

## Visual Impact Muscle Building Review - Gain Muscle Mass Quickly

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Have you ever wondered how to grow muscles? It is not logical to try to gain mass rapidly and become stronger even without understanding a simple concept.

In order to understand, I will reveal the most powerful muscles I've constructed. It's actually very simple, but it really baffles me to note that some people use it.

Obviously you are confused by the variety of options available: Do you use a combination or isolation exercises, practice split or full-body practices, or use free weights or machines, or delegates or less, and so on. Indeed, the pressure can be a headache if you do not have the correct information.

But let me tell you whatever method of training you are using at the moment, the decisive factor for gaining muscle mass quickly and therefore has an amazing body and became the center of attraction, he has the tools I will share with you today.

Pen and paper

If so, pencil and paper is the most powerful bodybuilding, so much so that they can decide whether you succeed or not is your goal to get the body you've always wanted.

I tell you ...

Imagine going into the gym bodybuilder says, "MMMM I now play again, I remember the last time I paddled ... 200 kilograms or 210 pounds is possible. .."

But no! They do not suspect how much pressure or repeat to do the last time in the gym. They know exactly all of this data, just because they carry a detailed record of every exercise you do, and why they are doing?

As the real key to building muscle mass body is huge and fast technique called progress, it is important to note this.

Listen, when you go to the gym, what you do is rest the muscle fibers as a result of weight training. Leaving the gym, your body uses the nutrients that you eat, in order to repair the damage caused by weight training you need.

This is interesting, that not only repairs but also make them bigger and stronger, to protect against "attacks" in the future. That's how muscles grow.

You see where I'm going with this?

Therefore, the key to continued gains in muscle mass and strength, is to increase your exercise each week:

- a) to raise a few pounds, or
- b) Make one or two additional representatives

This is a technique development. That's how your body is constantly repairing your muscles to make them bigger and stronger every week. Simple!

So from now on you have a job, every time you go to the gym to bring a pencil and a paper record of every exercise you do, the weight used and repetitions, so the next time you train with weight that you focus on one goal was to overcome some of those figures weeks, either by one or two additional representatives, or increase tantito weight.

Get this every week, you will be well on your way to success and you will soon have the muscle mass you desire. So take action now to go! [Katie Jordan Price's 18-year-old sister Sophie Price shows world 32E breast augmentation](#) [3] [Two Easy Ways to Convert PDF to Word on Mac](#) [4]

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