

Natural Bodybuilding Secrets

A sleek physique is a sign of good health. This does not necessarily mean big bulk, but rather a well-toned, healthy muscle structure. It's the new trend in bodybuilding that involves the natural development of muscles through structured routines rather than chemical enhancements.

Natural bodybuilding means just that. No drugs, steroids or so-called "light" muscle enhancers are used. It's a simple combination of healthy diet and exercise that produces great results.

Most of today's athletes and health-conscious individuals follow a natural bodybuilding regimen that requires a proper training program. After all, the success of bodybuilding is partially defined by how a person trains. There are three main elements to typical natural bodybuilding strategies: resistant weight training, healthy nutrition, and adequate rest.

Weight Training

Resistance weight training is different than traditional popular methods of pumping iron. Through resistance weight training, the muscles go through a process known as "micro trauma". This process pulls and works the muscles, and causes DOMS, or delayed onset muscle soreness. Following DOMS, the muscles will repair themselves. This cycle is what enables muscle growth, or anabolism.

Proper natural bodybuilding programs will follow a few basic rules:

- 1) Keep the sessions short. You should work out for no more than sixty minutes. After this period of time, the hormone levels required for muscle growth begin to drop.
- 2) Rest between sessions. Allow your muscles to rest for sixty to ninety seconds between individual exercises. This period of rest is essential for cardiovascular strength and better muscle volume.
- 3) Perform six to fifteen cycles for each exercise. This will help to maximize the growth hormone level and increase the circulation of nutrients and blood.
- 4) Don't give up. Progressive training is essential for successful natural bodybuilding.

Nutrition

Every part of the body requires nutrients to be healthy, and muscles are no exception. You must feed you muscles in order for them to grow and repair themselves.

The word "diet" in the traditional sense may not apply to modern bodybuilders. While many people reduce their calorie intake to lose body fat, it is essential to increase calories in order to build muscle. This is one area where less is not necessarily more. The key is to feed your body with "good" calories, rather than stuff it with junk food containing empty calories. It's best to consult a dietician or personal trainer for help in assessing your personal caloric intake.

Natural bodybuilding enthusiasts know the importance of taking in complex carbohydrates rather than simple sugars. These provide a source of energy and comprise the bulk of their daily calories. Too many simple sugars can lead to excess fat rather than muscle development. In extreme cases, sugar overload may even cause Type II diabetes.

Protein is another key nutritional value that helps to build and develop muscles. Natural bodybuilders are advised to take in one to two grams of protein per pound of body weight, in order to achieve maximum body development and recovery. Good sources of natural protein are chicken, whey, and egg whites. These protein sources are preferred by most natural bodybuilding buffs for their low fat values.

Rest

The final (but equally important) component of natural bodybuilding is rest. The amount of sleep and the quality of sleep can greatly affect the success of a natural bodybuilding regimen. Without adequate amounts of rest, the body is not able to recover and properly rebuild itself.

Natural bodybuilding is not a complex system of machines, drugs and instructors. It's a simple equation of exercise + nutrition + rest. Quite literally, it's a simple as one - two - three.