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# Bodybuilding Schedule - Planning An Effective Bodybuilding Schedule for Beginners

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You are a naturally thin person and want to add some bulk. The problem is that you are not quite sure how or where to start. Before giving the basis for the development of a bodybuilding schedule for beginners, let us first point out a very important point: the building muscle mass is not overnight. It takes a considerable amount of time, hard work and consistency. More specifically, it can take three to six months so that you can see significant results.

How Track Bodybuilding Schedule ?


Ok, look at the basic training for beginners. A good bodybuilding schedule for beginners involves less intense but more frequent workouts. As a beginner, it is understandable that you can not lift light. This means that the muscles need only a short recovery period, so you can train more often than experienced bodybuilders.

When used Bodybuilding Schedule ?

A good start would be to work the upper body on Mondays and Thursdays, and the lower body and abs, Tuesdays and Fridays. Wednesdays and weekends should be reserved for rest and muscle recovery.

And because they are still working on a weight training program for beginners, it is best to work with classic exercises right now. Then you can move on to more

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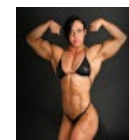


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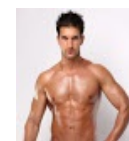


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intense and complex exercises as you go. What is most important as a beginner is for you to master the correct form for each exercise instead of the elevator muscles unduly burdened as much as possible. 3 sets per exercise consisting of between 6-12 repetitions recommended for beginners to pack on muscle.

Presenting a bodybuilding schedule for beginners, providing a balanced diet is as important as training properly. Perhaps the most important to a healthy diet step is to cut the junk food from your regular food intake. Fast food, foods high in sugar and other unhealthy food choices will succeed to an accumulation of fat.

Since your goal is to gain more muscle, it is much better to load up on protein. This is a very important nutrient for muscle development and repair. Chicken, tuna, lean meat and skim milk are the best sources of protein.

Dietary fiber is also important because it keeps your digestive system in good condition and it is strong enough to handle the changes in diet that is about it. Therefore, you should increase your intake of fruits and vegetables. And of course, the importance of water can not be overstated.

Water keeps all the natural processes of your body works perfectly. Specifically, you must increase your water consumption in your student days, and you will use much of their energy and the release of body fluid through sweat in those days.




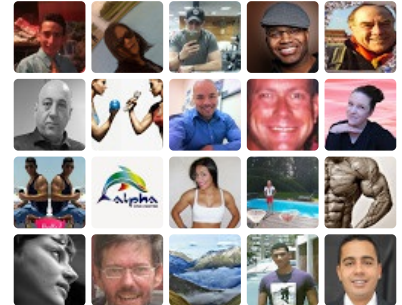
## Tips For Women Bodybuilding For Beginners

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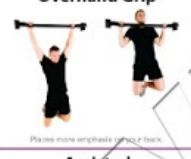





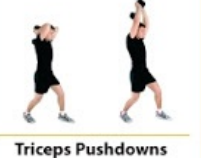
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<h3>Biceps Curl</h3> <p>Muscles worked:</p> <ul style="list-style-type: none"> <li>• Upper front of arms (biceps)</li> <li>• Lower arms (forearms)</li> <li>• Elbow, wrist and forearm flexors</li> </ul>   <p><b>Barbell</b></p>  <p><b>Dumbbells</b></p>  <p><b>Reverse</b></p>  <p><b>Active Twist</b></p> <p><small>These variations can be performed standing up or sitting down with a barbell or a set of dumbbells. Keep your elbows tucked in to your sides. Use a preacher machine or perform the exercise seated at an angle to isolate the work to the biceps.</small></p>	<h3>Pull-ups</h3> <p>Muscles worked:</p> <ul style="list-style-type: none"> <li>• Upper front of arms (biceps)</li> <li>• Sides of back (latissimus dorsi)</li> <li>• Lower arms (forearms)</li> <li>• Upper back and neck (rhomboids and trapezius)</li> <li>• Stomach (abdominals)</li> </ul>   <p><b>Underhand Grip</b></p> <p><small>Place more emphasis on your biceps.</small></p>  <p><b>Overhand Grip</b></p> <p><small>Place more emphasis on your back.</small></p>  <p><b>Assisted</b></p>  <p><b>Supine</b></p> <p><small>Start each pull up with straight arms. Your chin must clear the bar on every repetition. Do not swing your legs to generate momentum. Although bending your legs at the knees is fine.</small></p>	<h3>Triceps Dips</h3> <p>Muscles worked:</p> <ul style="list-style-type: none"> <li>• Upper back of arms (triceps)</li> <li>• Chest (pectorals)</li> </ul>   <p><b>Bench</b></p> <p><small>Straighten your legs to make the exercise more difficult.</small></p>  <p><b>Bench with Feet Raised</b></p> <p><small>Raising your legs makes the exercise more difficult.</small></p>  <p><b>Dip Station</b></p> <p><small>Keep your elbows back and close to your sides. If you are unable to perform station dips, start with bench dips and build up.</small></p>	<h3>Triceps Extensions</h3> <p>Muscles worked:</p> <ul style="list-style-type: none"> <li>• Upper back of arms (triceps)</li> </ul>   <p><b>Lying</b></p> <p><small>Can be performed with barbell or dumbbells.</small></p>  <p><b>Overhead (Cable)</b></p> <p><small>Can be performed with a rope or wire.</small></p>  <p><b>Overhead (Dumbbells)</b></p>  <p><b>Triceps Pushdowns</b></p> <p><small>Try to isolate movement around your elbow. Do not use your shoulders or neck to generate momentum.</small></p>
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#### About Omar Bourgila

Omar Twenty-nine years old I love swimming, practicing the sport of bodybuilding two years ago, which is my favorite sport.

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