

Building Muscle When Your Short Of Time (Or Lazy!)

If you reading this article its probably because you're looking for the shortcuts to building the muscle and strength that you dream of. Well before we start lets be clear that taking short cuts or the easier looking path towards building muscle will most likely not give you the great results that hard work and dedication can give. However some people just don't have the time and facilities to achieve this, or they are just too lazy! Im also not saying that lazy is good or that people should reduce their efforts thinking that they will get great results with my lazy suggestions! But if you are lazy and want to get the most gains out of the little effort your are willing to give then read on!

Exercise

What I am going to do is set a 30 minute workout and then its up to you to complete it as many times in a week as you can. So if you can only spare 30 minutes a week for training then just do it once. If you can spare 30 minutes 3 or 4 times a week then that's great, you need to do this 3 or 4 times a week.

We are going to assume that you have access to a gym and know how to perform basic compound exercise like squat, deadlift and bench press.

You are going to be performing these exercises in a superset format which basically means two exercises back to back. The rep ranges for each of the three sets varies so to take advantage of each type of gain you can expect (neurological adaptation, sarcomere hypertrophy, sarcoplasmic hypertrophy).

Squat (Ensure you get at least to parallel)	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15
Bent Over Row	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15
Deadlift	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15
Shoulder press	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15
Bench Press	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15
Lat Pull Down/Pull Up	1 set of 4-6 / 1 set of 6-10 / 1 set of 10-15

Diet.

You need to eat enough to build muscle and strength. That doesn't mean that you should eat processed junk food. You need to be eating quality nutritious food that is not only going to give you energy and make you feel great but it will help you in building the muscle that your after. If your only training once or twice a week for 30 minutes then you are going to have to make sure your diet is good or you are really going to struggle to see any results.

Below are 5 tips that can help you make the right food choices.

- 1) Avoid all wheat. If you are also struggling to lose body fat then eliminate all grains. This tip is going to give you more benefits in limiting body fat than putting on muscle but it also reinforces that your cutting out junk food.
- 2) Eat enough protein. Just try to have some sort of animal source in each meal (eggs, chicken, beef, fish etc.
- 3) Drink plenty of water. Around 3 or 4 litres per day
- 4) Eat as many vegetables as you can!
- 5) Supplement. When supplementing you need to ensure you are using quality products. A good multivitamin and mineral complex, a high quality cod liver oil and if you struggle to get

enough protein in your diet then use a high quality protein powder.

Rest.

This one shouldn't be a problem for you as it doesn't involve you moving! Basically in the evening start to dim down the lights and read rather than watch television as the light from the bulbs and television trigger your body to release cortisol which will not only disrupt your sleep but also make it harder for you to build muscle and lose fat (your room should also be pitch black to reduce cortisol release). Then you should be in bed at 10pm and asleep by 10.30pm, then wake at around 6am. Physical repair mostly takes place when you are asleep between about 10pm and 2am. After 2am the mental repair starts till about 6am. At around 6 the sun rises and the light hitting our skin causes the body to release cortisol which is there to be catabolic in breaking down tissue for energy to start the day with.