

Arun Chase's

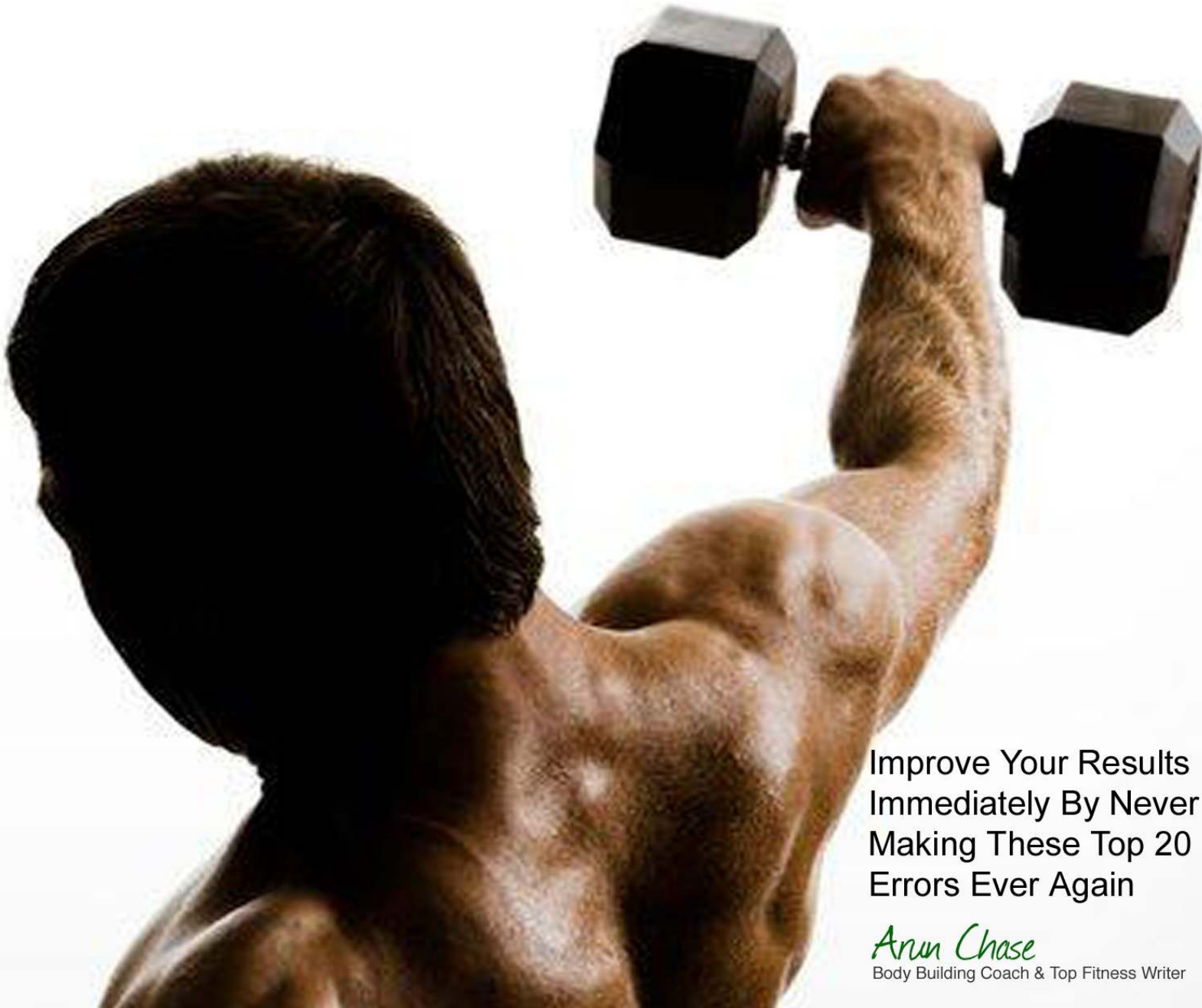


BODYBUILDING 4 IDIOTS

Top 20

Muscle Building Mistakes

...SOLVED



Improve Your Results
Immediately By Never
Making These Top 20
Errors Ever Again

Arun Chase

Body Building Coach & Top Fitness Writer

A LITTLE BIT ABOUT ME...

A lot of you may have heard of me. For those that haven't, let me introduce myself. My name is Arun Chase, and **I'm a writer and top bodybuilding expert. However I WAS once one of those odd body shaped people, thin, puny and fat at the same time!!** I had a flabby "beer-belly" stomach, pointy "man-boobs" and those annoying love handles, which I grew to hate. Yet my legs, arms and overall body shape were like that of a starved chicken!

