

Muscle Building FAQ

Answers to the most common question on how to build muscle 💪

Exercise

How often should I workout?

Ideally, you train each major muscle group at least **2x/week**. We commonly recommend 2-4 full body workouts per week if you are just getting started.

What exercises should I choose?

Start with squats, deadlifts, lunges, pushups, dips, bench presses and overhead presses, rows, pull-ups and pull-downs, etc., as these work multiple muscle groups at the same time. Then you can add more isolated movements like bicep curls as needed. **Learn how in our Strength 101 Guide.**

How many sets and reps should I do?

10-20 total sets per week per muscle group. For example, if you do 3 sets of bench press and dips on Monday, and 3 sets of chest flies and incline press on Thursday, that 12 sets for chest ✅.

Reps can be anywhere from 5 to 30 per set, as long as **each set is performed to within 1 to 3 reps of failure while maintaining good technique.**

How much weight should I lift?

Choose a weight you can do for 5 to 30 reps with good technique. (i.e. you are able to feel the tension in the target muscle, experience minimal stress in your joints, and can control the movement on the way down for at least 1-2 seconds each rep.)

Nutrition

How fast can I expect to build muscle?

It depends on your genetics, training history, etc., but we recommend you aim for 0.25-0.5% bodyweight increase per week on average.

How many calories should I eat?

Find your Total Daily Energy Expenditure with our calculator, then add an additional 250-500 kcal/day.

How much protein should I eat?

Find your daily protein recommendation with our calculator. In general, aim for 0.7-1.1 grams of protein per pound of bodyweight per day to maximize muscle building.

What about carbs and fat?

As long as you are getting enough protein and it fits within your daily calorie goal, you can generally divide your carbs and fats to your personal preference.

How often should I eat?

It's most important to get in your required calories and protein each day. However, there is probably some small benefit to spacing your meals out throughout the day so you eat at least 4 times.

What supplements should I take?

Most people will benefit from taking 5g of Creatine Monohydrate per day.

Protein shakes are a convenient way to get more protein in, but aren't necessary to build muscle if you are getting enough protein elsewhere in your diet.