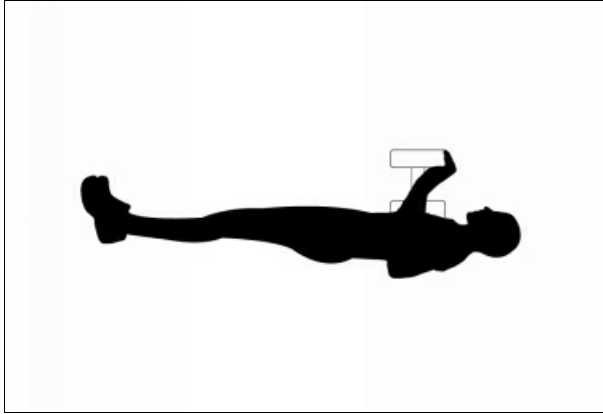
grab the handle with a supinated grip. Pull the handle down using only your forearm, and when your whole arm is almost vertical, return the handle to its initial position and repeat. Switch hands during sets. It's very important to perform this exercise with correct form, otherwise you might wreck your elbow joints. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Seated tricep dips



Seated tricep dips targets mostly your triceps, chest and shoulders. They are performed on a dip machine. Start by sitting on the seat. Grab the handles keeping your arms at 90° angle (shoulders parallel to the ground, forearms vertical). Push the handles down until your arms are straight. However, do not lock your arms. Return the handles to their initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Close-grip dumbbell press



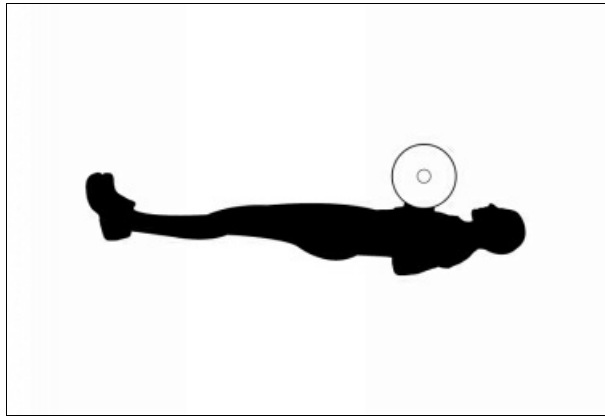
Close-grip dumbbell press is an effective way to train your triceps, but it also targets your chest and shoulders. Start by grabbing a one dumbbell with your both hands. Lay down on a flat bench perpendicular, with only your shoulders touching the bench. Keep your hips slightly under the bench, legs bent and feet flat to the ground. Bring the dumbbell straight above your chest. Your both palms should be pressing against the underside of the sides of the dumbbell. Lower the dumbbell to close to your chest using mostly your forearms, and push it back up. Using a dumbbell which weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

Cable incline triceps extension



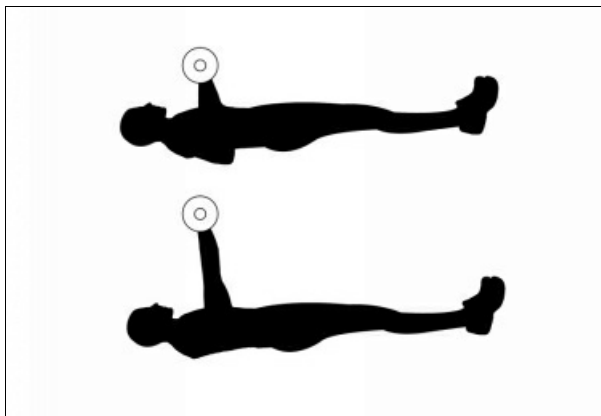
Cable incline triceps extension mainly works out your triceps. They require an adjustable bench and crossover machine. Start by adjusting the bench to a 45° angle. Adjust a pulley to a high position and attach a straight bar attachment to the cable. Go lay down on the bench, and grab the bar with a narrow grip. Keep your upper arms perpendicular and forearms parallel to the bench. Push the bar downwards using only your forearms, and when your arms are fully straight, return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Close-grip EZ bar press



Close-grip EZ bar press is an effective way to build bigger triceps. Start by grabbing an EZ bar with a narrow grip and go lay down on a flat bench. Lift the EZ bar up above your chest. Lower the bar down close to your lower chest, keeping your elbows in, and push the bar back up. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

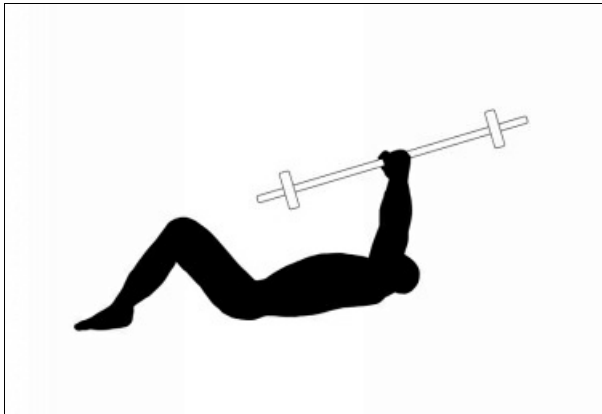
Dumbbell floor press



Dumbbell floor press trains your triceps. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and go lay down on the floor. Lift the dumbbell up above your

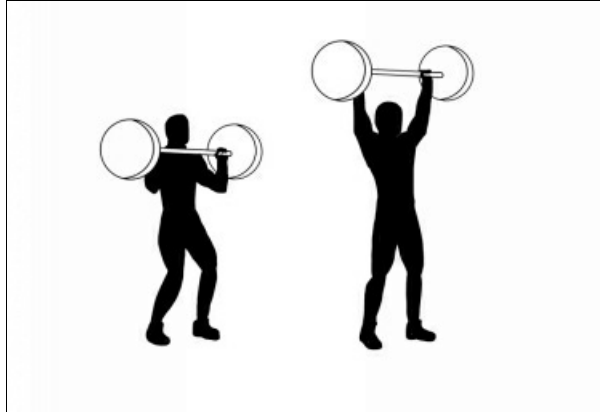
chest, keeping your arms in a straight line with your shoulders. Keep your forearms vertical, and lower the dumbbells down to the point, where your elbows almost touch the floor, and push them up and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

One-arm barbell floor press



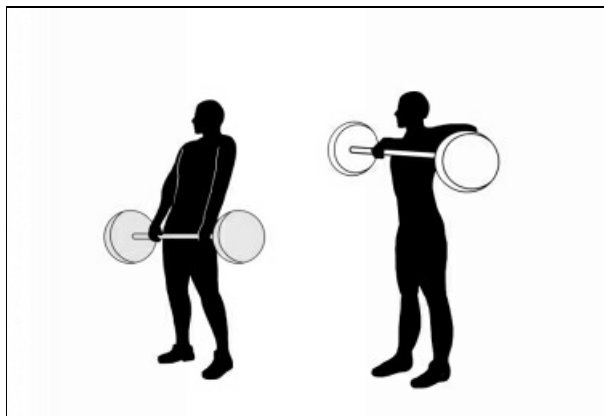
One-arm barbell floor press targets your triceps. Start by laying on the floor. Grab a barbell with your one hand using a neutral grip, and lift it up to your side, keeping your exercise arm in a straight line with your shoulder. You can also use a partner to help you to get the barbell up. Keep your other arm which you don't use on the exercise on your side. Lower the barbell down keeping your forearm vertical, and once your elbow almost touches the floor, lift the barbell up and repeat. Alternate arms during sets. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Standing military press



Standing military press works out your shoulders. Start by grabbing a barbell with an overhand grip, that is wider than your shoulder width, and bring it to your shoulder level. Place the bar to your collarbone supporting the weight with your hands, and lift it up over your head by extending your arms straight. Hold the position for a moment, and lower the barbell back to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

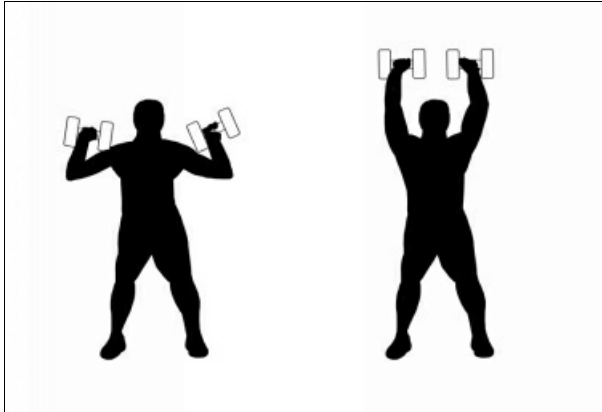
Barbell upright rows



Barbell upright rows are a great exercise for adding intensity to your shoulder training. Start by grabbing a barbell with an overhand grip that is slightly narrower than shoulder width. Lift the barbell up to your hip level keeping your back straight. Make sure your arms are straight but not locked. Lift the barbell up to the point, where it almost touches your chin, hold the position for a moment, and lower it back to your hip level and repeat. Remember to always keep your hands

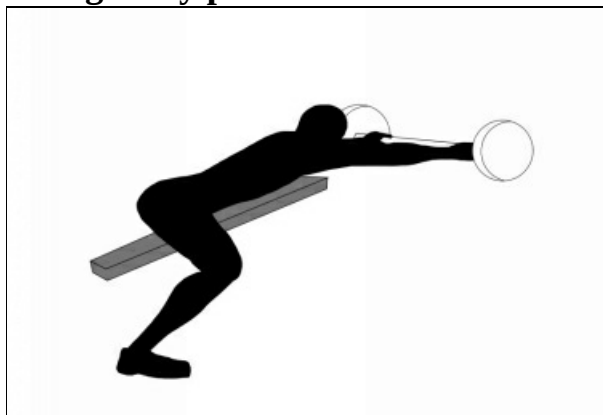
lower than your elbows are when you are lifting the barbell up. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Dumbbell shoulder press



Dumbbell shoulder press targets your shoulders. Start by grabbing a pair of dumbbells with a pronated grip and bring them to the sides of your shoulders. Keep your upper arms parallel to the ground, forearms vertical, and push the dumbbells upwards until your arms straight. Hold the position for a moment, and lower them back to your shoulder level and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

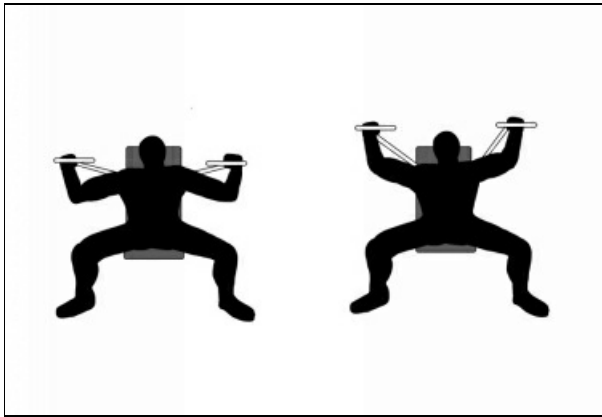
Barbell anti-gravity press



Barbell anti-gravity press works out mostly your shoulders, but it also activates your triceps and traps. Start by laying face down on the more elevated side of an incline bench. Grab the barbell

