

Bodybuilding - How to Become a Bodybuilder

What Does It Takes to Be a BodyBuilder?

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/EINPresswire.com/ -- Eight time Mr. Olympia Ronnie Coleman is famous for saying, "everybody wants to be a bodybuilder, but ain't nobody wann'a lift no heavy-ass weight." And, in its very simplistic sense, in order to be a



bodybuilder, you have to lift some heavy-ass weights. All the time – as in every day, for years. That's really all it takes. Indeed, but if it were so simple, how come every guy at the beach isn't strutting around with a 50-inch chest and a 30-inch waist? Its because, while the concept is simplistic, the application of it, consistently, over time, is probably one of the most difficult things in the entire world to pull off.

Why? Because in order lift heavy-ass weight all the time, for years, you have to do several things:

- Be motivated
- Free of injury
- Healthy
- Eat enough of the right foods
- Be able to generate a quantum degree of intensity in the gym
- Recover

If any of these elements are missing, half-assed, or unenhanced the outcome is not going to be a bodybuilder. Anyone can lift weights, there are even animals that can, but a bodybuilder is one who sets out to chisel the optimum physique his genetics will allow, using the gym as his sculpting studio; the weights are his hammer and chisel. But, he's not going to be able to effectively swing that hammer unless he's eating plenty of the right foods. Out of all the things listed above, as well as the appropriate genetic potential, eating enough of the right foods is going to make the single greatest contribution to enabling you to lift heavy-ass weights long and hard enough to build a bodybuilder's physique.

Your diet directly affects your ability to generate intensity in the gym and train at the level you have to train, in order to build bodybuilder muscle.

"Muscle" is an adaptive response to gravitational stress. The human body is a highly adaptive machine. It pretty much changes its physical attributes depending upon what element it's in. If, for example, you subjected yourself to daily doses of heroin and survived on a diet of packaged cinnamon rolls from the vending machine and Mountain Dew, then the adaptive physical response will likely become evident over time, up until you die. If you spend your day sitting at a desk and then lying on the couch at night eating ice cream in front of the TV, then, eventually, over time, you'll be admitted to Brookhaven Obesity Clinic. And, if you continually subject yourself to an ever increasing physical

stress, i.e., lift heavier and heavier weights and eat enough of the right foods, your body will respond over time and you could become Mr. Olympia. It just depends what road you want to travel.

Of course there are other elements to becoming a bodybuilder. Many people consider that, on top of a nutritious, well balanced diet; high intensity training; rest and recovery; cardio vascular training and sport supplements, bodybuilders need to rely on anabolic steroids in order to fashion a championship physique. Of course that's to a large degree true. However, you must consider two things: first, performance enhancing drugs, i.e., anabolic steroids, are powerful hormones that require a good degree of education about them before you ever stick a needle in your hide, and secondly, these drugs are illegal without a prescription in America. So, on top of the risk to your health, you also have the risk to your freedom to consider when weighing the risk to benefit ratio of adding anabolic steroids you your bodybuilding pursuit. More than likely, a bodybuilder will end up using them. Just make sure you not only research the subject thoroughly, but also find a reliable, safe means of getting true, high quality, products. Steroids are a part of modern bodybuilding just as much as the rest of what goes into the making of a bodybuilder, they are just by far and away not the most important thing.

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