

# BODYBUILDING SUPPLEMENT GUIDELINES



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## SO YOU WANT TO GET BUFF?



Bodybuilding and weightlifting is not about exercise or lifting weights. If you want to have a sustainable muscle buildup, you need to eat enough calories and implement proper diet. This is because food can ultimately affect your ability to build muscle.

It's not enough that you just eat protein. If you want to quickly build muscle, you need to also eat enough calories. This is because if you lack calories, your body won't be able to build that much muscle. Whenever you do a work out, you feed your body with energetic foods but you also burn so much energy. The relationship of these quantities is called energy balance. If you feed your body with less energy than it burns, you will end up creating a negative energy balance or a calorie deficit which is necessary for losing fat. However, a calorie deficit comes with a price.

# MAXIMIZING MUSCLE GROWTH



When it comes to maximizing muscle growth, it's all about range of motion and properly applying techniques. For instance, a proper technique when it comes to moving the weights is doing it in a controlled manner. You want to make sure that your elbows are tucked whenever you do a bench press. Another example, when it comes to doing dead lifts is that you need to maintain a neutral lower back. For squats, you need to keep your knees in line with your toes and the likes.

## BODYBUILDING TECHNIQUES

Some examples of proper range of motion are squatting to or just below parallel. You need to touch the upper bar of your chest whenever you do some bench press. It's essential that you get the techniques right. If you apply poor technique, it can reduce the range of motion which can ultimately reduce the effectiveness of your training. It can also contribute to higher risks of muscle injury. Learning the proper form on all types of exercises is straightforward and easy. You just need to be patient, keep the motivation and do the work well. You can choose various programs that are out in the market today if you want to delve into the nuts and bolts of weightlifting or bodybuilding.

## THE THING ABOUT CALORIES

A calorie deficit can impair your body's ability when it comes to synthesizing proteins in the muscle. This means that your body can't add to muscle tissue if there's a calorie deficit. It increases catabolic hormone levels and also reduces anabolic hormone levels. These can dramatically reduce testosterone which can hinder your ability to build muscle. It also increases cortisol levels. Calorie deficit generally impairs workout performance.

Newbie bodybuilders can gain strength while experiencing calorie deficit but most professional bodybuilders are going to slightly lose strength while they're on this diet. However, all of these are not conducive to muscle growth. These are basically the reasons why maximizing muscle growth requires a person to not be in a calorie deficit. The best way to do this is to just slightly overshoot your body's energy needs then place it in a calorie surplus.

# SIDE EFFECTS AND TRIGGERS



Caution is important not only in your exercise regimen but also your diet. Many, if not most, of supplement in the market may have side effects that its sellers aren't upfront about. So you have to be extra careful and watchful. Bodybuilding and workout supplements remain popular because they show positive effects on the energy levels as well as performance. However, their side effects should not be overlooked. If you still wish to use these supplements, make sure that you understand first what you're taking. Consulting with a medical professional as well as dieticians is highly recommended.

**Ready to Build Your Muscles?**

# 5 BODYBUILDING SUPPLEMENTS FOR YOU!

Bodybuilding supplements will have greater positive effects if you eat a balanced diet, take a rest, and exercise regularly.

**SUPPLEMENT #1: PRE - WORKOUT SUPPLEMENTS**

Pre - workout supplements help in building muscles. However, supplements also carry large amounts of stimulants particularly caffeine. Any stimulant is safe for most health users as long as it is properly taken with the right amount of dosage. Be sure to also cycle caffeine to avoid any adrenal function impairment.



**SUPPLEMENT #2: GLUTAMINE**

Glutamine is naturally present in the muscles. It is a non - essential amino acid that helps in building tissues in the muscles. The ideal amount or dosage for athletic consumption is between five and fifteen grams per day.



**SUPPLEMENT #3: TESTOSTERONE BOOSTERS**

Testosterone is the master hormone that any health buff should focus on when it comes to building muscles. A minor increase in testosterone levels means that there will also be an increase in muscle mass as well as a decrease in body fat, which is why many male bodybuilders and gym - goers use it.