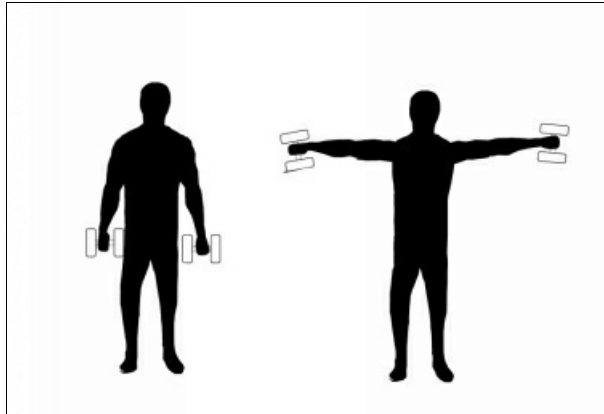
with a pronated grip and bring it close to your chest. Press the barbell forward in front of your head, keeping your arms parallel to the ground, and once your arms are fully straight (not locked), bring the barbell back to its initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Machine shoulder press



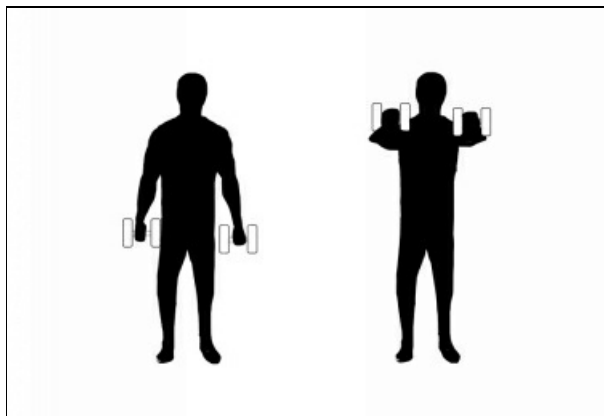
Machine shoulder press trains your shoulder muscles. They are performed on a shoulder press machine. Start by sitting on the seat. Grab the handles of a shoulder press machine, push them upwards until your shoulder muscles are fully contracted, and lower them down and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Lateral shoulder raises



Lateral shoulder raises are a great way to build your deltoids bigger. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and bring them on your sides. Lift the dumbbells upwards laterally, and once your arms are parallel to the ground, lower the dumbbells down and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with a correct form before failure is the most efficient way to stimulate muscle growth.

Dumbbell front raise



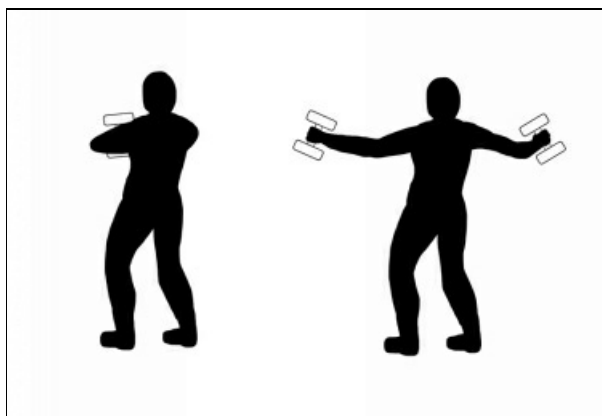
Dumbbell front raise targets your shoulder muscles. Start by grabbing a pair of dumbbells with a pronated grip, and bring them in front of your legs, keeping your arms in a straight line with your shoulders. Lift the dumbbells steadily up to your shoulder level, keeping your arms straight (not locked), and once your arms are parallel to the ground, lower the dumbbells back to their initial position and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with a correct form before failure is the most efficient way to stimulate muscle growth.

Barbell shoulder press



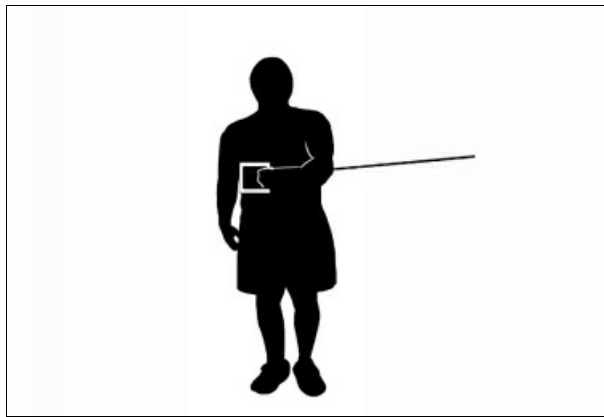
If you don't prefer using dumbbells as a shoulder press equipment, this is your exercise. Barbell shoulder press focuses on your delts. Easiest way to perform this exercise is to perform it on a smith machine. Start by placing a flat bench under the smith machine. Grab the barbell with a wide grip (more than shoulder width) and keep your forearms vertical throughout the exercise. Start to lower the barbell down in front of you, and once it's at your neck height, push it back up and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Cable crossover rear delt fly



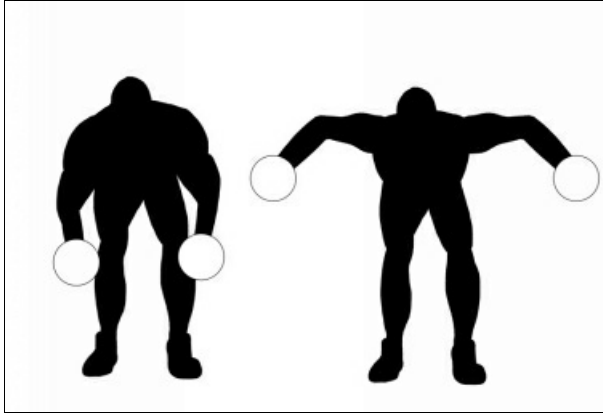
Cable crossover rear delt flyes works out your shoulders. They are performed with a crossover machine. Start by adjusting the pulleys to a high position, and attach the single handle attachments to the cables. Grab the left side pulleys handle with your right arm, and the right side pulleys handle with your left arm, and cross the cables in front of you. Keep your arms straight, and pull the handles back and outward. Once your delts are fully contracted, return the handles to their initial position and repeat. Using weight which allows you to perform 8-12 reps before failure is the most efficient way to stimulate muscle growth.

Cable internal rotation



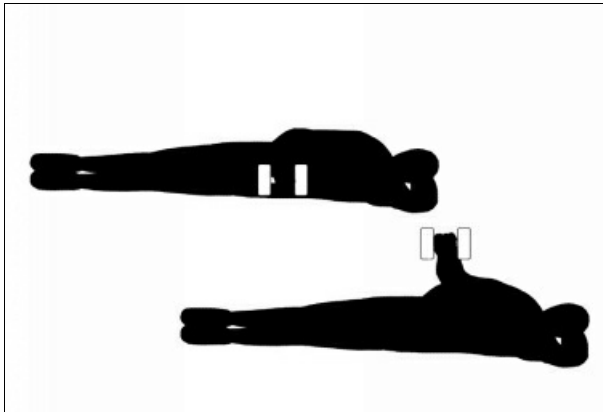
This exercise doesn't just train your delts, it also strengthens your shoulder joints if it's performed correctly. Make sure your form is correct and do not use too much weight, or otherwise the exercise might wreck your rotator cuff. This exercise requires a crossover machine. Start by adjusting a right side pulley to a mid-position, and attach a single handle attachment to the cable. Stand sideways to the cable, and grab it with your right hand. Keep your forearm parallel to the ground, upper arms vertical, and pull the handle towards your body, keeping your arm at this position throughout the exercise. Once your right forearm is pointing fully to the left, return the handle back to its initial position using the same technique. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Bent over lateral raises



If normal dumbbell lateral raises are too easy for you, try this variation instead. Bent over lateral raises targets your delts. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other). Bent over so your upper body is parallel to the floor, and keep your legs straight. Keep your hands hanging down under your torso in a straight line with your shoulders. Lift the dumbbells upwards laterally, and once your upper arms are parallel to the ground, lower the dumbbells down and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

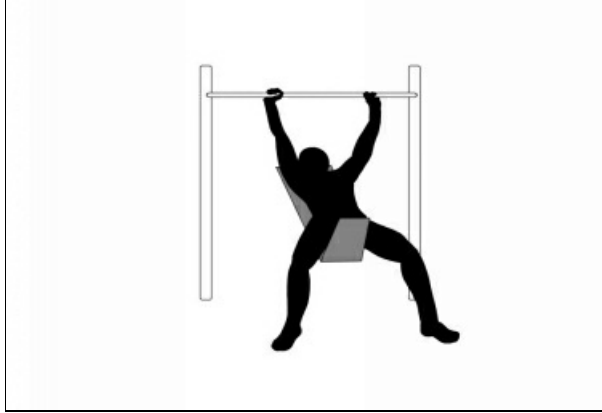
Dumbbell external rotation



Dumbbell external rotation works out your shoulders, and also strengthens your rotator cuffs if they are performed correctly. Do not use too heavy dumbbells on this exercise, or you might cause a rotator cuff injury. Start by laying on a flat surface sideways. Grab a dumbbell with your hand which is facing to the ceiling. Keep your upper arm parallel to your torso and lift the dumbbell laterally upwards using only your forearm, and once your forearm is vertical, lower the dumbbell down with the same technique and repeat. Using a dumbbell which weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate

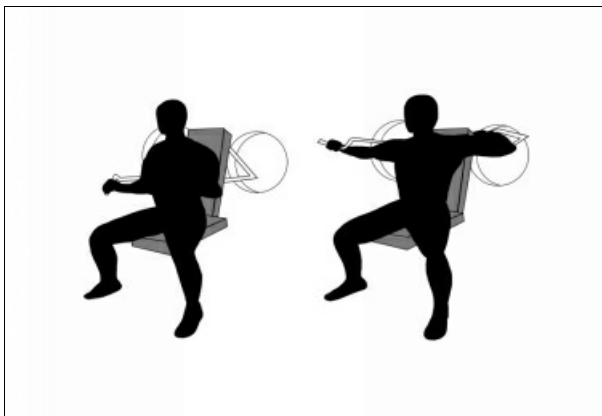
muscle growth.

