



BUILD MUSCLE AND LOSE FAT

The fast, easy, and safe way

What kind of body do you want? Are you striving for that super-man physique that forces all the females to turn their heads or are you satisfied with an average flabby American figure? The truth of the matter is rather obvious if you ask me. We all want the "killer bod," but only some of us are willing to work for it. These are the individuals who want it the most. Which category do you fall into? It's totally up to you. I for one want to be in shape and stay in shape for the rest of my life. Now, this doesn't mean that I'm hitting the gym for 4-6 hours a day to be like the Hulk. However, it does mean that I exercise five days a week for a mere hour each day. This is only five hours out of my entire week. Think about that. Since I'm a guy, I like to lean a tad more toward the muscle building routines.

Are you into muscle building routines? If so, what do they consist of? Are you an avid weight lifter? This is the core of muscle building routines. However, do you know and understand the difference between machines and free weights. Although the pounds may be equal, it doesn't mean the exercise is. If you didn't already know, free weights are a bit heavier than machine weights.

But, each offer different benefits. Furthermore, when it comes to muscle building routines, you don't solely have to go with the old standard. There are other muscle building routines that won't cost you a penny and can be performed virtually anywhere. Ever heard of push-ups. This is one of the classic. When done properly with the hands shoulder width apart and the back flat, it works well to build the triceps and pectoral muscles. Another one of the great muscle building routines is sit-ups. We all know these can be done in a small space and seriously work the abs. A few more are pull-ups, dips and running. All of these age-old muscle building routines can truly enhance your physique. Are you taking notes?

If you're craving the latest scoop on muscle building routines, and which ones work the best, you can always turn to your trusty PC or Mac for answers. Hop online and discover loads of free information regarding muscle building routines and cardio workouts. It's all at your fingertips, folks. So much can be accomplished in your own home.



MUSCLE BUILDING

All of us want a certain look. We crave a specific face, hair color, or physique. This is only natural considering what we're taught. Images are shown to us early on, which depict what is attractive and what isn't. Some of this is learned and some is natural. As we all know, a muscular man is preferred over a fat man. One represents strength and protection, while the other symbolizes a failure to exercise and diet properly. This is why virtually all men crave a ripped body. They want that physique they see in fashion magazines or "Men's Health." It's only natural. Now, are you one of the guys who go after it, or are you still scarfing down cheese burgers? Fast food is not part of a muscle building diet!

It's a bit funny, but the definition of a muscle building diet changes over the years. I can recall back in high school when my brother and I were chugging Mega Mass calorie shakes and lifting weights. The goal was to pack on pounds of muscle. I guess it worked a little. However, these days this is not so much the recommended routine. Sure, you need plenty of calories, but not from sugar. And let's face it, those old calorie shakes were loaded

with sugars. Now you can purchase simple protein shakes. In fact, this is what's commonly recommended. Whey protein offers great benefits, but without all the nasty sugar. A decent muscle building diet now consists of vegetables, fruits, water, and plenty of lean meat. What is lean meat? It's fish, chicken breast, and oodles of tuna if you prefer. This is the most common muscle building diet I know. These are your keys to a ripped body. Oh, and of course the proper weight lifting routines. Without those, you'll get nowhere.

So what about all the supplements? Hey, some supplements are great, while others are iffy. Whey protein is the way to go. Ironpower has a renowned one for building muscle and burning fat at the same time. It's called [SynStack](#). Multivitamins are good, and should certainly be taken regularly if you're striving to build the best physique possible. Then there is creatine. This supplement is imperative in a muscle building diet if you want maximum muscle gains. Ironpower has a unique formulation that contains additional ergogens that buffer lactic acid. The end result is a creatine product that delivers explosive performance and spectacular muscle building

results. It is called [PowerStack](#). To view Ironpower's full range of muscle building, and fat loss supplements, visit... <http://ironpower.biz/products.htm>.

FAST WEIGHT LOSS



The infinite diet plans these days have certainly given Americans a variety of options. While most of us want to achieve fast weight loss, we also prefer to keep the pounds off. With the unhealthy food suppliers on every street corner, this may be a difficult task. In fact, this is our main problem. We all want to look chiseled, but only a handful are willing to make the necessary sacrifices. What do you eat? Do you exercise regularly? These are crucial factors when striving to achieve fast weight loss. We can't just talk the talk, we in fact have to walk the walk or we'll get nowhere.

What diet do you prefer? Are you on the Weight Watchers plan? Do you add up points everyday on your laptop? I thought this was amusing the first time I saw my wife doing it, but I now better understand the method behind the madness. You want to keep a close eye on what you consume, and truly understand how much of what you take in on a daily basis. Weight Watchers offers a spectrum of meal options in order to attain fast weight loss, but not starve in the process. A second option is the South Beach diet. This one in

particular is clearly all the rage at this time. If you're wondering where the name came from, ponder no more. In South Beach everyone flashes that amazing body that is so much desired these days.

As always, there are good ways and poor ways to achieve fast weight loss. The basics never seem to change. You want to get slim, you want to drop pounds, you want to be healthy, and you definitely want to keep it off. This is why a good diet is imperative. You need to drop those fat rates, and increase your vitamins. This is the greatest flaw of fast food. It is plain and simply vitamin deficient. It doesn't give you the right nutrients. In order to attain fast weight loss, you have to take in the right vitamins and the correct amount of calories. In addition to this balanced diet, you also need to exercise. This is always the part that makes everyone cringe. Exercise is mandatory for keeping your body in good shape and burning calories. Jump online and check out the various ways to achieve fast weight loss. You will find an abundance of information on diet plans and exercise regimes at your very fingertips. Fast

weight loss is a feasible concept; you just have to understand the process in order to be successful.

TAKING CARE OF YOUR MUSCLES



1. *Warm up before starting your workout routine.* -

Warming up prior to starting your workout routine would give you lots of benefits. Aside from preventing certain injuries, it can also ensure that your muscles are loosened up properly. Because of that, you would be able to perform the routines the right way, and benefit from them.



2. *Build the strength of your core.* -

There are certain exercise routines, like squats, which can strengthen your core. Your



core actually consists of your oblique, stomach, and back muscles; and, if you strengthen them, you would be allowing your body to become more effective in performing other

routines. Aside from that, it can also prevent injuries to happen.

3. *Build more muscles to lose more fats.* -

If you want to achieve weight loss faster, you can actually do some weight training for it. You don't have to follow routines done by professional bodybuilders for this. Simple weight lifting with dumbbells can already do the trick, especially if you can put enough pressure on your muscles. Doing this would make your body burn more calories, even when you are no longer doing anything, since it would spend more energy in building more muscles.



4. *Give your muscles a break.* -

When you workout, whether you are going to do some weight lifting or simply just cardiovascular activities, you should also give your muscles a break. This is because you don't want to strain them by providing them with too much work, since it can put you at risk to injuries or certain types of diseases.

*For a product that assists muscle
building and losing fat*

at the same time, please visit

http://ironpower.biz/products_andro.htm.