

How To Use Boxing Fitness For Body Building

Like most people who lift weights, you want to gain size, strength and fast changes in physique. To get muscle in your legs, back, and other "hard to build" areas... or even growing 24 inch pythons quickly, most people find it almost impossible without resorting to harmful supplements and drugs. Well today, I've got some news for you. There's one underground method for real body building results... and effective results. Getting the most out of your exercises. Don't you want that?.. Instead of spending 2 years lifting to get to where you wanna be now? This underground method is called "boxing fitness" The first building muscle tip and reason why boxing fitness is #1 for body building has to do with high intensity training phases. Muscle grows insanely during rest after high intensity exercise. Ever wonder why nearly all boxers are muscular? They fight in rounds, they train in rounds. They rest during rounds. Everything is in rounds. An effective boxing fitness weight training technique is the 5-5 triset deadlift-squat-lunge. Do 5 reps for each exercise (deadlift-squat-lunge) back-to-back... Therefore, 15 reps is one set. Do 5 sets. You must rest 1-2 minutes in between sets. This way, you can be training at 100%... Absolutely necessary for stimulating muscle growth. The second tip is to follow the routine. Boxing fitness exercises and workouts are really intense. They keep pushing the envelope. Especially if you're starting out. You'll notice after 1 month of boxing fitness, you'll intake more air... this means higher oxygen to repairing muscles. Higher oxygen intake helps muscles to grow. Boxing fitness will also leave your muscles burning... Constructive for growth. If you're boxing for fitness or waiting to get started, I'm sure you've done some research on what boxers eat. Here's what you need to know: increase your fat and protein intake. Yes, fat too... but natural fats like that from salmon. Boxing fitness exercises like pull-ups, push-ups, caveman training, and heavy bag workouts tear our muscles. Protein and fat are used to help repair and replace these muscles torn parts. The surefire way to bulk up quickly. The final tip for why you should use boxing fitness for body building is... Guess? No, I'm not asking you to guess, I mean getting your body to guess. Research has shown that body building is most effective when you keep your muscles 'guessing'... The human body becomes complacent and you don't want or need that. The underlying science is that our bodies work in a kinetic chain. Boxing fitness exercises are whole-body... And they train your body to work in a chain fashion, rather than isolation... Meaning more effective body building results. A punching bag exercise is key because you can jab, hook, uppercut, throw kicks, etc. You can even grapple with the bag. These combinations will train your entire-body to the max. This targets upper body, core and legs.

About the Author

Rahim Jiwani is founder of the MMA [Boxing Fitness](http://www.MMABoxingFitness.com) website, where you can learn the real secrets to gaining size, strength, and fast changes in physique... like those of pro MMA & boxing athletes. Get your free special report, Training & Nutrition Insider Secrets and access to "Unparalleled Fitness" at <http://www.MMABoxingFitness.com>

Source: <http://justmelpublishing.com>