



# Ten Tips for Teens To Build Muscle Mass

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1. Do not skip meals, & do not skip breakfast. Start your day with a nutritious breakfast. Make sure you eat a minimum of 3-5 meals a day consisting of decent quality proteins at each meal. Healthy Carbohydrates such as fruits, potatoes and rice.
2. Less is more. Do not train for 2-3 hours a day, shorter more intense workouts are more beneficial, spend less time talking or on phones. Put more effort into the workouts and less time doing nonsense. One hour to a hour thirty is plenty of time weight training.
3. Do cardio after weight training, save your energy for the lift, do a 5-10 minute cardio warm up prior to lifting weights to get blood flowing but save the majority of cardio for post t/c.