Incline barbell shoulder raise



Incline barbell shoulder raises are an easy and effective way to train your shoulders. Start by laying on an incline bench. Keep your shoulders attached to the bench and grab a barbell with a slightly narrower grip than shoulder width. Lift the barbell up from the rack, and hold it above your head. Push the barbell higher by extending your shoulders upwards off the bench. Return your shoulders to their initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

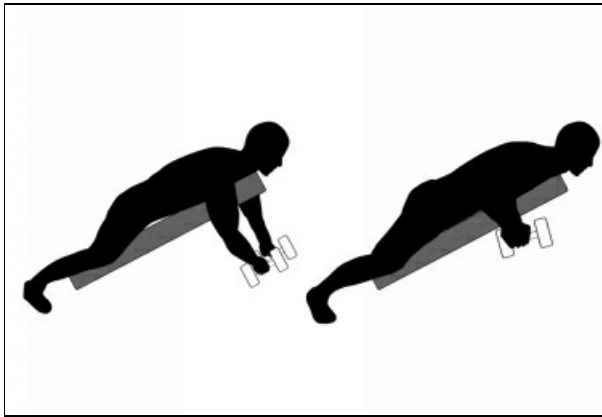
Machine lateral raises



Machine lateral raises targets your delts. They are performed with a lateral raise machine. Start by sitting on the seat. Grab the handles of a lateral raise machine, and pull them upwards laterally. Once your upper arms are parallel to the ground, lower the handles down and repeat.

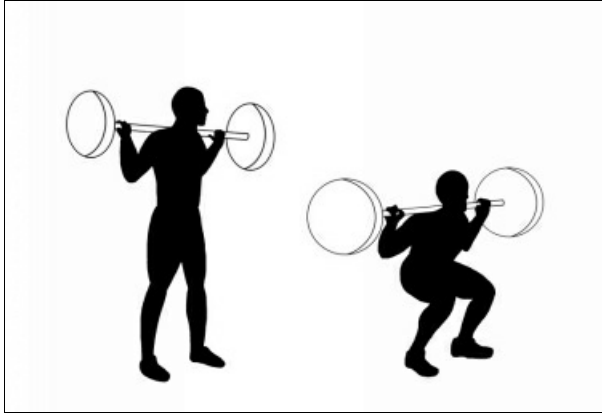
Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Dumbbell laying lateral raises



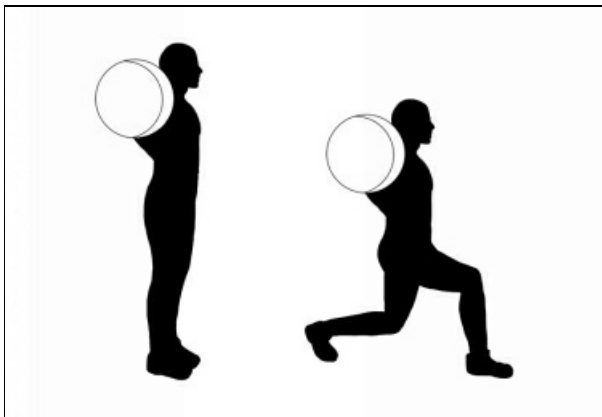
Dumbbell laying lateral raises focuses on your shoulders. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and go lay down on an incline bench face down. Keep your toes on the floor, elbows slightly bent, arms perpendicular to the torso throughout the exercise, and lift the dumbbells laterally upwards. Once your elbows are approximately at the height of your shoulders, lower the dumbbells back to the starting position and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell squat



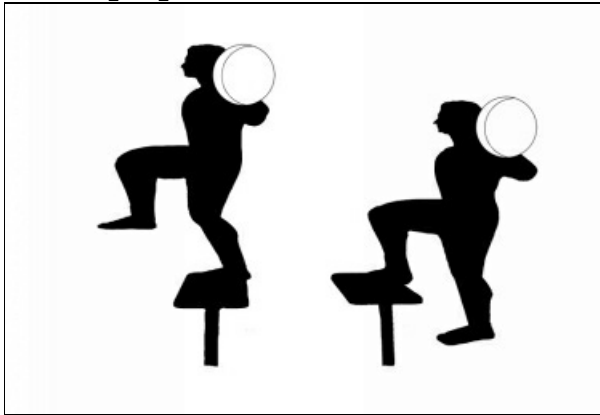
Barbell squat works out your quadriceps, glutes and hamstrings. They require a squat rack or an smith machine. Start by standing under the barbell. Place the bar over your shoulders slightly behind your neck, and grab the bar with your both hands, so your forearms will be vertical when the bar is on your shoulders. Lift the barbell off from the squat rack and step away from it. Place your feet on the ground shoulder width, and start to lower your hips down keeping your back straight and head up. Once your upper legs are parallel to the ground, push yourself back up using the same technique and repeat. Using weight which allows you to perform 8-12 reps with a proper form before failure is the most efficient way to stimulate muscle growth.

Barbell lunges



Barbell lunges targets mostly your quadriceps and glutes. They require a squat rack. Start by standing under the barbell. Place the barbell over your shoulders slightly behind your neck, and grab it with your both hands, so your forearms will be vertical when the bar is on your shoulders. Lift the barbell off from the squat rack and step away from it. Keep your back straight, left leg stationary and step forward with your right leg with lowering your hips at the same time. Once your right upper leg is parallel to the ground, push yourself back to the starting position using mostly your right foot heel, and alternate legs. Using weight which allows you to perform 8-12 reps with a proper form before failure is the most efficient way to stimulate muscle growth.

Barbell step ups



Barbell step ups targets your quadriceps.

Easiest way to do them is to perform them on a flat bench, but virtually they can be performed on any elevated flat surface which is steady enough. Start by standing under the barbell. Place the barbell over your shoulders slightly behind your neck, and grab it with your both hands, so your forearms will be vertical when the bar is on your shoulders. Lift the barbell off from the squat rack and step away from it. Step on the bench with your right foot and use your heel to lift the rest of your body up to the bench. Keep your left leg in the air whole time and once your right foot is straight (not locked), lift your left leg up to the point, where your left upper leg is parallel to the ground. Lower your left leg down to the floor, lift your right leg off from the bench and alternate legs. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell side lunges



Barbell side lunges trains your quadriceps. Start by standing under the barbell. Place the barbell over your shoulders slightly behind your neck, and grab it with your both hands, so your forearms will be vertical when the bar is on your shoulders. Lift the barbell off from the squat rack and step away from it. Step to the side with your right foot, and lower your body slowly towards your right leg, keeping your back straight and left leg stationary and slightly bent. Hold the position for a moment and return to the starting position and alternate legs. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way

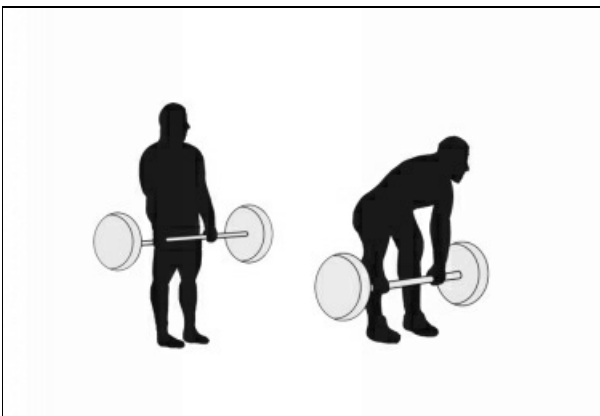
to stimulate muscle growth.

Leg press



Leg press works out your quadriceps and glutes. They are performed on a leg press machine. Start by sitting on the seat. Place your legs on the platform shoulder width, push it up by extending your legs straight and lower the safety bars down which are holding the platform. Make sure you do not lock your knees when your legs are straight. Lower the platform down towards your body, and once your legs create a 90° angle, push the platform back and repeat. When you finish your set, make sure you lock the safety bars properly. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Romanian deadlift



Romanian deadlift works out mostly your hamstrings. Start by placing the barbell down to the

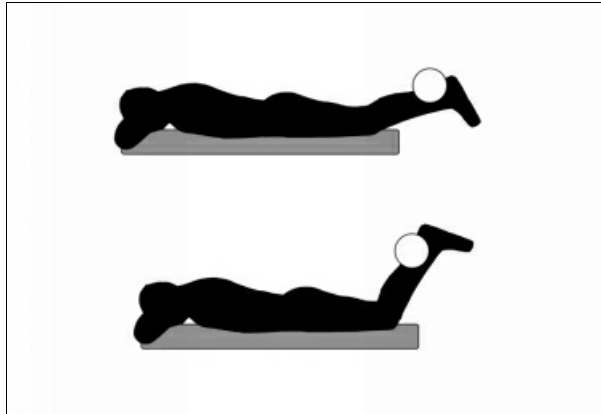
floor. Place your feet under the barbell so it splits your feet. Grab the barbell with an overhand grip that is slightly wider than your hips are, and lift the barbell up to your hip level, keeping your back straight. Once the barbell is on your hip level, Keep your back straight and head up throughout the exercise, and lower the barbell down by pushing your hips back as far as you can. Once your hamstrings are fully contracted, lift the barbell back to its initial position using the same technique and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Hack squat



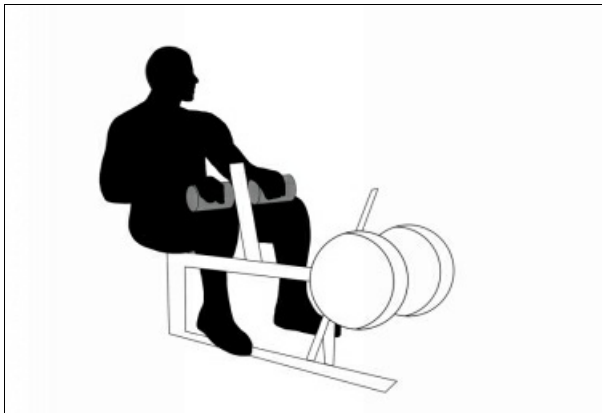
Hack squat targets your quadriceps. They are performed on a hack squat machine. Start by placing your back to the back pad and your shoulders to the shoulder pads. Place your feet on the platform shoulder width, and grab the side handles and release the safety bars. Extend your legs straight without locking your knees, and begin to lower your hips towards your feet. Once your legs are in a 90° angle, push your legs straight using mostly your heels and repeat. Once you have finished your set, make sure you have locked the safety bars back properly. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Laying leg curls



