



# Ten Tips for Teens To Build Muscle Mass

Written By Josh Brown

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 lift.





4. Always aim for 25-35g protein after workouts to aid in recovery. A good whey protein shake or whey isolate protein would do the trick or good old chicken breast.
5. Make sure you are properly hydrated before workouts and post workout. Drink Plenty of water daily. Drink Gatorade or an electrolyte drink if vigorous sweating is involved.
6. Eat Veggies, Do not shy away from vegetables, veggies have micronutrients that are vital for all functions of the body. Do not shy away from a variety of vegetables.
7. Focus on Form over weight. Learn an exercise and perfect the form before adding weight, stop chasing friends and egos! BUILD MUSCLES!
8. Focus on progressive overload. This means adding more weight or reps to the bar over time. Increase the total amount of reps you can do with a weight as well as increase the overall load you can lift.
9. Focus on compound movements ( multi joint movements involving larger muscle groups) example: Bench Press, Squats, Deadlifts, Bent- Over Rows \*DO NOT SKIP LEGS!
10. Make sure you are sleeping, aim for 7-9 hours of sleep every night to aid in recovery. **Remember building muscle mass takes time, perfect your form and get stronger over time, make the most of every day and every workout. Try to eat to the best of your ability.**