I suffered from a **lack of confidence and self-esteem. I was scared to talk to members of the opposite sex and I always thought other people were laughing at me due to my body shape.** To make it all worse, all my mates had great physiques and got all the ladies right in front of me. I was jealous but still didn't make any changes.

The final straw came, when one Night I was humiliated in front of everyone, when a girl approached me, laughed in my face and **told me she would die laughing if she saw me naked.**

This was not the life to live. I had to make a change. So I started to go to the gym and eat healthy. But, **no matter what I did, I couldn't put any mass on my frame or loose that little bit of fat.** In fact I tried a personal trainer, infomercial products, hundreds of supplements and also read plenty of books and magazines. Yet it just left me all confused and I didn't get results I wanted.

I spent over \$6000 On Fitness Products and had worked out for nearly 4 years, before I discovered the truth! I bumped into an old friend who I hadn't seen in nearly 3 years. He went from puny to ripped. I could literally see his 6 pack through his shirt. Again I was jealous.



But from him, I realised why I hadn't been achieving the results I wanted. **It was then that I started to see growth.** However I still wanted something better so I kept refining my program till it turned into a dynamite system, which **got me down to under 6% body fat and gained me over 20lbs of pure muscle in just 16 weeks!**

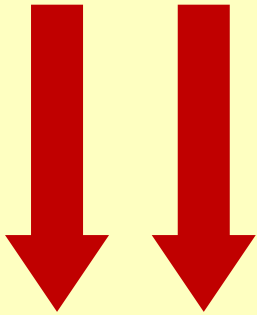
I then tested this amazing new system on others and got them all similar results. I now have moved onto the internet, where I helped thousands of others gain the physiques they have. **They now are those people who are confident, attractive and always seem to be the ones who get the telephone numbers.**

I am now giving you the opportunity to achieve the same results. You can get hold of my full master course on bodbuilding4idiots.com.

However I want to help as many people as possible, so I have given this product away for **FREE** to help you achieve better muscle growth and a better body. Good luck and hope you enjoy the information provided.



"The Bodybuilding 4 Idiots Program Is A Full Step-By-Step Roadmap To Building A Hard-Rock, Muscular & Shredded Physique! Get It Now!"



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INTRODUCTION

Everyday I get people come through my door and tell me how they have not achieved the muscle growth they want, even though they have been working out really hard, or eating the right nutrition etc. And I listen to them and ask them a few simple questions.

Usually I find that they have been following the advice of fitness magazines, websites, the person in the gym who can't help but come up and give his/hers opinion to you or buying into those adverts placed by supplement and infomercial companies all around you.



Unfortunately there is lots of contradicting information out there, which can confuse you and it's hard to identify what is right and what isn't. I know! I used to be there! **You need to be able to shift through the garbage and get to the truth.**

This is why I have created [my full program](#), which will **provide you everything you need, including the science behind building your dream body, and full routines so you are no longer confused as to what to do.**

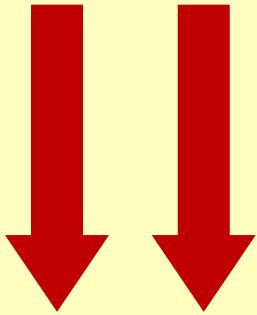
It is also the reason why I created this particular book. Most people fall for the same mistakes each and every time. **And today, from my own research, I have put together the top 20 most made mistakes, which I have seen STOP thousands of people get the results they want. I will also tell you what you should be doing instead, to ensure you don't make these mistakes again!**

Trust me, this book alone, could save you hundreds of hours of inefficient workouts in the gym and also save you plenty of money too.

Please feel free to share this report, WITHOUT MY PERMISSION, with friends, family etc who are looking to get into shape (on the proviso you keep everything in tact and do not change this manual in anyway)

If you are ready to start, let us begin and look at the top 20 most made mistakes when looking to build muscle.

“Are You A Skinny Hardgainer? Do you Struggle With Confidence When You Go To The Beach Or Sunbath Poolside? Then The Bodybuilding 4 Idiots System Is Made For YOU! Get It Now”



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THE TOP 20 BIGGEST MUSCLE BUILDING MISTAKES

Huge Mistake #1:

Not eating enough calories and ignoring the quality of calories and the quantity of each nutrient

Many have an idea of what foods are healthy, what foods aren't, and that's great. However if you are not eating the right quantities, no matter how healthy the food or drink is you will not get the results you are looking for.



The same applies in the opposite direction, where you consume the right quantities, but not the right foods or drinks, and don't look at the amounts of each nutrient.

