

10 Muscle Building Mistakes (KILLING GAINS!)

The 10 Worst Muscle Building Mistakes that you should avoid. These mistakes are common for beginners that are starting to look into how to build muscle as well as advanced. If you're looking for the best bulking and muscle growth diet/workout you should first make sure you're not making these mistakes

FREE 6 Week Challenge:
https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_term=man

Fat Loss Calculator: <http://bit.ly/2wMv9NU>

TIMESTAMPS:

Mistake 1 – Always Sticking to The Same Rep Range –
<https://youtu.be/seWbTqP6yJc?t=1m>

Mistake 2 – Undervaluing The Importance of Food

Mistake 3 – Having Too Low of a Meal Frequency (Intermittent Fasting) – <https://youtu.be/seWbTqP6yJc?t=4m27s>

Mistake 4 – Overvaluing Supplementation –
<https://youtu.be/seWbTqP6yJc?t=5m44s>

Mistake 5 – Not Trying to Develop Neuromuscular Connection –

Mistake 6 – Working Out Too Much –
<https://youtu.be/seWbTqP6yJc?t=7m39s>

Mistake 7 – Avoiding Intense Weight Training Sessions –

Mistake 8 – Not Switching Up Your Training Style (Drop, super, tri sets) – <https://youtu.be/seWbTqP6yJc?t=10m3s>

Mistake 9 – Not Realizing Barbells and Dumbbells Are THE BEST – <https://youtu.be/seWbTqP6yJc?t=10m51s>

Mistake 10 – Not Allowing Your Gains to Stack Up –
<https://youtu.be/seWbTqP6yJc?t=11m27s>

I've spent years trying to build muscle naturally and let me start by saying it's not easy. There's so much misinformation out there on how to build muscle as a natural and even if you were to find the right information there's so much of it that it's easy to get overwhelmed and not take action. I felt that first hand as I've gone through phases where my goal was to strictly be as bulky as possible and other phases where the goal was to get as lean as possible. Over the years of going through dirty bulks, clean bulks, cutting phases, trying different supplements, as well as constantly modifying my workout plan I went through a lot of trial and error. And I want you to avoid making the same mistakes that I did so you can see results as fast as possible by focusing on the things that truly matter when it comes to building muscle while ignoring the rest. So today I want to go over the 5 biggest muscle building mistakes that you're probably making that are preventing you from seeing the gains you deserve. Let's jump right in and start with the biggest workout related mistake that beginners and advanced people make. Always sticking to the same rep range. There is a rep range that is believed to be better for building muscle and even though there's a lot of debate about what the best rep range is most people will agree that it falls somewhere between 6 to 12 reps. The best results that I noticed were always within a narrower rep range of 5 or 6 to 8 reps. However by constantly sticking to this same rep range you're going to have a lot of trouble making progress especially after you're no longer a beginner and results start slowing down. This is why you want to spend time with three different rep ranges low moderate and high. Your moderate rep range could be 6 to 8 reps. Your low rep range would be roughly 3 to 4 reps and your high rep range could be 12 to 15 reps. You would spend two to three weeks working on each rep range and you would do this because each rep range has benefits that will transfer over to the other rep ranges helping you get stronger and build muscle faster. The three to four rep range allows you to lift a much heavier weight which will then make the weight that you were using for your

moderate and higher rep ranges a lot easier allowing you to lift heavier weights for those rep ranges as well. With a high rep range of 12 15 or even 20 reps you'll be increasing your endurance and your body will adapt to an increased production of lactic acid. This will help you squeeze out extra reps at the moderate rep range and even the low rep range with the very heavyweight. Breaking up your work out into periods of low moderate and high rep ranges is known as periodization and this will allow you to continuously increase the intensity of your workouts in the shortest amount of time possible ultimately leading to some very impressive results. Your body is very good at adapting and periodization is a great way to constantly keep it guessing which is a big plus when it comes to building muscle. The next mistake is undervaluing the importance of food. If you happen to be a hardgainer you have to eat a lot of food to build muscle. if you're not a hardgainer you still have to eat a lot of food to just not as much. Muscle is metabolically active tissue and due to our biology and the way that we've evolved our bodies try to conserve energy whenever they can to ensure that we don't starve. So from an energy conservation standpoint your body doesn't want to build muscle and you're going to have to force it into growth.