

4 Simple Ways to Build Muscle

Lift weights consistently

2-4 times per week is enough. Focus on form and repeat key movements like squats, presses, rows, and deadlifts.



Eat enough protein

Aim for a source of protein at every meal — like eggs, chicken, fish, or beans. Your muscles need fuel to grow.

Progress slowly

Use slightly heavier weights or do more reps over time. Muscle is built through challenge, not speed.



Recover intentionally

Muscles grow when you rest. Get good sleep, take rest days, and stay hydrated.

Train with purpose, not punishment

You're not working out to "burn off" anything.