



## **Muscle Building**

To build lean muscle it takes three things:

Weight training  
Correct nourishment  
Rest and recovery

**Weight training:** we would look to go as heavy as we can when weight training, without losing form - correct training technique. Loss of form can result in injury.

The heavier you go, the more muscle fibres you 'break'. Basically, weight training is damaging your muscle fibres, but this is required for them to grow. This is where correct nourishment and rest and recovery comes in.

### **Correct Nourishment:**

So now we've damaged our muscles during our weight training, in order for them to repair and grow we need to 'feed' them. Protein is the building block of muscle, hence to repair the muscle we need to give it a supply of protein - why protein is so important in the diet.

### **Rest & Recovery:**

Finally rest and recovery. Damaged muscles will never recover if you don't allow them to rest. It takes time for damaged fibres to repair. As a rule you should never train any one body part on two consecutive days to allow this to take place.

We therefore have a cycle of muscle damage and repair. During each cycle our muscles are gradually increasing in size and strength. This has a two-fold effect - aesthetically we look better, more 'toned', but also the more muscle we are carrying, the higher our metabolism is and the more calories we are capable of burning - even in our sleep. Its a no brainer!!!!