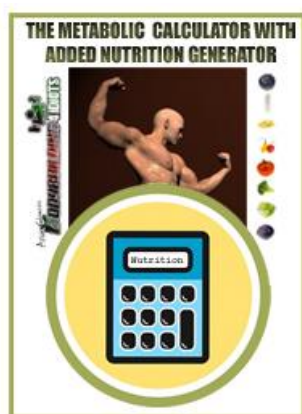
Nutrition is broken into three parts, **IGNORE JUST ONE**, and you will fail to get results. The 3 parts are follows:

- 1) Choosing the right foods and drink
- 2) Choosing the right time to consume that foods and drink
- 3) Eating the right portions of each food and drink (including the portions of each nutrient within each meal as well)

For muscle growth you need to eat healthy foods but eat a lot so you are in a calorie surplus (consume more than what you are using) and consume the right ratio of protein, carbohydrates and fat. This will prevent muscle loss and increase muscle growth!

So you need to

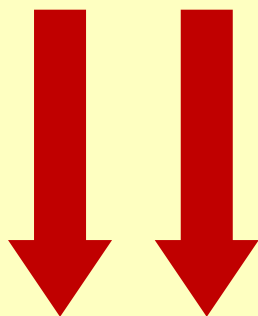
- a) Work out how many calories you must consume per day
- b) Count the number of calories you are consuming in total and of each nutrient
- c) Consume your meals and drinks at the right times



In my [bodybuilding4idiots master course](#), I give you a [FREE Metabolic calculator with nutrition generator](#), to do the work for you, which automatically calculates the number of calories you are using per day, how many you should consume and provides you with a full nutrition plan personalized to you.

In my opinion nutrition is 65% of getting the results you want. Get this wrong and you will fail.

“Learn Everything From The Sports Science Behind Your Body, Nutrition, Weighlifting, Cardio, Evaluation, Motivation And Even How To Apply The Theory To Your Day To Day Life! Start Building A World-Class Body Today!”



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Huge Mistake #2: Over-training or Under-training when working out



There are some people who train so hard, and end up overtraining, as they believe the more they train the better results they will get.

There are also those who are afraid of overtraining or are just simply lazy and hence do not train enough. Both are mistakes!

Overtraining can occur in three main ways; training too long per session, training too many times a week, not giving your body enough rest. Overall this leads to the following:

- ▶ Muscle loss- Any workout which is longer than 50-60 minutes leads to an increase in the amount of muscle being burnt. That's right when you over train in your weightlifting routine, you are actually burning muscle!
- ▶ Reduced Muscle growth- Training the same muscles every day can damage your muscle fibers which can reduce your muscle growth potential.
- ▶ Reduced testosterone secretion- This is a vital hormone to muscle growth, so it is important you avoid this.
- ▶ Plateaus- Where you find you can't lift any heavier weights or increase your muscle growth.
- ▶ Increased risk of injury- As we get tired, we find it harder to keep concentration and lift more weights. This increases the risk of injury.
- ▶ Illness- As overtraining uses so much energy our body finds it hard to fight against illness and you get ill a lot more easily
- ▶ Moodiness & a lack of motivation- As it takes so much time to train and you are low in energy during the day, you feel more moody and have a lack of motivation.

Under-training simply does not get you results or growth.

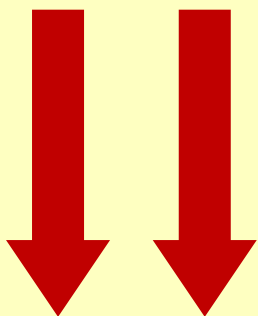
So you need to ensure you are not in either one of these two categories. To do this, you should:

- ▶ **Never train longer than 50-60 minutes per workout.**
- ▶ **Never train more than 2 days in a row**
- ▶ **Always give the muscles you've worked 1-2 days recovery time, so you never train the same muscles two days in a row.**
- ▶ **Take a full weeks break from your workout routine every 8-10 weeks**

Huge Mistake #3: Not sleeping correctly or enough hours

Sleep is extremely important and affects how energetic you are and feel the next day. With a lack of sleep, you will feel weak and tired which means you fatigue quicker during exercise and are unlikely to be stronger than your previous workout. This is really important to weight training.

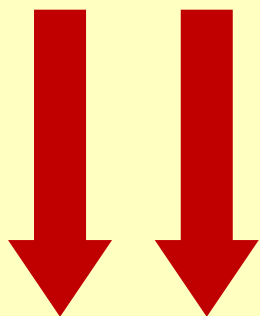
"Where As Most Programs Are Just Either Fat Loss Programs OR Muscle Growth Programs, This is 2-in-1 i.e. YOU GET BOTH! That's Because You Need Both To Achieve A Muscular & Shredded Body. Get It Now!"



