Tip of the week – “**Looking to build muscle?”**

Whether you’re looking to build a little lean muscle or going for a mass bulk you have to train with your goal in mind.

You will need to use challenging weights that you can lift for between 8-12 repetitions for 3-4 sets. When performing your last repetition you should be feeling like you cannot perform another one without your technique being compromised (otherwise known as “fatigue”) or you cannot perform another complete repetition (otherwise known as “failure). This same rule applies whether you are male or female.

If you are already lucky enough to have some significant lean muscle mass but feel you may have hit a plateau, try experimenting with numbers of reps, numbers of sets and tempo, for example; less reps but using a heavier weight. See how you go!