

## The Best Muscle Building Exercises

Everyone wants a healthy, good-looking body. And the truth is, you'll have to work hard in order to achieve this. That starts with using the proper equipment, having a good diet, and a healthy way of living. To get the most muscle growth possible, you want to use the best muscle building exercises in the gym. If you want to build muscle, you're going to have to lift heavy weight using effective weight lifting exercises. There's no getting around this. If you want to build muscle, you will need to apply the appropriate amount of resistance to your muscle. You'll need to use simple compound movements. Compound movements are weight training exercises that use more than one muscle group to complete a lift. Free weights are dumbbells and barbells. By using these effective muscle building exercises, free weights and compound movements, you force your body to work harder. By forcing your body to work harder, you add more stress to the targeted and supporting muscles. Remember to use proper form when lifting weight, especially heavy weight. Lifting heavy weight for the sake of lifting heavy will result in poor form, which will lead to injuries. You don't want injuries. If you're a beginner, it's best if you use a combination of free weights, machines and body weight exercises. In order to lift heavy, you need to establish the correct form and balance. This takes time, practice and patience. Once you've established the correct form and balance, try adding more weight lifting exercises, especially free weight exercises. If you're having trouble or not sure about certain weight lifting exercises, always ask for advice. Never attempt an exercise you're not sure about. Ask a gym employee for advice. If you can't find a gym employee, ask one of the regulars. The regulars are usually more than happy to provide some guidance and help when it comes to muscle building exercise. Before going into a heavy weight lifting workout, make sure you're properly warmed up. Never attempt to lift heavy weights when you're cold. Lifting heavy weight when you are cold will result in injuries. Always remember to include a warm up (5 to 10 minutes) using an aerobic activity, followed by 5 to 10 minutes of stretching in your weight lifting exercise routine. Here is a series of muscle building exercises that you could use for the chest area: Flat Bench press Flat bench press with dumbbells Flat bench dumbbell flyes Incline bench press Incline dumbbell press Parallel bar dips Decline dumbbell bench press Incline dumbbell flyes Muscle building exercises for back: Bent over rowing Wide grip chins Lat machine pull downs Low cable pulley rows One arm dumbbell rows Dead lifts Shrugs Good mornings Hyperextensions T bar rowing Exercises for hamstrings: Lying leg curls Stiff legged dead lifts Exercises for shoulders: Press behind the neck Seated dumbbell press Side lateral raises Muscle building exercises for calves: Standing calf raises Seated calf raises Leg press calf extensions Standing one legged calf raises Exercises for biceps: Standing barbell curls Seated alternate dumbbell curls Incline dumbbell curl Standing dumbbell curls Exercises for quadriceps: Squats Leg press Leg extensions Hack squats Muscle building exercises for triceps: Close grip bench press Lying triceps extensions Standing cable press downs Seated over head barbell extensions Triceps bench dips Overhead rope extensions Exercises for abs: Crunches Knee ups Hanging leg raise Incline knee raises Incline sit-ups Roman chair sit ups That was a list of the best muscle building exercises you should use in the gym. Always remember to use proper form on each exercise. If you have any questions on how to perform one of these muscle building exercises, ask advice from someone who is experimented in s and than try to experiment through trial them. You don't want to use trial and error, since you could harm yourself.

## About the Author

Shawn Lebrun is a fitness trainer and bodybuilder. His "Simple Steps To Get Huge And Shredded" program shows you the best muscle building exercises, reps, and sets to build the most muscle possible. <http://www.shawnlebrunfitness.com/findwhat.html>

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