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However the number one reason why getting enough sleep is so vital, is due to a hormone called growth hormone (GH). It is released during deep sleep, which often begins about 30-45 minutes after falling asleep and is vital in creating muscle growth. So sleep deprivation reduces muscle growth.

Over sleeping is not good either. Anything more than 9 hours will mean you find it hard to fit your 5-6 meals a day with a gap of around 2.5 hours to 3 hours between each meal. Plus it can cause you to feel lethargic, which can reduce the efficiency of your workout.

So for the best sleep, you should look to get around 7-9 hours sleep (or aim for 8 hours).



The time of sleep is also important, as it affects how deep you sleep, which as mentioned above, affects muscle growth. **The most ideal time for muscle growth is between 10pm-6am.**

Huge Mistake #4: Trying to loose fat whilst trying to build muscle & Doing Too Much Cardio (especially on an empty stomach)

Too many people go in trying to gain muscle and loose lots of fat at the same time. Unfortunately, as I explain in my [full bodybuilding4idiots master course](#), a fat loss nutrition and exercise routine contradicts a muscle gaining nutrition and exercise routine because burning lots of fat, burns a lot of muscle too and gaining muscle, especially due to the nutrition required, may lead to an increase in fat.

This is why some magazine articles and books will contradict each other and confuse you, because some are written for fat loss and some for muscle gain, hence the reason you may find for example, someone saying cardio (especially on an empty stomach) is good (good for fat loss) whilst some will say its terrible (its bad for muscle gain).

Well if your aim is muscle gain, then you should cut down on cardio and especially avoid cardio on an empty stomach! Whilst if your aim is fat loss, you want to do more cardio and more on an empty stomach!



Hence, **you need to separate your goals and routine into phases deciding which is the most important for you first: fat loss (the cutting phase) or muscle gain (the bulking phase).**

If you're skinny you would do the bulking phase first followed by the cutting phase. If you're overweight you would use the cutting phase first, followed by the bulking phase

followed by the cutting phase again to loose any fat gained during the bulking period.

In my flagship book, [“PACK MUSCLE! DESTROY FAT!”](#) I separate what you must do for fat loss, and what you must do for muscle gain, so you get actual results fast! That’s no more confusion for you ever again! 😊

Huge Mistake #5: Training Instinctively rather than planning or using a set routine

I’ve seen it a number of times. Mr/Miss/Mrs A goes into the gym, looks around and thinks, what exercises do I feel like doing today and just picks instinctively.

There is a science to building muscle, you can’t just go into a gym and wing it. Your larger muscles should be trained first using free weights and there are certain types of exercises which should always come first within a workout, which I disclose in my [Full Bodybuilding 4 Idiots Step-By-Step System](#)

The same applies when planning your workouts ahead of time. **You should plan weeks/months ahead rather than just planning a day in advance. If you order your workouts in the right way you can explode your results.**

Getting this wrong will just mean you waste time on ineffective routines which don’t get you anywhere. So I also provide you with my **best underground routines for muscle gain** in my [full master program](#).

Huge Mistake #6: Not pushing yourself hard enough at each workout

Stop being lazy and scared of the weights! You need to start pushing yourself hard if you want to get result. **No one has ever got into shape by being lazy.**

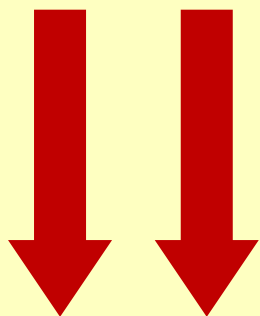
You must really go for it and drive yourself! You can do this by using the following rules:

- ▶ **Never do the same or a lower number of reps on the same exercise with the same weight, in the following workout. Always increase the number of reps you do in the following workout.**
- ▶ **Increase the number of reps you do on a particular weight, on a particular exercise, each workout until you hit 12 reps**
- ▶ **When we hit 12 reps stop doing this weight, and increase the weight to ensure your reps lie in between 6-12 again.**
- ▶ **Aim to increase weights on a particular exercise and muscle group, by 5% every week.**



If you want to push yourself even harder change the 12s to a 9 in the second and 3rd bullet point.

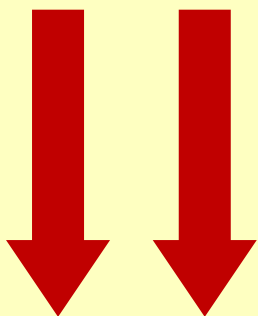
“I’m So Confident You’re Going To LOVE The Bodybuilding 4 Idiots Full Step-By-Step Program, If Within 60 Days, You Are Not Satisfied, I’ll Give you Every Last Cent Back AND As A Present For Trying, I’ll Even Let You Keep The Whole System For FREE. That’s A Guaranteed Gain No Matter What! Get It Now!”