**SUPPLEMENT #4: CREATINE**

Creatine is deemed as the most popular bodybuilding supplement that came into the market which is why it's not a surprise that lots of bodybuilder, professional athletes, and gym buffs take supplements that contain creatine. It is an organic acid that's natural occurring in the muscle cells, and it absorbs water from the different body organs which it then deposits into the various muscle cells.



**SUPPLEMENT #5: CAFFEINE**

If you're going to take a dietary stimulant containing caffeine, the ideal amount or dosage should only be around 300 mg per day. It's a safe supplement if a person consumes it only in moderate amounts. Bodybuilders usually take large amounts of caffeine to aid them during rigorous workout trainings



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## BODYBUILDING SUPPLEMENTS TRIGGERS

### Too Much Caffeine

Caffeine is a major component in some work-out supplements. Indeed, caffeine helps in improving performance and output as well as in increasing muscle strength. It also provides a great kick to avoid fatigue during a workout session. However, there are some side effects. Too much caffeine intake can increase your heart rate to an unhealthy level, leading to heart complications. You may also experience nausea, headaches, and restlessness. Some people who regularly take in caffeine-filled drinks also experience insomnia, leading to exhaustion during their waking hours.

### Creatine Effects

Some work-out supplements contain creatine, which has been shown to

improve and increase one's capacity for high-intensity activities. However, be careful when

taking in creatine since it may cause bloating. You may also increase your water retention. Creatine is derived from amino acids and produced by the liver and kidneys. It is primarily stored in the cells of the skeletal muscle.

## Digestive Problems

Some work-out supplements contain ingredients that cause digestive upset and even diarrhea. For instance, magnesium has a laxative effect that can trigger a sensitive stomach.

## Tingly Reactions

Beta alanine and niacin are both found in most work-out supplements. Unfortunately, they also both could trigger some mild reactions throughout the body, such as paresthesia.

Paresthesia is characterized as the tingling sensation in your hands and feet; though mild and not necessarily harmful, it can be a cause of discomfort for many people. Increased intake of niacin may also lead to blood rush, resulting in red patches on your skin.



# CAN YOUR BODY HANDLE SUPPLEMENTS?



According to many leading experts, there is no substitute for food because it's still the best provider of vitamins in the most naturally available form. Various supplements that are being offered in the market may be advertised as sort of 'magic boosters' for the body but still these don't provide equal nutrients that are found in real foods. The supplements recommended by doctors can never counteract a poor diet, and most likely you will be advised to complement it with proper nutrition. However, most doctors also agree that there's a time and place to use health supplements as it can aid in any form of vitamin or mineral deficiency which in turn can bring beneficial outcomes rather than negative side-effects in the body.

Needless to say, if you are eating a balanced diet there is no need for any health supplements. However, today's modern world has brought so many unique health challenges particularly for millennial which is why the supplements can be helpful in staying healthy while you're on – the – go as long as it is properly administered.

## COMMON BODYBUILDING SUPPLEMENTS

### Supplement #1

Many people don't have the time to follow the daily recommendation of 5 servings of veggies and fruits on a consistent basis making everyone eat meals and snacks that are not that nutritious. This is where well – formulated multivitamins come in as it could help fill in the nutritional gaps. When choosing the multivitamin supplement, it's best to select one that is not created in a synthetic way. There are organic – based multivitamins that are derived from certain veggies and fruits. If the ingredient list is longer then it's more preferable because synthetic multivitamins usually have shorter ingredient lists.

### Supplement #2

Whenever people manage to stay outside, almost everyone slather themselves with sunscreen which can definitely prevent skin cancer but may not be beneficial for the vitamin D levels in the body. Vitamin D is vital to create healthy bones, and it's also needed for the formation of estrogen and testosterone. It also helps in reducing cancer, diabetes, and depression among others. Many multivitamins and health supplements containing the sunshine vitamin comes in small amounts, which is why you can add a separate Vitamin D supplement to your health regimen.