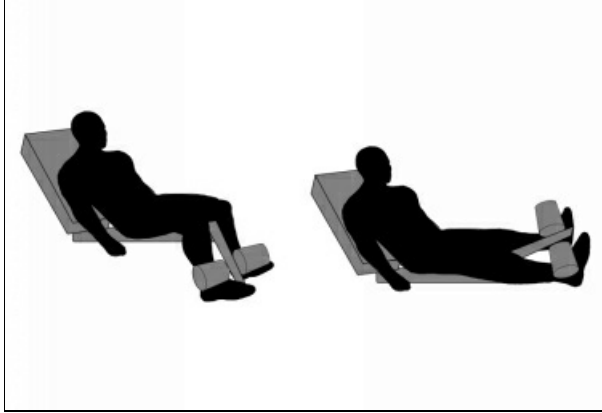
Laying leg curls trains your hamstrings. They require a leg curl machine. Start by laying face down on the bench of the leg curl machine. Place your calves on the pads and keep your hands under the bench. Curl your shins towards your upper body, and once your hamstrings are fully contracted, return your shins back and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Seated machine calf raises



Seated machine calf raises targets your calves. Start by sitting on the seat, place your toes on the platform, lower thighs under the leg pad, and adjust it to the high of your thighs. Lift the leg pad slightly in the air and remove the safety bar to the side. Lift your heels up using mostly your toes, hold the position for a moment, and lower them down and repeat. Once you have completed your set place the safety bar back to its initial position. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Leg extension



Leg extension works out your quadriceps. They are performed on a leg extension machine. Start by sitting on the seat. Place your lower shins to the pads, and lift the pad upwards. Once your shins are almost parallel to the ground, lower the pad down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

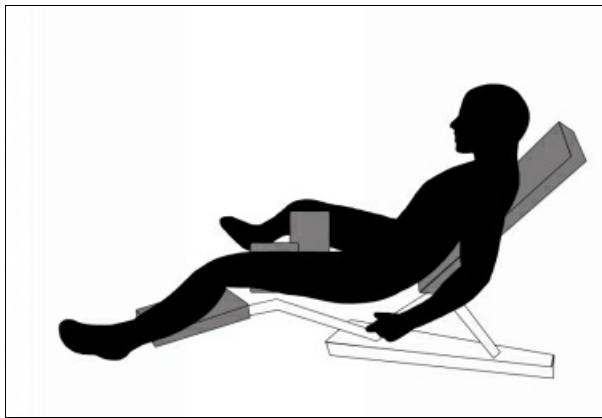
Seated hip abduction



Seated hip abduction targets your glutes. They require a hip abduction machine. Start by sitting

on the seat. Place your outer thighs on the pads, and push them laterally away from each other. Once your glutes are fully contracted, return the pads to their initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Inner thigh adduction



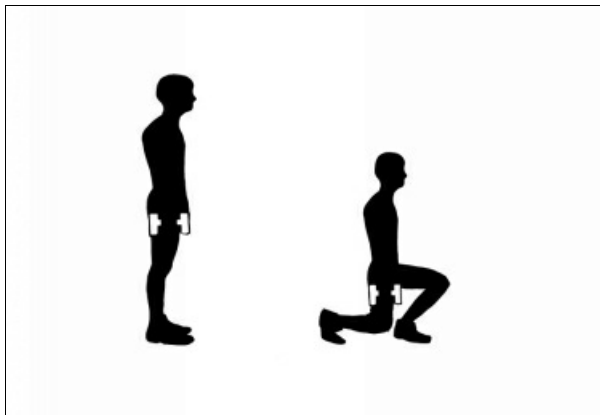
Inner thigh adduction targets the muscles on your inner hamstrings. They require an inner thigh machine. Start by sitting on the seat. Place your inner thighs to the pads, and push the pads laterally towards each other. Once your legs are pointing almost straight forward, return the pads to their initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Calf press



Calf press targets your calves. They require a calf press machine. Start by adjusting the seat so that your legs will be slightly bent and sit on the seat. Place your balls of the foot to the platform shoulder width, and grab the handles. Extend your legs and push your heels upwards using your balls of the foot. Lower your heels back to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Dumbbell lunges



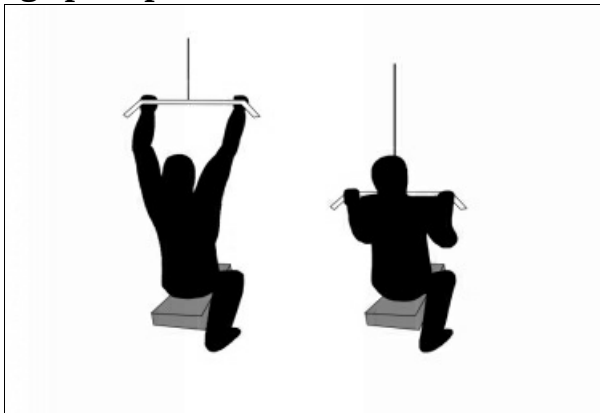
Dumbbell lunges works out your quadriceps. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and bring them on your sides. Keep your left leg stationary and step forward with your right leg, with the same time lowering yourself down and leaning most of the weight to your right leg. Once your right upper leg is parallel to the ground, push yourself back up using mostly your heel, and alternate legs. Using dumbbells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell Bulgarian split squat



Barbell Bulgarian split squat creates a lot of tension to your quadriceps. Safest way to perform this exercise is to do it inside the squat rack or with a smith machine. Start by finding a flat bench and place behind you when you are at the smith machine. Stand under the barbell, and place the bar over your shoulders slightly behind your neck, and grab the bar with your both hands, so your forearms will be vertical when the bar is on your shoulders. Put your left leg behind you on the bench, and keep your back straight throughout the exercise. Lower yourself down using only your right leg. Once your right upper leg is parallel to the ground, push yourself up using mostly your heel and repeat. Alternate legs during sets. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

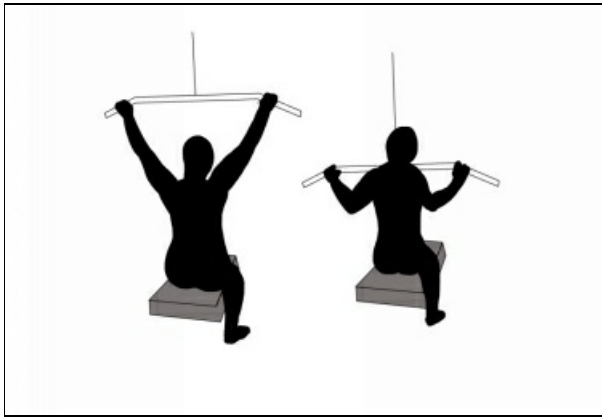
Wide-grip lat pulldown



Wide-grip lat pulldown is a great exercise for building bigger lats. They are performed with a lat machine. Start by attaching an wide bar attachment to the cable. Sit down on the seat and grab the bar with a wide pronated grip. Pull the bar down in front of you under your neck, hold the

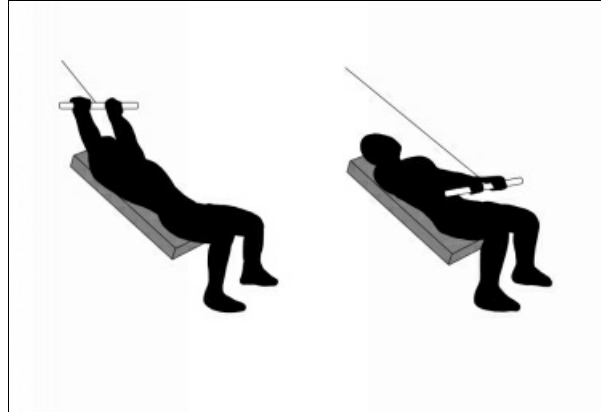
position for a moment, and return it to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Behind the neck lat pull down



Behind the neck lat pull down works out your lats and shoulders. They are performed with a lat machine. Start by attaching a wide bar attachment to the cable. Sit down on the seat and grab the bar with a wide pronated grip. Pull the bar down behind your neck, hold the position for a moment, and return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Cable incline push down



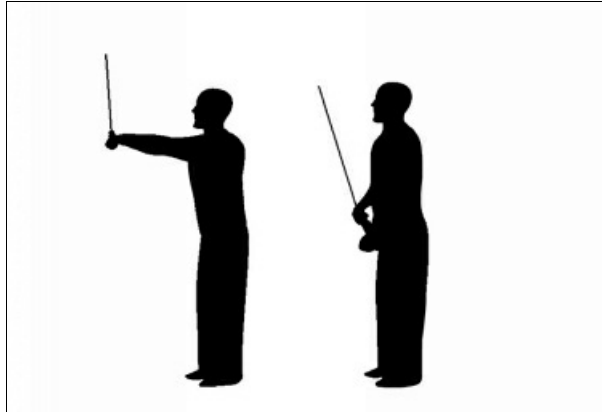
Cable incline push down trains your lats. They require a crossover machine and an incline bench. Start by adjusting a pulley to a high position, and attach a straight bar attachment to the cable. Place an incline bench on the floor facing away from the pulley. Grab the bar with a pronated grip, keep your arms straight throughout the exercise, and pull the bar towards your knees. Once your arms are parallel to the ground, return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Hammer strength iso row



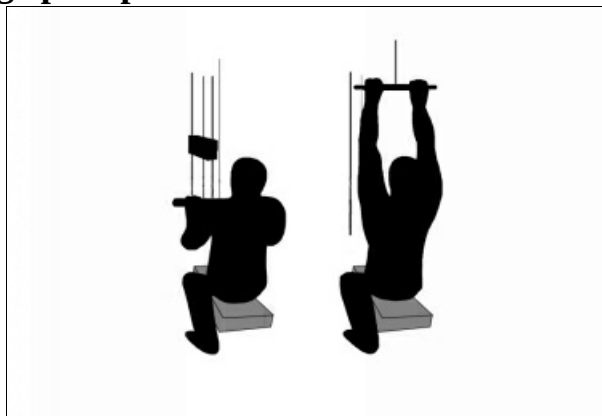
Hammer strength iso row targets your lats. They require a hammer strength iso lateral row machine. Start by sitting on the seat. Grab the handles with a neutral grip so that your knuckles are facing forward and your arms are straight. Pull the handles back towards you, and once your lats are fully contracted, return the handles to their initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Straight arm rope pulldown



Straight arm rope pull down targets your lats. They require a crossover machine. Start by placing a pulley to a high position, and attach a rope attachment to the cable. Grab the rope, and pull it down to your hip level keeping your arms straight. Hold the position for a moment, and return the rope to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Reverse grip lat pulldown



Reverse grip lat pulldown trains your lats. They are performed on a lat machine. Start by attaching a straight bar attachment to the cable, and grab the bar with a shoulder width supinated

grip. Lean slightly backwards and arch your chest back, and pull the bar close to your chest. Once you feel tension on your lats, return the bar to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Reverse grip hammer strength pulldown



