

## The Quick and Easy Way to Gain Muscle Mass

Gaining muscle mass is the dream of the majority of male. But, if you want to do it on your own without using artificial supplements or dangerous steroids, then you need plenty of commitment and discipline to your diet and your physical training. To do this, you also need to take your schedule into account and judge how much time you can spend on workout in gym and make necessary changes to your diet. For gaining muscle mass, here are 4 hot tips you can use and shape your body up.

**Do You Count Sodium** Sodium is a kind of mineral and important to your body. It increases your muscle growth and the fluid volume of your body. Even though it can keep water in our body, but it's not good if you want to build muscle mass. It also helps to increase your carbohydrate storage and absorption of amino acid to your body. Another good thing of boosting the rate of fluid in cells, it can slash the chances of damage to your soft tissues and help your joint leverage improvement and relax your muscle strength while you do training exercises. Sodium has another function to improve the responsiveness of muscles to insulin.

**Omega-3 Foods** Fish and foods contain a lot of Omega-3 fatty acids which can help you to gain more muscle mass. Salmon, lake trout, mackerel, sardines, tuna and herring are fishes that contain a lot of Omega-3 fatty acids. There are also some good Omega-3 sources that you can take into account, such as mustard seeds, flax seeds, walnuts, cauliflower, broccoli, oregano, tofu, soy beans, Brussels sprouts, kale and spinach. To make our muscle more susceptible to insulin, you can eat foods above, which can help you to store more glycogen and grow more muscle mass. In order to forbid deteriorating of muscle and helping the metabolism of protein, we need glutamine. And the above biological process helps to preserve the storage of glutamine.

**Training With Free Weights** Want to gain more muscle mass, and then eating the proper diet is not enough. You also need resistance training like working out with dumbbells and other free weights. Ancillary should be trained for gaining and building compound mass. Wide range of working out is a kind of good exercise and dumbbells is good and versatile equipment for you to do this. You can build any muscle part as you want with this one piece of equipment for gaining muscle mass.

**Diverse Exercise Regimes** You and I are not born with understanding how our bodies would react with various types of exercises. What works for others may not work for you and vice versa. After trying different kind of workout exercises, you can tell which workouts can help you gain more muscle mass. If you want to know more about how to gain more muscle mass, there is much information you can get online. This information includes the advices of building muscle mass, particularly if you have failed in performing other types of workouts.

## About the Author

Check out the best bodybuilding supplement we recommended. Protein supplement: [Muscle Milk Chocolate](#) And creatine supplement: [Cellmass Review workoutMuscle Building](#)

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