

The Ultimate Guide to Building Muscle Mass

By Laila Ajani

January 24, 2024 / WikiHow

Are you ready to get healthier? Building muscles can help you feel better. Here's how to start:

1. **Exercise (1) Regularly:** Try to do some exercises two times a week for muscles and three times for your heart. Do things like squats, lifting weights, and pull-ups.
2. **Warm Up:** Before you lift (2) weights, do some easy exercises for 5-10 minutes. This can help stop you from getting hurt.
3. **Challenge (3) Yourself:** Try lifting heavier (4) things but not as many times. Change what you do every 4-8 weeks.
4. **Work Your Whole Body:** Focus on different muscles (5) every week to make them all strong.
5. **Rest and Recover:** Get enough sleep each night, about 6-8 hours, so your muscles can get better.
6. **Reduce (6) Stress:** Do relaxing (7) things like walking or writing to help your muscles grow (8).
7. **Consider a Trainer:** If you're not sure (8) what to do, a trainer can help you make a plan (10).

Follow these tips to start building muscles and feeling better.