

# 5 Things you Need to Do to Build Muscle

## Quick Guide

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**1** Lift 4-5 x per week with progressive overload. This is when you increase weight or reps each week & train your muscles to failure. Or close to it.

**2** Keep your protein high. What does that mean? It means you should be eating 1 g protein per lb. of body weight per day. For example, if you weigh 145 lbs. you should be eating 145 g of protein per day. Split that into the number of meals you eat in a day. If you eat 5 meals, then get 31 g of protein per meal. \*if you are extra “fluffy” go for your goal weight in grams.

**3** Stay close to your maintenance calories, or just a little above. Though you can still build muscle in a calorie deficit.

**4** Get enough sleep. That's when your body repairs itself & builds more muscle.

**5** Be consistent. Keep the same routine for at least 3 months.

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