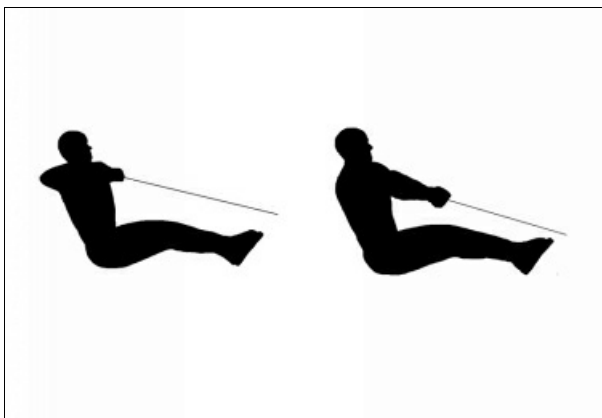
Reverse grip hammer strength pulldown targets your lats. They are performed on a hammer strength pulldown machine. Start by sitting on the seat. Lean slightly backwards and arch your chest back, grab the handles, and pull them down towards your chest. Once your elbows go behind your back and your lats are fully contracted, return the handles back to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Machine lat pullover



Machine lat pullover is a great exercise for building your lats bigger. They require an lat pullover machine. Start by sitting on the seat. Place your elbows on the elbow pads, and grab the handle with your both hands, using an pronated shoulder width grip.. Push the foot lever down to unlock the safety, and pull the handle down towards your knees. Once your forearms are parallel to the ground, return the handle back to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

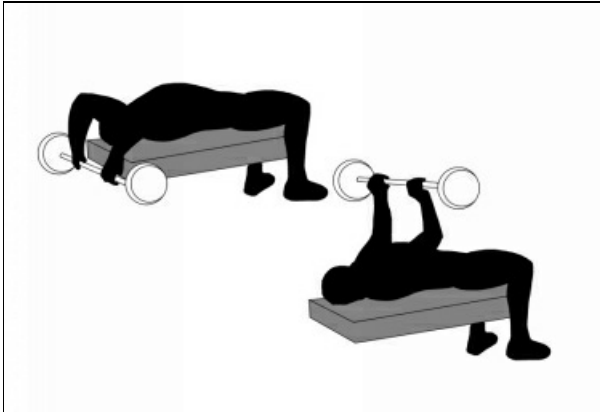
Seated low pulley row



Seated low pulley row works out your lats. They can be performed on a lat machine, or in a cable row machine. When performed on a cable row machine, start by attaching a close-grip bar to the cable, and sit down on the seat. Place your feet on the foot panel, keep your torso straight and grab the bar. Arch your chest back and pull the bar towards you, and once your elbows are behind your torso, return the bar back to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to

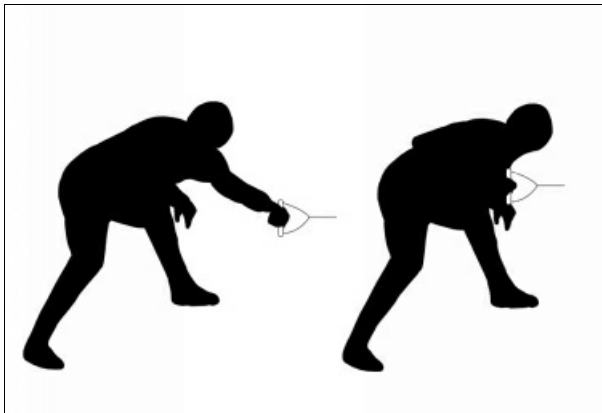
stimulate muscle growth.

Bent arm barbell pullover



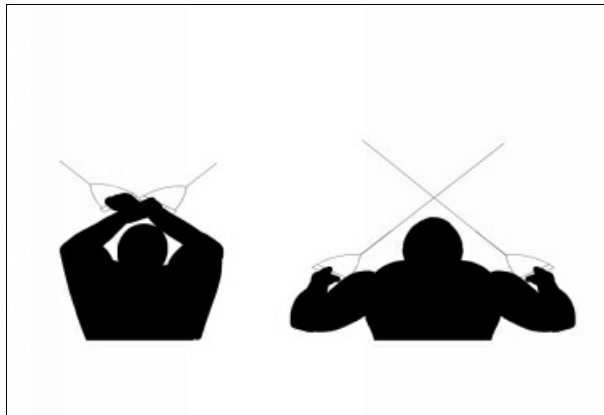
Bent arm barbell pullover focuses on to your lats. Start by grabbing a barbell with an overhand grip, and go lay down on a flat bench. Arch your chest back and bring the barbell above your chest. Keep your arms slightly bent and forearms vertical. Lower the barbell down behind your head maintaining your arms in this same position, and once your upper arms are almost parallel to the bench, lift the barbell back above your chest and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Shotgun row



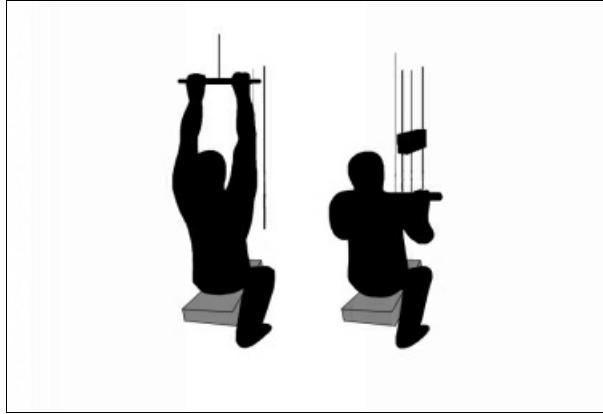
Shotgun row targets your lats. They are usually performed on a crossover machine. Start by setting a pulley to a low position, and attach an single handle attachment to the cable. Step few feet back from the pulley and place your left foot more forward than your right foot, keeping your feet wide spread on the floor. Grab the handle with your right hand, keeping your arm straight, and shoulder facing forward. Pull the handle towards yourself, and once your elbow is behind your torso, hold the position for a moment, and return the handle back to the starting position and repeat. Alternate sides during sets. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Cross pulley lat pulldown



Cross pulley lat pulldown works out your lats. They require an crossover machine, and they can be performed standing or seated. Start by placing a bench in the middle of the crossover machine. Place the pulleys to a high position, and attach the single handle attachments to the cables. Grab the right side handle with your left hand, and the left side handle with your right hand, sit down on the bench, and cross the cables in front of you. Keep the handles above your head, arch your chest back and pull the handles down on the sides of your chest, and once your elbows are behind your torso and lats are fully contracted, return the handles to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Close-grip lat pulldown



Close-grip lat pulldown trains your lats. They are performed on a lat machine. Start by attaching a straight bar attachment to the cable, go sit down on the seat, and grab the bar with an pronated narrow grip. Arch your chest back and pull the bar down close to your chest. Once you feel the tension on your lats, return the bar back to its initial position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

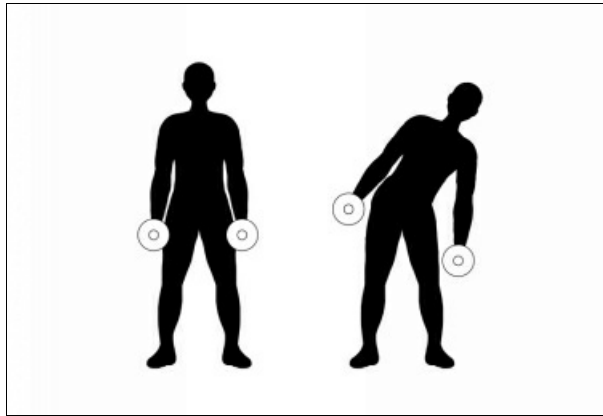
Ab machine crunches



Ab machine crunches targets your rectus abdominis (six pack muscles). They require an ab crunch machine. Start by sitting on the seat. Place your elbows on the elbow pads, and grab the handles, so your hands will be at 90° angle. Place your feet on the foot pads, and crunch your torso down towards your knees, with the same time pushing your legs upward. Once your abdominal muscles are fully contracted, return your torso to the starting position and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most

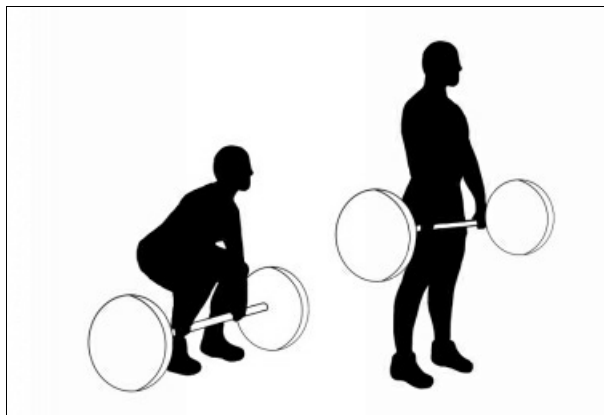
efficient way to stimulate muscle growth.

Dumbbell side bend



Dumbbell side bend targets your oblique abdominal muscles. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and bring them on your sides. Place your feet on the floor shoulder width, and lean your torso laterally towards your left foot. Once you feel the tension on your oblique abdominals, return your torso back to the starting position and alternate sides. Using dumbbells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell deadlift



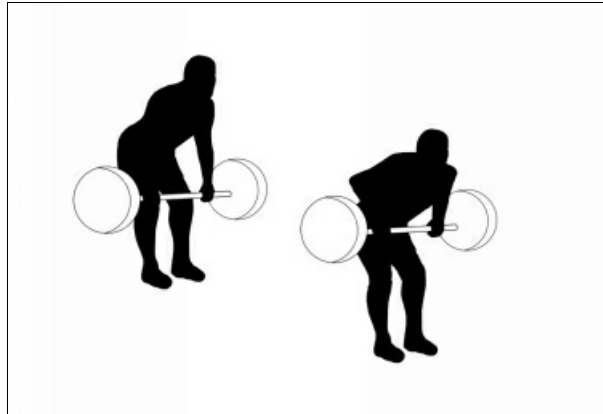
Barbell deadlift trains your lower back and hamstrings. Start by grabbing an barbell and place it on the floor. Place your feet under the bar so that the bar will split your feet. Grab the bar with an overhand grip that is slightly wider than your hips are. Keep your back straight, knees slightly bend and push your hips down, keeping them still higher than your knees are, and lift the barbell upwards to your hip level by pushing with your legs, with the same time leaning your torso backwards until it is vertical. Once the barbell is on your hip level and your body is vertical, arch your chest back, hold the position for a moment, and lower the barbell down by bending your knees, leaning your torso forward, and keeping your back straight. Once the barbell touches the ground, you have completed the movement. Repeat

