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It doesn't matter if you're a girl or a guy, we all strive to look our best. To do this we have to learn how to [burn fat and build muscle](#). There are a select few though who want to simply beef up as fast as they can. For those who strive for this route, there are three movements you should know. In the following article you'll discover just what they are.

Before we begin though, I want to introduce you to a technique that many people are unaware of that's highly effective. To build muscle quickly you have to implement compound movements. Compound movements utilize the most muscle fibers leading to more muscle gain. An example of this type of routine would be the bench press followed by the dumbbell row. To put it simply, a push and pull movement with a short period of rest in between. Now on to the exercises.

Exercise 1. The Squat - Working the lower body has never been a favorite for most people. I am sure you have seen guys with a big upper body and scrawny lower body. They look silly and it's because of this mindset. The squat is vital for anyone looking to pack on mass for the lower body. The cool thing about squats is that they focus on the quads but also work the glutes, hamstrings and calves. Anyone looking to get huge should have this exercise in their routine.

Exercise 2. The Bench Press - The bench press on the other hand is a favorite for those who want to pack on some serious mass. Let's face it, every guy wants a big barrel chest to not only impress the opposite sex but his buddies in the gym. The bench press focuses on the chest but also works the shoulders, triceps and some biceps.

Exercise 3. The Dumbbell Row - Our final exercise is a mass builder for the back. The dumbbell row will give you the broad look that many people are looking for. Even though this is mainly a back exercise, other muscles like the rear shoulders, biceps and traps get some benefit. This exercise goes very well with the bench press.

If you're really looking to put on mass quickly then these 3 exercises are a must in your routine. The movements are nothing new and have been around since exercise began but they continue to work the best. Even if you want to simply [build muscle and burn fat](#) these exercises will work great. If that is your goal just use lower weight when performing any of these exercises. Just make sure they are part of your routine.

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