## Supplement #3

Omega – 3s aids a person from experiencing mood swings, depression, anxiety, and stress which are becoming prevalent in our tech – savvy world today.

Omega – 3 fatty acids prevent heart diseases, eye degeneration, Alzheimer’s, and even wrinkles



and acnes due to their anti – inflammatory properties. There are lots of Omega – 3 supplements that contain fish oils, and plant – based substances. The recommended dosage is between 250 and 500 milligrams combined with DHA and EPA.

## Supplement #4

Today’s new world brought multi – tasking in our daily lives but unfortunately instead of accomplishing more, most people end up feeling stress to get things ticked off in their to – do list making eating less of a priority. If you find that you’re one of these people, you may also need probiotics as a supplement.

## Supplement #5

Collagen helps nourish joints, tendons, and ligaments. It also primarily helps one’s joints move more swiftly, and can easily reduce discomfort for anyone who may be experiencing problems with their tendons and ligaments. Collagen can also prevent further deterioration of the joints, improves liver functioning, builds bones, provides skin firmness, create strong teeth and nails as well as prevent the skin from sagging excessively as a person ages.

Collagen is usually found in high – quality protein like a salmon fish, gelatin, and bone broth. You can opt to add collagen powder to your veggie smoothie every morning. Hydrolyzed collagen that come from pasture – raised beef and marine sources are preferred.

# CONCLUSION



A big part of consistency in bodybuilding is through making sure that you are giving enough in your weightlifting. You can implement these when you follow a systematic workout program. You need to overload your muscles, and handle some heavy weights in a progressive manner and also ensuring that you are recovering. After six to eight months of being in the newbie phase, the next stage for most people becomes a grinding halt. Trust me, I know firsthand how it feels to figure out how you can bring the motivation or spark back into this new endeavor.

Whenever you are in the gym, make sure to not focus on too much distraction. You're not there to socialize anyway. Put some headphones on, fire up that music and just do the work. It's also ideal if you do this when you feel the most energetic or strongest, as you know, there are just some days that we're off. However, this is what separates those who are committed to those who aren't!

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### About

Jon Shelton came to fitness, nutrition, and bodybuilding the hard way -- through sweat and perseverance. Taking a firm stance against steroid and drug use, Shelton is an advocate for targeted supplement use in concert with a well planned, healthy diet to optimize body appearance and performance.

Although a self-professed gym rat, Shelton's books are aimed at people of all ages and fitness levels. "It's never too late to get moving," Shelton says, "and it's never too late to start sculpting your body. Just pick a goal and then find the safest and most efficient way to attain it."

Unlike many writers in the fitness field, Shelton has no contractual ties to any company. "If I tell you a machine is great, it's because I've used it," he says. "If I tell you about a product, it's because I've used it with good results. Nobody is paying me to say anything."

In his early twenties, Shelton went from being an overweight, out of shape couch potato to a fit and healthy athlete over the course of one year. "I wrote everything down," he said. "What did work and what didn't. I told myself I didn't ever want to have to work that hard again, so I was going to keep up with what I was doing."

Then Shelton realized that the key to his personal discipline and willpower was simply competing against himself. "Don't get me wrong, I liked the changes I was seeing in my own body, but man! When I came out of the gym beating my own numbers? That was the greatest. It still is."

Infusing his writing with the lessons he learned in the gym and from personal trainers, Shelton always addresses motivation and dedication. Decrying the epidemic of "food-like" substances that Americans eat every day, Shelton speaks out against the epidemic of obesity and lethargy that has turned us into a physically stagnant nation.

"People are always telling me they want more energy," Shelton said. "They say they have to find a way to get more done. You want more energy? Get yourself fit. Get in shape. Lose the weight. Build the muscle. You'll be shocked how much better you feel and how the improvements spill over into every area of your life."