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“If You Want To Build Muscle FAST And Get RIPPED Quickly, Then You Need A System, Which Works, And Sets You Up For Turbo-Speed Results! What You Need Is The Bodybuilding 4 Idiots Step-By-Step Plan! Go Now!”



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This does also lead onto a key area. You have to be motivated to get results, if you don't, you won't push yourself to get results. I recognize this and **unlike virtually any other program, I have written a full book , “[DRIVE BODYBUILDING MOTIVATION, KILL LAZINESS!](#)”, on how to get a motivated mindset to drive yourself to that dream body, which I decided to give away completely FREE with [my full course](#).**

I want you to have everything to become a success and this is one of the most important parts to achieving your goals.

Huge Mistake #7: Eating 3 meals in a day and eating at the wrong times

As we covered in Mistake #1, you have to eat a lot of calories. By eating only 3 meals per day you will not be able to fit in all those calories, so **eating more meals per day is vital.**

Plus large gaps between meals, leads to muscle loss, which is what you want to avoid! So **you must eat every 2.5-3 hours, which equates to 5-6 meals per day.**

It is also important to **ensure your body gets the correct nutrition at**

the right time. For example a substantial amount of protein when your muscles are primed for growth or a substantial amount of carbohydrates, when our metabolic rate is up, to prevent muscle loss.



I cover this and nutrient timing fully in my [Bodybuilding 4 Idiots program](#).

Huge Mistake #8: Not consuming enough carbohydrates and protein

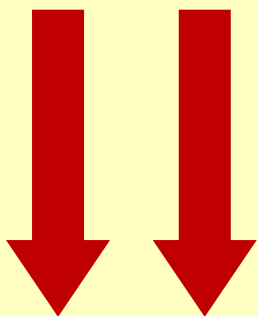
When you don't consume enough carbohydrates, your body turns more to protein to provide energy for your movements and functions. This protein comes from the break down or loss of muscle!

This is something you want to avoid. Hence **you should look to include starchy carbohydrates in each meal** (things like beans, chickpeas, nuts, oats, sweet potato, black-eyed peas, whole-meal pasta, whole-wheat/multigrain bread, whole-meal rice and anything made with wholemeal flour).

Without enough protein in your diet you will not gain any muscle, no matter how hard you train. **When you consume more protein than what your body requires you build new mass of muscle, in other words you grow muscle!**

So it is vital you consume a lean protein in every meal also (found in foods like Chicken Breast, Turkey Breast, Fish, Shellfish, Tuna, Egg whites, Soybeans etc).

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Overall it is vital you include a high level of carbohydrates and protein in your nutritional diet.

Huge Mistake #9: Not consuming enough healthy fats

The hormones, Testosterone and growth hormone (GH), are crucial for bodybuilders because they dictate muscle growth and recovery, in addition to building strength. So if you're spending hours upon hours in the gym trying to gain some quality size, these hormone levels are definitely something you should look at.

Consuming the right fats, which contain essential fatty acids (omega 6 and omega 9), leads to increased testosterone and growth hormone (GH) secretion, which helps to boost muscle growth and allows you to workout more often. So if you're not getting enough fat, you're losing out on muscle growth and faster recovery.

Now I'm not saying you should binge on fats. I am simply saying that you need to ensure they form a good part of your diet (around 25%). However, **it is important you completely stick away from the unhealthy trans fats and saturated fats**, which pack on body fat and lead to health problems. These are found in things like butter, margarine, egg yolk, hydrogenated oils, fried foods (especially from fast food chains) etc.

The fats we want to consume are the unsaturated fats found in foods like avocados, olives, walnuts, salmon, trout, vegetable oil, sunflower oil etc.

Huge Mistake #10: Aiming to get your muscles pumped by the end of the workout

Some people, rather than finishing a workout within 50-60 minutes, carry on training, just to get the maximum pump they can.

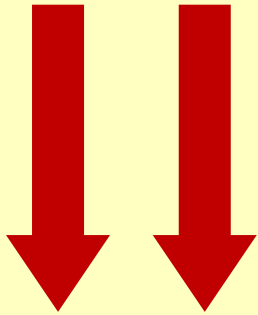
The 'muscle pump' occurs when you put your muscles under a long period of constant tension (like a long weightlifting routine). As your muscles stretch and contract, it causes a massive influx of blood there, which provides this pumped feeling and look of being tighter and fuller.