Laying T-bar row



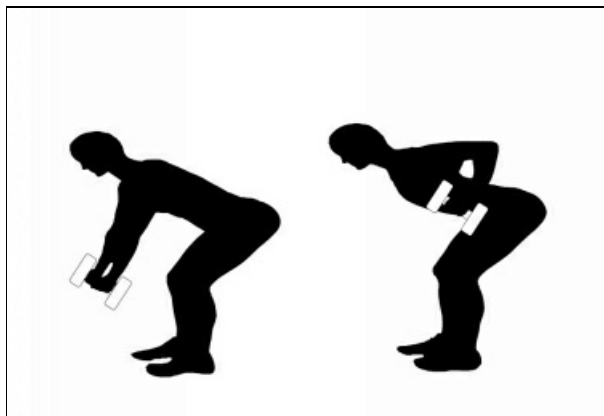
Laying T-bar row works out your middle back muscles. They are performed on a t- bar row machine. Start by placing your feet on the foot panels, and lean your upper chest against the chest pad. Grab the handles, and pull them towards your chest. Once your elbows are behind your torso, lower the handles down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Bent-over barbell row



Bent over barbell row targets your middle back. Grab a barbell with a pronated grip and lift it up to your hip level. Bend your knees slightly and lean your torso forward until your torso and upper legs create a 90 ° angle, and keep your back straight. Keep your arms hanging vertical under your torso, and lift the barbell up towards your belly button. Once your elbows are behind your torso, lower the bar down until your arms are straight and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

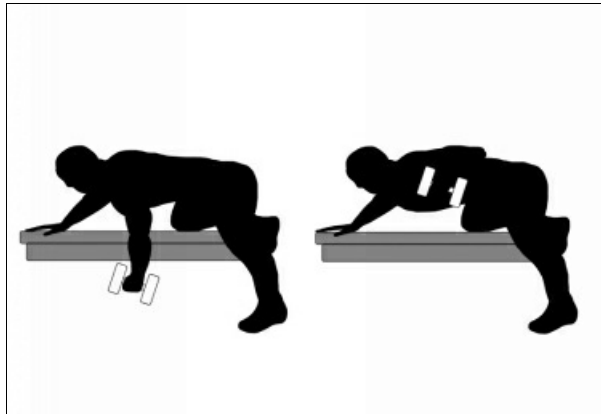
Bent-over dumbbell row



Bent over dumbbell row trains the muscles on your middle back. Start by grabbing a pair of dumbbells with an neutral grip (palms facing each other), and lift them in front of you on your hip level. Bend your knees slightly and lean your torso forward until your torso and upper legs create a 90 ° angle, and keep your back straight. Keep your hands hanging under your torso, and keep your hands in a straight line with your shoulders. Lift the dumbbells up towards your chest, and once your elbows are behind your torso, lower your arms down and repeat. Using dumbbells

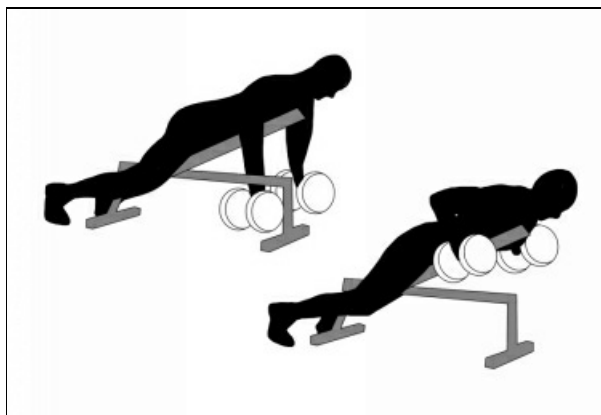
whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Single arm dumbbell row



Single arm dumbbell row targets the muscles on your middle back. They require a flat bench. Start by grabbing a dumbbell with your right hand. Put your left leg knee to the bench and keep your right foot on the ground. Grab the bench with your left arm, and keep the dumbbell on your right arm. Keep your upper body and shoulders parallel to the bench, and right forearm vertical. Keep your back straight, and lift the dumbbell upwards until your right elbow is behind your torso and upper arms parallel to the bench. Lower the dumbbell down until your right arm is straight, and alternate hands and repeat. Using a dumbbell which weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

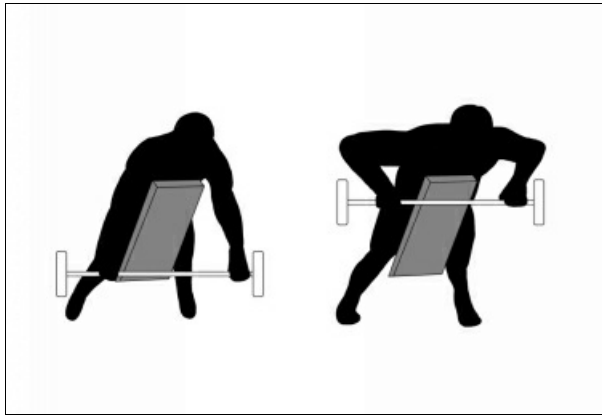
Dumbbell incline row



Dumbbell incline row is a great exercise for your middle back. Start by grabbing a pair of dumbbells with a neutral grip (palms facing each other), and lay face down on an incline bench. Keep your arms extended (not locked) below your torso, and lift the dumbbells upwards towards

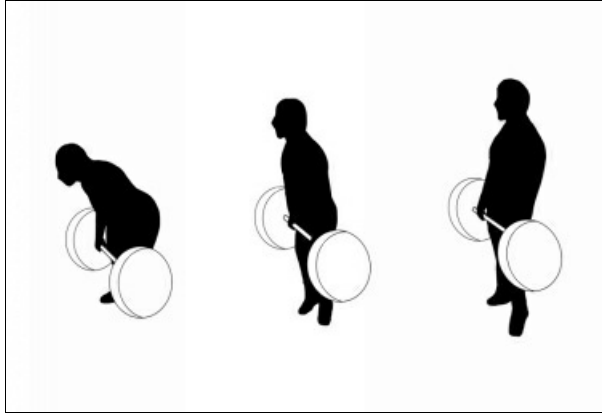
your chest. Once your elbows are behind your torso, lower your arms down and repeat. Using dumbbells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Incline bench pull



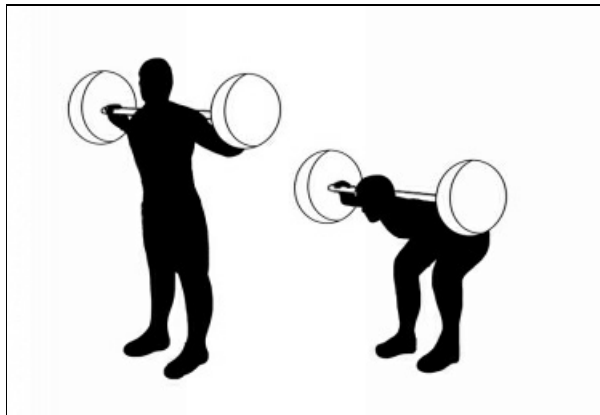
Incline bench pull trains your middle back muscles. Start by grabbing an barbell and lay face down on an incline bench. Keep your arms straight below your torso, and lift the barbell upwards towards your chest. Once your elbows are behind your torso, lower your the barbell down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Rack pull



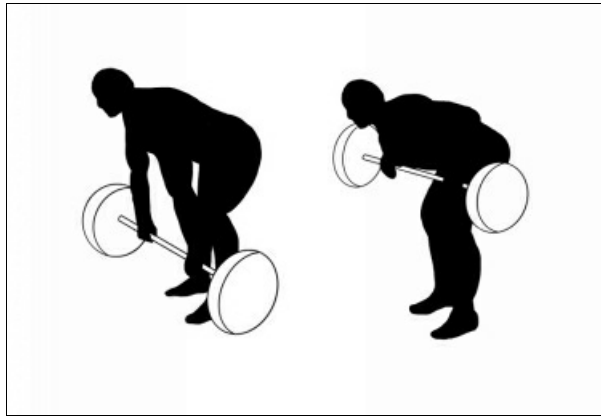
Rack pull targets your lower back muscles. Start by placing an barbell to the safety pins inside a power rack. The safety pins should be placed on the high of your knees. Grab the barbell with an overhand grip that is slightly wider than your hips are. Bend your knees slightly and lean your torso forward until your torso and upper legs create a 90 ° angle, and keep your back straight. Lift the barbell upwards by pushing with your legs and at the same time leaning your torso backwards until it is vertical. Once the barbell is on your hip level and your body is vertical, arch your chest back and hold the position for a moment. Lower the barbell down back to the safety pins keeping your back straight and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell good morning



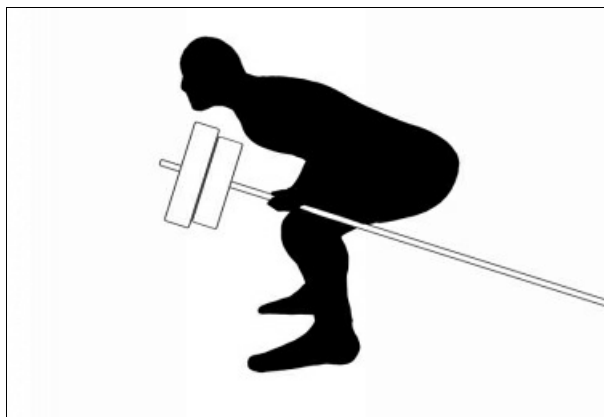
Barbell good morning works out your lower back muscles. They require a squat rack. Start by standing under the barbell. Place the bar over your shoulders slightly behind your neck, and grab the bar with your both hands, so your forearms will be vertical when the bar is on your shoulders. Lift the barbell off from the squat rack and step away from it. Place your feet on the ground shoulder width, keep your back straight throughout the exercise, and lean your torso down by bringing your hips back. Once your torso is parallel to the ground, lift your torso up back to the starting position keeping your back straight and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Smith machine bent over row



Smith machine bent over row trains the muscles on your middle back. They are performed with a smith machine. Start by setting a barbell to the height of your knees. Grab the barbell with an overhand shoulder width grip. Bend your knees slightly and lean your torso forward, until your torso and upper legs create an 90° angle. Keep your back straight throughout the exercise, arms hanging vertical under your torso, and lift the barbell up towards your belly button. Once your elbows are behind your torso, lower the bar down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

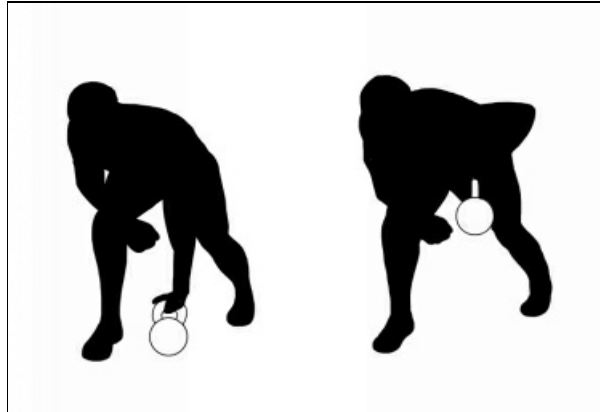
T-bar row



T-bar row is a great exercise for training your middle back muscles. Start by putting weight only to the other end of a barbell, and grab it with a hammer grip (palms facing each other), placing your hands side by side on the barbell's weighted end. Place the barbell against a wall, or a heavy

