

## **5 Muscle Building Rules For Skinny Guys And Gals! (Part 1)**

Though there may be many reasons why you may be thin, the most likely reason is because you do not eat enough. To gain muscle mass you must eat well and often. Nutrition is key to building muscle.

Bodybuilding nutrition is not covered in detail in this article but check back at [how-to-bodybuilding.com](http://how-to-bodybuilding.com) for more information

Regarding your genetics if your parents are naturally thin or have a small body frame, then you will most likely have the same small body type.

To some degree, your size can also be controlled by your metabolism. If you have a difficult time gaining weight of any kind (fat or muscle) then you most likely have a fast metabolism. That simply means that your body burns calories at a faster than normal rate. You must take this into account whenever you are considering a particular diet or training program. Is it geared towards someone with your metabolism and goal?

Now as you know, there are many ways to train. Hundreds, thousands even. Some work and some do not, but for the specific goal of gaining weight, there are a few UNIVERSAL things that all skinny guys must do.

Though much of the information I cover here is not as "magical" as you may like, I consider these rules to be the basics with regard to weight gain. These are not all of the answers, but they are definite elements that MUST be addressed in any successful weight gain program.

You should be able to easily integrate these rules into your current program to make it more suitable for your particular body and goals.

### **GENERAL RULES**

1. Get the proper information that pertains to your SPECIFIC condition and goals.

The first big problem I find in most people is the lack of correct information. Yes you are motivated and doing things, but your effort is wasted on incorrect dieting and training information. Basically, skinny guys are taking advice from people who have never had a weight gain

problem. Want to know how to gain weight? Then find someone who has walked your shoes. Someone who has been where you are.

## 2. Set a specific goal and create a plan of attack.

If you were to drive cross country to another city, would you just start driving randomly, or would you plan a route that would get you quickly and efficiently?

Think of your plan as a road map and your goal as your destination. Without a plan and a specific goal you will be without focus and can easily get lost or side tracked. This happens more often than you know. I see many people in the gym just doing whatever, or just eating whatever -- no plan or specific goal. They wonder why they don't make progress. They have no focus.

Having a specific program to follow allows you to take action each day. This action is focused on specifically getting you to your destination quickly. There is no thinking, debating or guessing. You just do it. A specific plan provides necessary daily structure that not only keeps you on the road moving forward, it also helps to develop good eating and training habits that will benefit you long after you have reached your destination.

## 3. Have confidence in yourself and belief in what you are doing.

Let's face it; we live in a cruel world. Hate and jealousy is everywhere. For most people who begin a fitness program to improve themselves, getting started will be half the battle. The other half will be staying motivated throughout the constant onslaught of negativity from others. A few negative words can do serious damage if you allow it.

The most insulting things you hear may be from friends, co-workers and acquaintances at the gym. People hate change. It makes them insecure, because they suddenly discover there's more to you than they were probably willing to admit. They fear that you may actually achieve your goal. It makes them look less "superior".

Once you have begun your plan, you must have faith and believe in what you are doing. Stay focused and avoid overly critical or negative people. If you have to, keep your business to yourself. When I first began my program, I stopped talking about what I was doing because I got tired of hearing things like "you can't do that", "that's

impossible”, “you’re wasting your time and money”. Funny thing is, now those people are constantly bugging me for advice.

It’s your life. It’s your body. It’s your dream. Don’t allow your success or failure to rest in the hands of others.

In Part 2 of this article, I will cover your workout rules and guidelines to MAKE SURE you gain muscle.



[Click Here to get more great articles presented by  
how-to-bodybuilding.com](#)

Everything at [how-to-bodybuilding.com](http://how-to-bodybuilding.com) is free.

We hope you find a refreshing change not to be bombarded with adverts, links to sale pages for body building courses with those before and after pictures, and extraordinary claims about supplements and the ubiquitous Google links!

[how-to-bodybuilding.com](http://how-to-bodybuilding.com) is not affiliated to any other sites or products and if you click on our links you will not be taken to a sales page. We do not ask you to buy anything.

All you get is free information about **bodybuilding, strength training and fitness.**

We like to think of how-to-bodybuilding.com as a service and as with any service if it is good please tip us. There is a donate symbol on each page which is quick and easy to use.