

With all of the confusing information out there about building muscle, strength training, and nutrition, one of the best ways to start making progress is to simply get a good bodybuilding book. However, many of these have their pitfalls, as well.

This article will explain the 3 most important things you should look for in any bodybuilding book. Follow these tips to put yourself on the right track to making huge gains. At the end of the article, discover the best way to build muscle mass fast and effectively.

1. A STRENGTH Training Program

One of the biggest misconceptions about bodybuilders is that they are somehow not strong, and that you don't need to lift heavy weights to get big. Nothing could be further from the truth. A good bodybuilding book will advise you on how to get strong as a means to get bigger.

There are many ways to gain strength, but there are a few things that every method has in common. You must lift heavy on the basic exercises such as squats, deadlifts, presses, and pulls, and you must gradually add more reps and more weight to the bar. Any good bodybuilding book will have plans with these characteristics.

2. Mass Building Nutritional Advice

Nutrition is the number one most important part of building muscle, even more important than lifting weights. Your body requires a surplus of energy to build new muscle tissue, and without it you will never gain an ounce.

A good bodybuilding book should instruct you on the best ways to eat lots of protein, as well as lots of overall calories. It should advise you on how to eat nutritiously, but yet still consume a very high amount of protein and calories.

3. Straightforward Supplement Talk

Any bodybuilding book that tries to sell you a specific product from a certain company is probably nothing more than one giant advertisement. Most fancy, expensive, and high-priced supplements are not worth your money.

What a bodybuilding book should tell you is how to pick the best supplements, the time-tested products that actually help you build muscle. These products should be relatively cheap, easy to find, and should come with no crazy claims of how much it can actually do.

Get the Best Bodybuilding Book

Without a quality muscle building plan, like the ones that you can find a good bodybuilding book, you will never gain even an ounce of muscle. You need to have a comprehensive guide to strength training, nutrition, and supplementation. Without it, you will spin your wheels and frustrate yourself with your lack of progress for years.

Don't let other peoples' bad, misinformed advice keep you from reaching your muscle building goals!