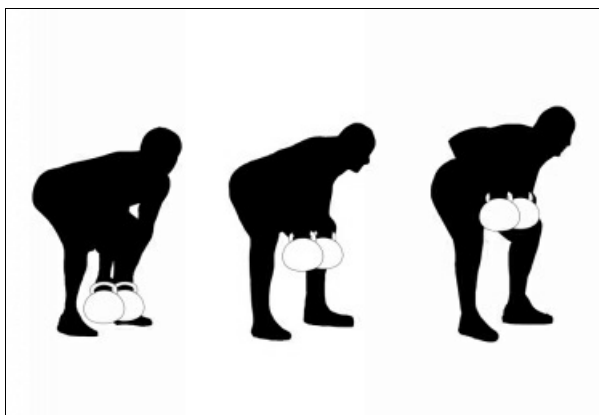
object so it can't slide backward. Place your feet on the floor shoulder width and bring the barbell between your knees. Keep your knees slightly bent and bring your torso down as close as parallel to the ground as possible. Keep your back straight throughout the exercise, and lift the barbell upwards towards your chest. Once you feel tension in your middle back, lower the barbell down to the floor and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Single hand kettlebell row



Single hand kettlebell row is an easy and effective exercise for working out your middle back. Start by grabbing a kettlebell with your right hand using a neutral grip (palms facing each other), and bring it on your side. Step forward with your left leg, keeping your right leg stationary, and lean your torso down as close as parallel to the ground as possible. Keep your back straight throughout the exercise, left hand on your left thigh, and lift the kettlebell upwards keeping your right forearm vertical. Once your right elbow is behind your torso, lower the kettlebell down and repeat. Alternate hands during sets. Using a kettlebell which weight allows you to perform 8-12 reps with correct form before failure is the most efficient way to stimulate muscle growth.

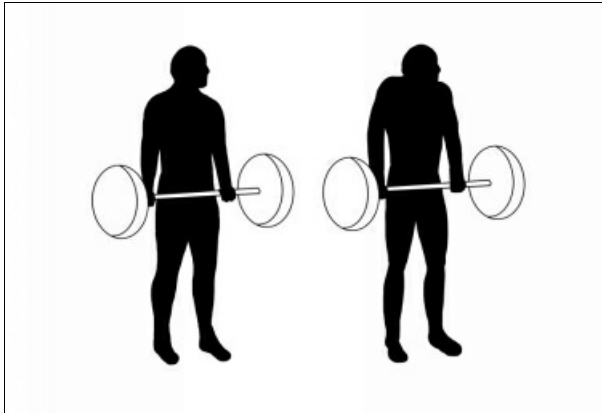
Bent over kettlebell row



Bent over kettlebell row targets your middle back muscles. Start by grabbing a pair of kettlebells with a neutral grip (palms facing each other), and lift them in front of you on your hip level.

Bend your knees slightly and lean your torso forward until your torso and upper legs create an 90 ° angle, and keep your back straight. Keep your hands hanging under your torso, and keep your hands in a straight line with your shoulders. Lift the kettlebells up towards your chest, and once your elbows are behind your torso, lower the kettlebells down and repeat. Using kettlebells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Barbell shrug



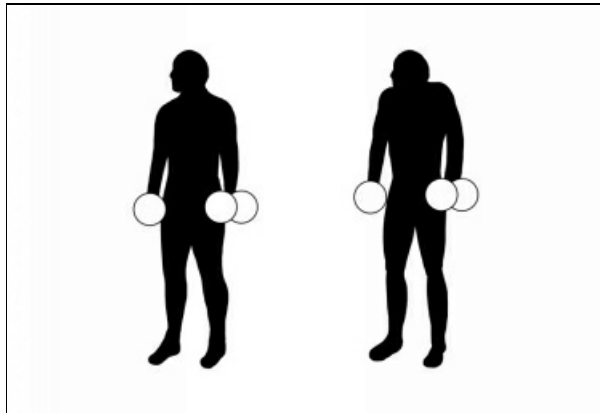
Barbell shrug works out your traps and shoulders. Start by grabbing a barbell and lift it up to your hip level in front of you. Stand straight holding the barbell on your hip level, and raise your shoulders upwards as high as possible. Hold the position for a moment, and lower your shoulders down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Behind the back barbell shrug



Behind the back barbell shrug targets your traps and shoulders. Start by keeping your both hands behind your back and grab a barbell using an overhand grip. Lift the barbell up to your hip level behind your hips. Stand straight holding the barbell on your hip level, raise your shoulders upwards as high as possible, and hold the position for a moment. Lower your shoulders down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Dumbbell shrug



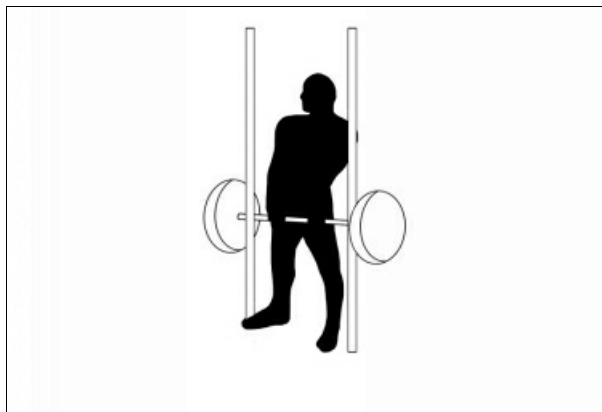
Dumbbell shrug focuses on your traps and shoulders. Start by grabbing a pair of dumbbell with a neutral grip (palms facing each other), and bring them on your sides. Stand straight holding the dumbbells on your sides, and raise your shoulders upwards as high as possible. Hold the position for a moment, and lower your shoulders down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Leverage shrug



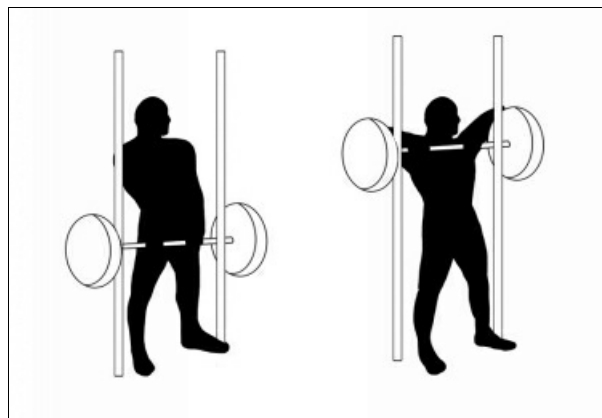
Leverage shrug works out mostly your traps and lats. They require a shrug machine. Position yourself between the handles and grab the handles with an neutral grip. Keep your chest up and back straight, and lift the handles up by pushing with your feet. Once the handles are on your sides, raise your shoulders upwards as high as possible. Hold the position for a moment, and lower your shoulders down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Smith machine shrug



Smith machine shrug trains your traps and shoulders. They are performed with a smith machine. Start by lowering the smith machine barbell to your hip level. Stand straight and raise your shoulders upwards as high as possible. Hold the position for a moment, and lower your shoulders down and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Smith machine upright row



Smith machine upright row is a great exercise for your traps. They are performed with a smith machine. Start by lowering the smith machine barbell down to your hip level. Stand close to the bar, holding it with a shoulder width overhand grip. Lift the barbell upwards until it almost touches your chin, and then lower it back to your hip level and repeat. Using weight which allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Kettlebell sumo high pull



Kettlebell sumo high pull targets your traps. Start by placing your feet widespread on the floor. Place a kettlebell between your legs, and grab it with your both hands, keeping your hips back and knees slightly bent. Extend your hips and knees, and with the same time pull the kettlebell up to your shoulder level by raising your elbows. Hold the position for a moment, and lower the kettlebell down to the starting position and repeat. Remember to keep the kettlebell under your elbows throughout the exercise. Using kettlebells whose weight allows you to perform 8-12 reps with proper form before failure is the most efficient way to stimulate muscle growth.

Chapter 3

12 Secrets to Building Muscle for Bodybuilding

We always get impressed by the big guns all the bodybuilders in the movies or at the local gym. There are many people that aspire to be that big one day, but their improvements on that department seem lacking for the most part.

Going from skinny to ripped is not a process that can happen in a week or two, more so if you want the physique of a bodybuilder. There are many factors that come into play for every enthusiast that embarks on the road to building a bodybuilder's muscle.

If you are committed to achieving the body your dream of and are looking to add more muscle to your body start with these 12 secrets to building muscle:

1. Diet

Professionals will tell you that the beginning lies in your ability to get your diet straightened out. Before you head down to the gym and abuse all the available machinery, you need to know more about what your body needs in terms of nutrients.

Most bodybuilders, professional or amateur alike, are a bit of a nutrition nerd. They know the difference between calories and carbohydrates, what protein actually is and what a good meal means for them. Most of them have the basics covered in terms of nutrition and they are capable of giving good advice to all that seek it. That is where you have to start as well.

Know what your body's needs for prolonged sessions of effort. Get in terms with your daily caloric intake. Know how much you need before you start exercising. Understand that starting a new activity which requires more energy put in – in this case, working out to build muscle – will make your body consume more calories a day. Furthermore, you will need to take up a higher protein diet but without neglecting all the other nutrients that are crucial for a healthy life. Bodybuilding is so much more than pumping iron and getting big. Most of your ability to grow in muscle relies on how well you eat.

2. Add more protein to your diet

Protein is essential for weight training. They are often called the building blocks of the body. Protein consists of a combination of structures called amino acids that combine in several ways to help create muscles, bone, tendons, skin, hair, and other tissues. Bodybuilders need protein to assist in repairing and rebuilding muscle that was broken down during exercise. It also helps to optimize carbohydrate storage in the form of glycogen.

It's important to consider that although many red meat sources may be high in protein, they are high in saturated fats which are not healthy. Fish and poultry are a much healthier choice as a meat

source protein.

3. Discipline

No athlete in any sport, especially bodybuilding, has gotten any results if it weren't for his high rate of discipline. You need to stick to your workout and, even more importantly, to your diet. You got into this sport to get bigger. Ain't no bodybuilder that got bigger on a diet of potato chips and little gym attendance. Do whatever it takes to meet your daily goals and never go down one step.

