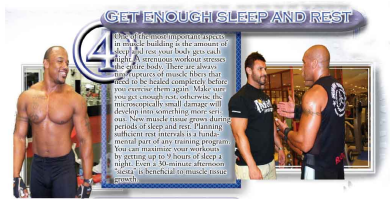


Get enough sleep and rest

Written by

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Get enough sleep and rest

One of the most important aspects in muscle building is the amount of sleep and rest your body gets each night. A strenuous workout stresses the entire body. There are always tiny ruptures of muscle fibers that need to be healed completely before you exercise them again. Make sure you get enough rest, otherwise the microscopically small damage will develop into something more serious. New muscle tissue grows during periods of sleep and rest. Planning sufficient rest intervals is a fundamental part of any training program. You can maximize your workouts by getting up to 9 hours of sleep a night. Even a 30-minute afternoon “siesta” is beneficial to muscle tissue growth.

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