EXERCISE ROUTINE TO BUILD MUSCLE



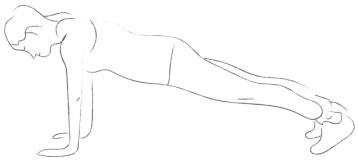
What: Resistance training

When: Mid-day, after eating

How often: 1-2 times per week

What to do: Circuit of weight-bearing exercises for every major muscle group.

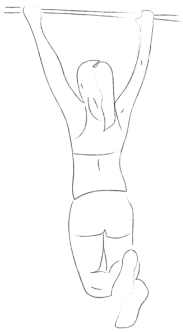
Push-ups



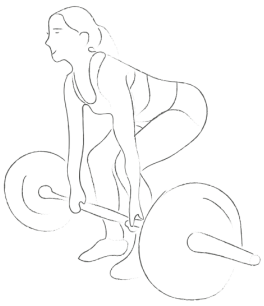
Squats



Pull-ups



Deadlifts



Do 10 reps of each with a rest in between. Cycle three to four times. You'll know when you're done.

For squats and deadlifts, use enough weight that you've spent on the last rep.

To increase pull-up and push-up intensity, experiment with variations on each: close-grip push up, one-leg push up, pull up with knee raise, etc.

FINISHER SECRETS.