However many confuse this for muscle growth but doing a light weight and 90 reps will provide this pumped feeling but not the muscle growth you are looking for. Muscle growth occurs only after a workout, and during rest, so this pump alone is not a sign of bigger muscles.

However it is important to note, **if you have been training with heavy weights and working out in the 6-12 reps, and get this pumped feeling that is a good sign. But whatever you do, you do not want to over-train as we discovered in Mistake #2.**

Huge Mistake #11: Avoiding your muscle imbalances and weak areas

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When doing the press if you find your triceps burn out before your chest does, then it means you have a weak link. If you continue to ignore this, your chest won't ever get the workout it deserves, which means very little growth for your chest as well! And guess what, this will continue till you sort this problem out! Plus carrying on this way can cause further muscle imbalances.

So it is important that once you start training you look out for any weaknesses or muscle imbalances you may have and use exercises which isolate these areas.

If there are muscle imbalances in terms of size of muscles use 6-12 reps to build them up and if there are muscles which are weak using under 6 reps to build strength. This will help solve these problems.

Huge Mistake #12: **Not drinking enough water**

Your water consumption affects your endurance, strength, and physical performance substantially.

In fact, Studies have also shown that with mild dehydration of 3% (of our body weight), our contractile strength can reduce by 10%. With 4-5% dehydration, we potentially reduce our muscle endurance by 20-30%, reducing the amount of time we can carry on for.

So by drinking enough water, you potentially could increase your strength by over 10% and improve your endurance by between 20-30% just by changing that! This can help you burn a substantial amount of extra fat and build a huge amount of muscle!



It is said you should drink around 8 glasses of water per day and this is a good starting point. However, in [my step-by-step bodybuilding program](#), AND with the help of [“The Metabolic Calculator With Nutrition Generator”](#), I show you how to work out the correct amount of water you should be consuming, for muscle gain, custom made to you.

Huge Mistake #13: **Not stretching enough before, during and after a workout**

Not stretching enough increases the risk of injury and also increases your recovery time. We want to avoid this at all costs.

Furthermore, in your body, every muscle is surrounded by a tissue component called the Fascia, which helps to protect the body

However, your fascia is inflexible and can hold back your muscle growth as your muscles have to stretch through it to show growth. So your size of the muscle

growth and its speed is restricted, due to your fascia, regardless of how hard you train. Calf muscles are a prime example of this.

However with certain types of stretching exercises (you can find these in [my full course](#)) you are able to work the fascia tissue, which increases its flexibility. This provides your body with more protection from injuries etc whilst giving your muscles more room to grow, which increases the speed of muscle growth substantially

The great thing is, once the fascia is stretched it pretty much stays that way. So once you have put in all the hard work to grow the muscles to a particular size, even if you loose it, you will find it is a lot easier and quicker to put back on as the fascia remains stretched. This is called muscle memory.

So using the right type of stretching not only prevents injury but boosts muscle growth (remember you get this in [my bodybuilding program](#))

Huge Mistake #14: Buying into the hype of supplements and infomercial products



There are thousands of supplements and products out there, dedicated to “improving your body”. But guess what, the majority of them don’t work and are simply conning you out of your money.

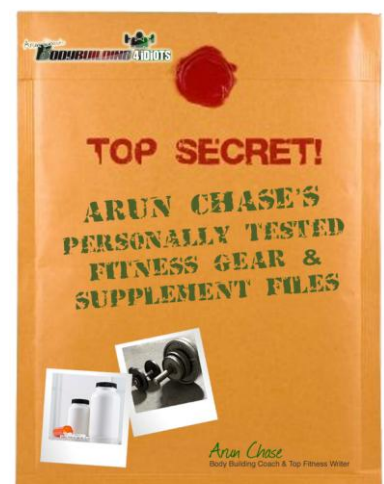
And to make matters worse, there are more and more new products or new magic pills released everyday, that promise you the world, but NEVER DELIVER

It's simple human nature. People want effortless, instant solutions, and the bodybuilding industry is willing to give you the solution, BUT it's the solution that doesn't work. **If all those supplements and magic pills completed the job they promised, you wouldn't need to buy any more of their products. So do you think they go out of their way to deliver their pledges?**

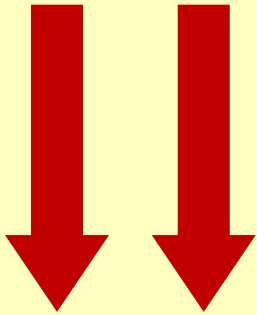
And this is why most of these new FADS are just old unhealthy products that don't work, slightly tweaked and given a different name!

