

## Bodybuilding Basics Many Forget

Every bodybuilder has his or her own reason for taking up the sport. Some want to be the next world champion, while others simply want to get in shape. Regardless of your reason for getting in to bodybuilding, you'll find that it's a fun and worthwhile sport that can pay off in great results. You just need to follow a few bodybuilding basics.

### Goals

The first logical step to any undertaking is to set a goal. When you're just starting out in bodybuilding, be sure to set a reasonable and attainable goal. Begin by finding your own answers to a few basic questions:

- \* Why do I want to be fit?
- \* Why do I want to be a bodybuilder?
- \* Do I want to improve myself to please me, or to impress those around me?

Once you are able to find the answers to these questions, you'll be better able to set your goals. Be aware that you're more likely to meet or exceed your goals if you are taking up the sport because it's something that you really want to do, and not just something you're doing to find approval from others. Many bodybuilding programs are extremely successful, because the participants are involved as a means of self-improvement.

### Track Your Progress

It's important to keep track of your progress along the way. Consider keeping a bodybuilding logbook to record your progress. Make note of the levels you've accomplished, and how much closer you are to meeting your goals. For example, you might make an entry that you've done ten reps today. In just a week, your logbook may show that you're doing 15 reps. As you review the pages in your book, you'll get an adrenaline rush from seeing how quickly you've progressed. Make personal notes and comments about how you feel about the progress you've made. This method of simple record keeping is one of the most important of all bodybuilding basics, and it can make a great deal of difference in the overall success of your program.

### Be Committed

It's important to make an honest commitment to yourself. You must promise to work hard and, if necessary, change your habits to ensure success. Know that achieving a chiseled frame may take a long time and will surely entail a great deal of hard work. Losing fat and building muscle involves an overall reshaping of your body, and learning how to manage diets and supplements, takes time. The best bodybuilding regimes are ongoing programs, so don't make any promises that you're not prepared to keep.

### Work Hard

It's taken a long time for your body to reach its current relaxed and out-of-shape state, so you can expect that it will take a long time to undue that damage. Are you up for the challenge? Becoming fit through bodybuilding involves regular visits to the gym and strenuous exercise routines. You'll be tearing muscles now and again, and you will learn that "no pain, no gain" is more than just a slogan. Don't be afraid of the hard work, because it will pay off.

### Feed Your Body

While your body is working extra hard it will need good fuel, and this is no time to take on a crash diet. Eat well, but be sure you're eating the right things. You'll need to eat at least three meals a day, but you may find that frequent, small meals are better. Increasing your protein intake will provide better muscle development and growth. Minimize the fats, salt, sugars and alcohol in your diet, and drink plenty of water to optimize your muscle volume. Sleep is also essential for a healthy body, particularly when you are working so strenuously. Bodybuilding regimes push your muscles to the limit, and without proper rest between sessions all of that hard work will be in vain. Get the sleep that you # and your body # need.

The most vital bodybuilding basics are not about the exercises you do. It's about setting realistic goals and working to achieve them. If a sculpted body will make you happy, go for it. Strive for success and you'll attain it.