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**Muscle Building Workout Program Review Site Launches**

*Finding the best muscle building workout which will result in the greatest amount of muscle gain in the shortest time possible is what every bodybuilder wants. There are 5 key elements which are necessary to create this ideal muscle building workout...*

**/24-7PressRelease/** - SYDNEY, November 08, 2007 - Pkorbs today launched its muscle building workout program review site <http://www.muscle-building-workout.com>. Finding the best muscle building workout which will result in the greatest amount of muscle gain in the shortest time possible is what every bodybuilder or muscle building enthusiast is searching for. There are 3 basic elements in creating muscle gain these are: resistance training, nutrition, and rest. When these 3 basic elements are combined with the most effective muscle building supplements and the experience and information from successful bodybuilders, you have the best muscle building formula in the making.

In creating the ideal muscle building workout, one need consider one's body type/strength and goals. Strength training is crucial to overall body fitness, as Rick Hussey from the American Chronicle states: "It can slow the muscle loss that comes with age, build the strength of your muscles and connective tissues, increase bone density, cut your risk of injury, and help ease arthritis pain".

Developing your ideal muscle building workout is best learnt from trained muscle building professionals- there is a wealth of information (both free and paid for) available on the internet. The reason one should learn from expert bodybuilders is because there are various pitfalls and mistakes which the majority of muscle building enthusiasts fall for, if these are avoided and proven methods are adhered to, there will be the greatest chance of making serious muscle gain. As a general warning your workout should last between forty-five and seventy-five minutes total. If one trains longer than this, the body begins burning and losing muscle mass.

Muscle building supplements are the key to unlocking fast muscle growth. When the muscles undergo a workout, there are essentially minute tears made in the muscle fibers. This damage requires rest, nutrition and essential supplements to repair and regrow in an increased fashion. Rick Hussey of the American Chronicle suggests Creatine and Protein supplements are the most effective muscle building supplements available. Creatine helps muscle retain more fluid which is essential in terms of gaining lifting power and recovery. Protein in the form of 'whey' and 'Casein' will provide the body with slow and fast acting growth and recovery assistance.

The newly launched <http://www.muscle-building-workout.com> website provides users with no-nonsense reviews of the best muscle building workout programs currently available online. All the programs reviewed have been designed by bodybuilding experts and come with a satisfaction guarantee. The programs specifically focus on developing the ideal workout catered to one's body type and goals, creating the ideal muscle building diet and following a structured routine. Subscribers to the website will also be supplied with a 'Fad Free Healthy Living' Ebook at no cost.

To learn more, please visit:

<http://www.muscle-building-workout.com>