

Bodybuilding Checklist

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- Achieving Your Goals
 - Write your goals down in a journal, and update it as you progress.
 - Set realistic deadlines for when you wish to achieve your goals.
 - Believe you can accomplish your weight gain goals.
 - Use visualization to perfect your form and provide a guide to what you want your body to become.
 - Learn good weight lifting form and consciously practice it.
 - Hire a knowledgeable trainer to help you and/or study a book which outlines proper form.
 - Get up when your rested - sleep time is productive.
 - Provide the body the nutrients it needs to grow - get the right diet.
 - Be smart with your supplementation.
- Workout
 - Constantly change things in your workout to continue your gains.
 - Keep increasing the weight you lift or the reps you do in order to create a continual need for more muscle.
 - Do less curls if your biceps won't grow.
 - The focus of bodybuilding training for muscle growth should be compound exercises.
 - Work with the most intensity - always go for quality training.
 - Intense workouts should be kept under an hour.
 - Stretching should be done before, during and after your bodybuilding training.
 - Warm up - it helps you have the most productive workout possible.
 - Your weight training program must have heavy training.
 - Use Free weights to stimulate more muscles.
 - Pay attention to what your body tells you.
 - Drnk water - it is a miracle supplement.
 - Take a couple of weeks every once in a while and totally abandon your training.
- Workout Accessories

- Training gloves to give your palms enough padding to improve your grip of the bar.
- Training belt is thought to provide extra support for the lower back
- Straps to help you to focus on the muscle you are training.
- Knee wraps to support the knee joint during heavy leg exercises.