However what about the few that do work? Well at maximum they will contribute only 5-10% to your results. So **the right nutrition and exercise are the most important factors.**

However, 5-10% can still help. So with [my full bodybuilding4idiots course](#), I reveal the types of supplements and products you need and why. I also explain how to choose the good supplements versus bad, so you're not conned ever again!



“Are You Vegetarian? Then Learn How To Combine Proteins Properly For Maximum Muscle Growth! This Is The #1 Reason Why Vegetarians Find It Hard To Grow Muscle! I’ll Show You How To Solve It!”

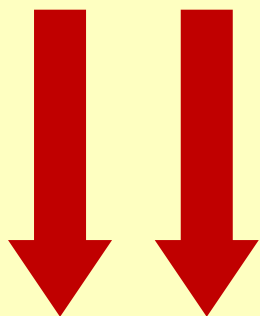


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Plus as a FREE Bonus, I am giving away my very own “[Top-Secret Fitness Gear & Supplement Files](#)” of the few supplements and products I personally use and recommend to my clients for success. The majority of these are completely natural and do not contain any of those unhealthy ingredients like artificial colours and flavours etc, so will give you great results.

You will literally save hundreds of dollar when you discover which products are useful and which ones are NOT.

Huge Mistake #15: Not evaluating your body and results

There are plenty of reasons why evaluation is vital to building muscle.

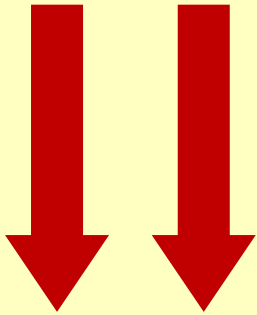
- ▶ As our body and fitness levels change, our nutrition and exercise plan must change to it. If you don’t do this you will hit a plateau and not gain any muscle.
- ▶ You are able to analyze what is and what isn’t working for you, so you can get rid of what isn’t and tweak your routine to your body type
- ▶ Measuring also allows you to see the exact improvements you have made, which you may not be able to see in the mirror.
- ▶ It helps to notice any muscle imbalances – It is important to notice this early, especially before any imbalances get out of control.
- ▶ Seeing figures and improvements on a sheet of paper adds to your motivation.



I think this is so important I’ve written a whole book on this to cover exactly and in depth what and how to do this, step-by-step. I have actually decided to give this away FREE with [my full bodybuilding4idiots course](#) for a limited time only.



“Learn How To Build A Motivated Bodybuilding Mindset, To Drive You Towards Achieving Your Goals, With My “Drive Bodybuilding Motivation! Kill Laziness!” Manual Which Comes FREE With The Whole Bodybuilding 4 Idiots System, For A Limited Time Only!”



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Huge Mistake #16: Not keeping a training and nutrition diary

As we covered in mistake #1, it is vital you keep a track of the calories and what you eat. This is virtually impossible to do in your head. So you must keep a nutrition diary to keep track of this.

In terms of training, the first set of an exercise, in weightlifting, is the most important. So without a training diary you cannot keep track of what you are lifting and what your first set should be. This can cause mistakes, which means your workout would not be as effective as it could be.

We also covered in mistake #6 what your training should be like and you need a training diary to track this. Plus, you are able to see what is working for you and what isn't. So you can adjust your workouts to speed up your results.

This form of tracking is extremely important if you want faster and better results. As I aim to provide you with everything you need to build that dream body, in [my full bodybuilding4idiots course](#), I also throw in some FREE Training and nutrition diary templates, which you can fill in and file.



Huge Mistake #17: Sacrificing on technique to lift higher weights

Technique is a very important factor in getting massive growth ALL over your target muscles.

The way you position yourself and lift the weights influences how much tension is put on your target muscles. Get this wrong, and you NOT ONLY risk injury, but are likely to have hardly any muscle growth and are likely to develop muscle imbalances.

Yes the weight is important, however you want to lift the highest weight you can do between 6-12 reps, **BUT with the correct technique.**

So if you're one of those people who are sacrificing their technique to lift higher weights, STOP, reduce the weight and start again!

Huge Mistake #18: Not planning enough

Muscle growth does require planning as you may eat out, or be going on holidays etc or have meetings and be out the whole day. This is where all the excuses come from. **If you plan ahead, you can ensure no obstacles fall in your path.**

So if you're going on holiday, do your research about healthy places or gyms near by. If you're going out for dinner, check the restaurants website for nutritional info and if there are none there, ring them up to plan how you can eat healthy. If you are out the whole day and can't reach anywhere decent, simply pack food ahead to take with you.