This should extend to your daily life as well. If you want that muscle to grow, you need to be focused on the goal and disciplined enough to obtain it. Don't be a couch potato, not even for a second. Building muscle doesn't require just gym attendance, it requires constant movement and improvement as well. Go out there and get things done, regardless if it's a workout matter or not.

4. Don't overtrain

Once you have already worked out a muscle, that's it, it's done. If you continue to over train it, you will actually retard growth. Aim at training a specific muscle twice per week, this can be directly or indirectly.

It's easy to get pumped up in the world of bodybuilding, especially if you are a beginner. Sure, do your best at pushing your limits, but listen to your body as well. If you feel sick or you might suspect something is wrong with your body, opt for a rest day or a check-out rather than working yourself to death.

Obviously training is important, but knowing when not to train, listening to your body for specific signs that indicate you should rest, is of a higher importance. Yes, you do want to get buffed, but I am sure you want to stay healthy and alive in the process. Know when something feels wrong and take a day off.

Giving your body a day off will allow your muscles to recuperate and begin to establish a structure. You will come back even stronger the next day.

5. Hydration

Pumping iron day in and day out will sure drain you quite faster than many other sports. Therefore, if you want to stay healthy and not feel drowsy when exercising you have to get your water fix at all times. That whole story of 8 cups of water a day might be true but you need a whole lot more than that my friend. While exercising, your body loses big quantities of liquid through sweat. You need to get those levels back up so your body has what it needs to cool your core temperature down and keep your muscles working for longer.

6. Get more Sleep

At least 7-9 hours per night. What exactly makes sleep so important? It has a lot to do with recovery. If you're training harder than ever, completing the right amount of sleep is extremely important to recovery. With each workout and training session stress is placed on the mind and body and muscle tissue is worn out with energy levels being exhausted. While you sleep the body releases potent growth hormones which are in charge of muscle repair and growth.

7. Not going for miracle products

There are lots and lots of supplements on the market that you might get tempted to fiddle with. While a select few do actually have a high chance of improving your workout, there are numerous products who promise you the results of a super-human. Get tricked into buying those and all you are left with is a thinner wallet and possibly a bad

stomach.

Supplements are a whole bunch of nothing if you don't train accordingly. Miracle products are just simply supplements that got injected steroids in the marketing department. There is nothing special to them and you should know that from the very beginning. With the right diet and workout plan, most of the athletes will not even need a sip of whatever you might be tempted in buying. Know your body and market before venturing into a shopping spree.

8. Proper Technique

Your main focus is indeed to train the body, getting your muscle mass higher and higher up the ladder. You must focus on the proper technique of your exercises, you could be hindering your performance or even worse you could injure yourself. The last thing you want is to get injured and have to take a break from training, you will begin to lose the mass you have already gained.

To be more specific, you need to arm yourself with all the knowledge there is about what you're doing. Knowledge is power and if you want to build muscle you must have the knowledge to do so.

9. Patience

As I said, bodybuilding is no sport in which you get a week or two at the gym and you have the body of a demigod. Amateurs that got into the sport and have some kind of results have been putting their bones to work for months now. As for professionals, they have years of bodybuilding in their backs, if not a life-long dedication to the sport.

Getting bigger and transforming your body into its best shape is one of those processes that require very hard work and months on end for even the slightest of results. So, for you to start seeing something,

you need that patience. As most things in life, the greatest results are obtained by those who work hard enough to get them and are patient enough to reach them.

10. Have a Master Plan

You must first know where you want to go and how you are going to get there. This is important not only in weight training, but also in life.

What's your end game, what exactly is it that you're trying to achieve? Well-structured goals and strategies are the single most important base in the long-term effectiveness and sustainability of your weight training ideals. Goals need to be constantly reappraised, and refocused. Time goes by, new ideals surface, always striving to your ultimate potential.

11. No quitting allowed

You will get no better if you do not keep going at it. Following your sorted diet and workout plan religiously is the only thing that can lead you up to the desired physique. Winners never quit and quitters never win.

12. Pushing yourself to little more

It is a logical, proven fact that if you manage one a couple more pounds in your building routine, your body will get bigger. The only way to do this is by trying to push the strings of your limits each time you can.

When having a good day you have the most motivation to try and go for that increase. In the bad days, remember that your workout plan and motivation for all that muscle you want to build and tone. Who knows, you might just turn your worst workout day into the best day in the week. Just keep at it, one more rep at a time.

Get these secrets well embedded into your life and you will be on the golden road of muscle building success. For the most part, these are the tips and tricks you will hear, one shape or another, from any other bodybuilder, amateur or professional alike. There might be other secrets out there, sure, but if you start with these, you will find that is little need of any other trick in your play book.

All the people who got into the sport know that the fun part lies in the preparation and not the presentation. Sure, it is lots of fun to get your guns showing and doing the best pose you can do. But the actual fun of it all stands next to the machines, sweating and screaming while you try to get just one more rep in the set. All the fun is when you hit the gym with your colleagues and help each other out in building more muscle and getting better at it.

Remember that you will have great days when you will feel like you own it and days when just one simple push you seems like an impossible task. It is important you keep at it the best you can and you do not quit. You might let yourself down at times – a lot in the beginning if you bite more than you can chew – but that's okay. Even the champions that look like they never make a mistake will have their bad days. They just suck it up and go for it all over again, building more muscle in the process.

Chapter 4

Protein shakes

Immediate recovery must take place within the first thirty minutes after your workout. This recovery could also be considered as a cool down, a time for lowering body temperature and heart rate and stretching.

Another focus of recovery immediately following exercise has to do with refueling energy reserves and rehydrating what was lost during exercise by eating the right foods and drinks.

Research has shown that the window for ideal recovery is slim, ideally within 15-60 minutes after completing the last exercise your focus must be to refuel and rehydrate.

To refuel it's best to consume a protein shake, immediately following a workout. Do this before anything else. The nourishment you choose should provide about 1.5 grams of protein per kilogram of body weight to build muscle mass.

Following your workout, your body is left dehydrated, low on fuel, and energy. Your body is in a strained state, and the proper combination of nutrients can boost the body's recovery process to help you come back stronger and healthier.

Here are 10 great shakes that will help you recover after you're workout.

1. Greek yogurt protein shake

Ingredients:

1 cup of Greek yogurt
1 scoop of banana cream Whey protein powder
1 tbsp of honey
1 tbsp of brown sugar
¼ cup of skim milk
1 tsp of almond butter
¼ tsp of cinnamon

Preparation:

Combine the milk, almond butter and brown sugar in a saucepan. Stir well and allow it to boil, on a low temperature for about 2 minutes. Remove from the heat and cool for 15 minutes. Pour the mixture in a blender and add other ingredients. Mix well for 30-40 seconds and keep in the refrigerator to cool.

2. Protein shake with eggs**Ingredients:**

1 cup of skim milk
1 scoop of chocolate mint Whey protein powder
½ cup of water
1 tbsp of Greek yogurt
3 eggs
1 tsp of vanilla extract
1 tbsp of brown sugar

Preparation:

Combine the ingredients in a blender and mix until smooth mixture. Serve cold.

3. Peanut butter protein shake

Ingredients:

1 cup of skim milk
1 scoop of vanilla Whey protein powder
¼ cup of finely chopped peanuts
1 tbsp of peanut butter
1 tbsp of brown sugar
1 tbsp of goji berries
1 small green apple

Preparation:

Peel and chop the apple into thin slices. Use a saucepan to melt the peanut butter on a low temperature. Add brown sugar and stir well for 30 seconds. Remove from the heat and allow it to cool.

Meanwhile, mix the other ingredients in a blender, add peanuts and sugar and mix well for 30-40 seconds. Keep in the refrigerator for at least 30 minutes to cool.

4. Energy protein shake

Ingredients:

1 tbsp of grated almonds
1 scoop of banana cream Whey protein powder
1 tbsp of grated walnuts
1 tbsp of grated macadamian nuts
1 cup of aronia
1 medium banana
1 glass of fresh orange juice
1 glass of water
2 egg whites
2 tbsp of honey
1 tbsp of brown sugar

Preparation:

This protein shake is very easy to prepare. Simply combine the ingredients in a blender and mix well for 40 seconds. Cool well before serving.

5. Pistachio protein shake

Ingredients:

1 cup of skim milk
1 scoop of vanilla ice cream Whey protein powder
¼ cup of finely chopped pistachios
1 tbsp of peanut butter
1 tbsp of honey

1 handful of ice

Preparation:

Mix the ingredients in a blender until smooth mixture.

6. Almond butter protein shake

Ingredients:

1 cup of skim milk

1 scoop of tropical punch Whey protein powder

½ cup of water

½ cup of oatmeal

1 tbsp of brown sugar

2 tbsp of almond butter

1 tsp of almond extract

¼ cup of almond milk

Preparation:

Boil the almond milk on a low temperature. Add almond extract, almond butter and brown sugar. Stir well and allow it to boil for 30-40 seconds. Remove from the heat and cool. Combine with other ingredients in a blender and mix well for 30 seconds. Serve cold.

7. Green apples protein shake

Ingredients:

- 1 green apple
- 1 scoop of strawberry and banana Whey protein powder
- 2 egg whites
- 1 glass of fresh apple juice
- 1 tbsp of grated walnuts
- ¼ tsp of cinnamon

Preparation:

Peel and cut the apple into thin slices. Separate egg whites from the yolks. Mix with other ingredients in a blender for 30-40 seconds. Serve with ice cubes.

8. Honey and banana protein shake

Ingredients:

1 cup of skim milk
1 scoop of banana Whey protein powder
1 medium banana
1 tbsp of honey
1 tsp of banana extract
1 tbsp of Greek yogurt
1 tbsp of non fat cream

Preparation:

Peel and chop banana into small cubes. Mix with other ingredients in a blender for 30-40 seconds and allow it to cool in the refrigerator for about an hour. Serve cold.

9. Mixed nuts protein shake

Ingredients:

1 scoop of tropical punch Whey protein powder
1 tsp of grated almonds
1 tsp of grated walnuts
1 tsp of grated hazelnuts
1 tsp of grated macadamian nuts
1 glass of fresh orange juice

1 tbsp of agave syrup
1 tbsp of non fat orange ice cream
1 handful of ice cubes

Preparation:

Mix the ingredients in a blender for 30-40 seconds.

10. Pineapple protein shake

Ingredients:

1 scoop of delicious strawberry Whey protein powder
1 cup of chopped fresh pineapple
1 cup of fresh pineapple juice
2 egg whites
1 tbsp of brown sugar
1 tsp of pineapple extract
2 cherries for decoration

Preparation:

Separate the egg whites from the yolk. Mix with other ingredients in a blender for 30-40 seconds. Serve with ice and cherries on top.