

Lots of people lift weights, but almost nobody knows how to achieve the best muscle gain! Look around any gym, and you'll see people training with no direction, using horrible form, and paying no attention to their diet.

This article will explain the 2 most essential tips for the best muscle gain. At the end, discover the best, most proven system for building muscle, and learn how you can gain up to 40 pounds of muscle in just 6 months.

### **1. You've got to eat to grow!**

Nutrition is the most important of getting the best muscle gain, bar none. I don't care how hard you train; you will never gain an ounce if you don't eat enough food. Your body requires a surplus of energy to build ANY new tissue, be it fat, muscle, or other.

Your main focus should be protein, and you should aim to get about 2 grams per pound of your own body weight per day. Second, get in plenty of complex carbohydrates and healthy fats. Remember, your calories in must be greater than your calories out every single day.

### **2. Train for strength to gain muscle.**

The most important part of training for the best muscle gain is strength gains. Period, end of story. It doesn't matter what the latest fad or guru says about doing this many sets or that many reps or some special exercise, the only way to build lots of muscle mass is to gain lots of strength.

You should focus most of your training efforts gaining strength on compound movements, such as squats, deadlifts, and bench presses. These are the movements that use many muscles, allow you to move lots of weight, and provide for the largest strength gains.