This is the secret of sticking to a nutrition and exercise plan and making it a success. Too many people give up and make excuses. You need to stop that and correct this mistake.

Huge Mistake #19: Doing the same workouts week in, week out, with no break in between

Our muscle fibers get used to facing the same stimuli week in week out, and this creates plateaus, where you are not able to gain any more muscle or increase the weights you're lifting. So variety is extremely important to getting results and preventing plateaus!

Changing your exercises and routine every 3-4 weeks and having a weeks break every 9 weeks in your workout routine is key in preventing plateaus and increasing your speed of muscle growth.

This is because it allows you to shock your body with new exercises especially when you just get back from a break. Plus it also reduces the chances of overtraining.

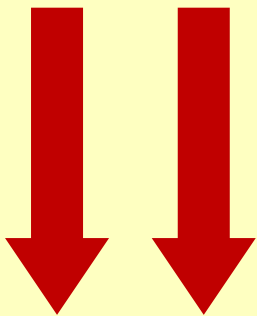
A good way, if you start facing any plateaus on a particular exercise, is simply changing to a new one and building up on that, and then come back to the original exercise later on. There is no point continuing on an exercise which is not getting you anywhere.

However, **there is a particular method and a science to setting your routines so you're able to shock your muscles to such levels that you achieve massive growth and don't hit plateaus.** I cover this in a lot more detail and give you access to my full underground routine in [The Bodybuilding 4 Idiots master program](#).

Huge Mistake #20: Lifting too many sets with less than 6 reps when your aim is muscle gain

So many people believe the higher the weight, the more muscle growth they will gain, no matter how many reps they lift in a set. However this is not correct. If you

“Learn How To Decode Food Labelling, Make A Menu & Understand How To Buy The Food You Eat! Most Programs Tell You Theory, But Don't Teach You Enough How To Put It Into Practice! I Do!”



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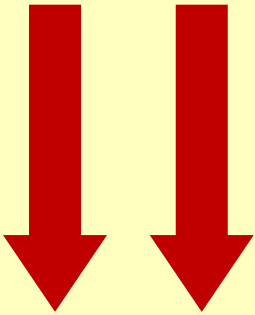
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lift less than 6 reps (with 5 seconds per rep) you help to build strength and increase your POTENTIAL for muscle growth, but it won't develop hardly any muscle.

The 6-12 rep range (5 seconds per rep), with the heaviest weight, is what converts the potential you have into actual muscle. So if you do a whole exercise doing 4-5 reps in each set, it won't convert into much muscle. So you need to ensure the majority of sets you do is between the 6-12 reps.

Overall, less than 6 reps, in a set, can help to ensure you don't hit plateaus or push yourself out of plateaus and also increase your potential for muscle growth, but it is nothing without the addition of the 6-12 rep range.

“Get A Whole Workout Album Of Music To Get You Motivated On The Way AND In The Gym For FREE With My Bodybuilding 4 Idiots System!”



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CONCLUSION AND WRAP UP

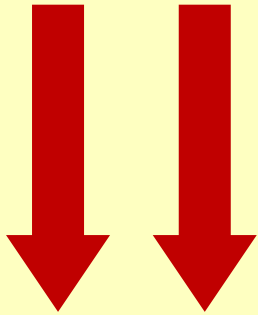
Congratulations on completing this manual because many just take this for free and never use it. You have taken the first few steps to taking action.

However, you must now take further action and use everything you have learnt so far, to prevent any more of these mistakes happening again. It is no use understanding the information if you don't use it!

Don't worry! I'm still here behind you to keep pushing you just like a personal trainer would. See by opting in, **you have joined an elite group. And you will be regularly hearing from me with new and up to date information and tips.** I will also send along special offers and some great top-secret bodybuilding info completely FREE! So do keep a look out for all this!

If you have enjoyed this, feel free to pass on and recommend this to your friends and if you are truly ready to take the next step and actually achieve your dream body, I suggest you go to bodybuilding4idiots.com and get [my official full master course](#), which will give you full step by step instructions and every piece of information you require to achieving a lean, ripped and sculpted body!

"Start Building Muscle & Destroying Fat, Using My Step-By-Step Program, Today!!"



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If you have any comments, do contact me. Any feedback helps me improve my service to you so please do contact me through the contact details on my website bodybuilding4idiots.com

This is your coach Arun Chase, saying bye for now!

CLICK ON THE LINK BELOW TO GET STARTED ON THE BODYBUILDING 4 IDIOTS PROGRAM TODAY!

➡ <http://www.bodybuilding4idiots.com>