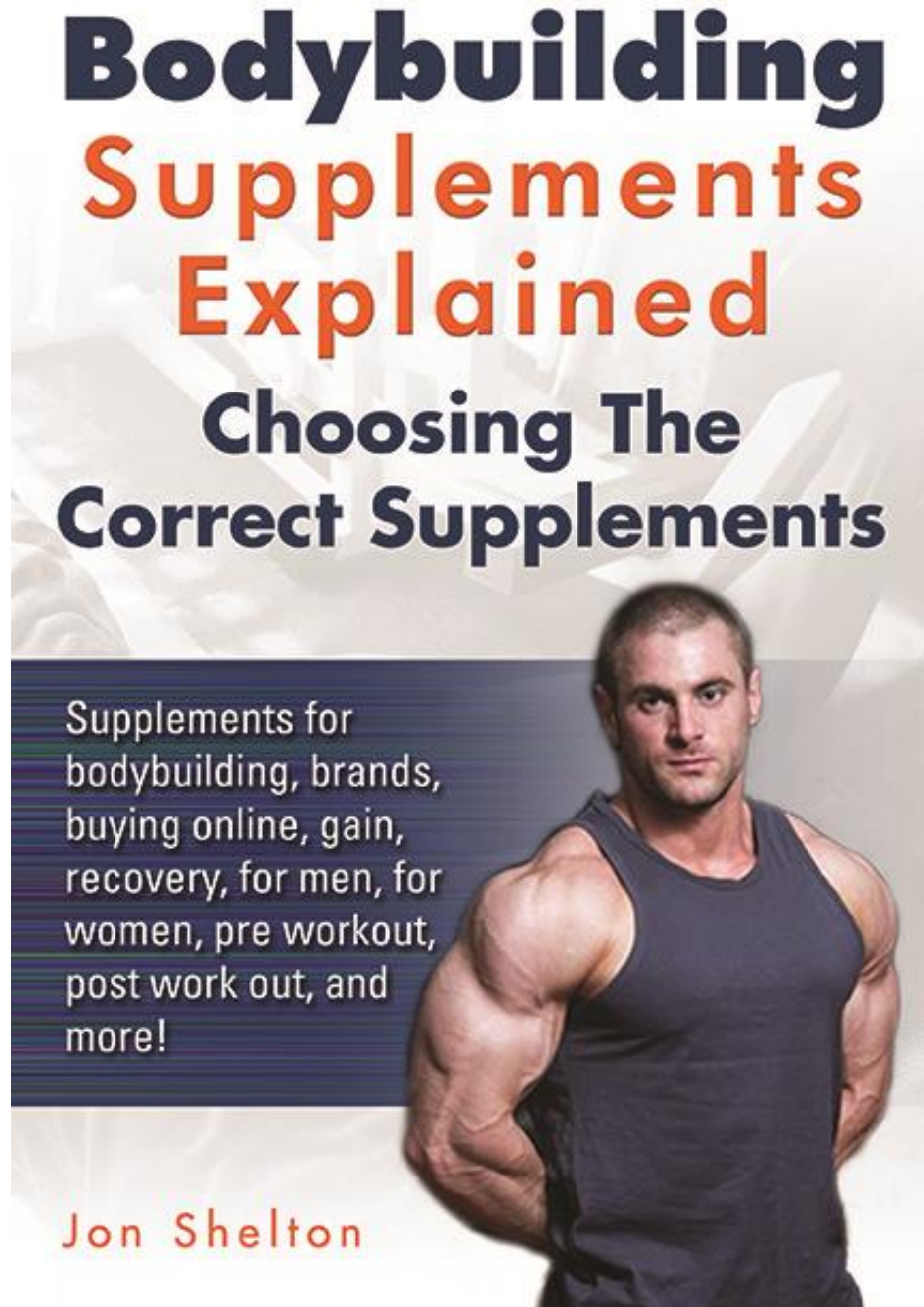
His common sense approach made so much sense to the friends he helped get started at the gym, they encouraged him to put his ideas in writing. "My high school English teacher might have a fit if she knew I was putting out books, but I've found out the only thing I like better than staying fit is explaining to other people how they can get in shape too."



*Jon Shelton*



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