

Muscle Building

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

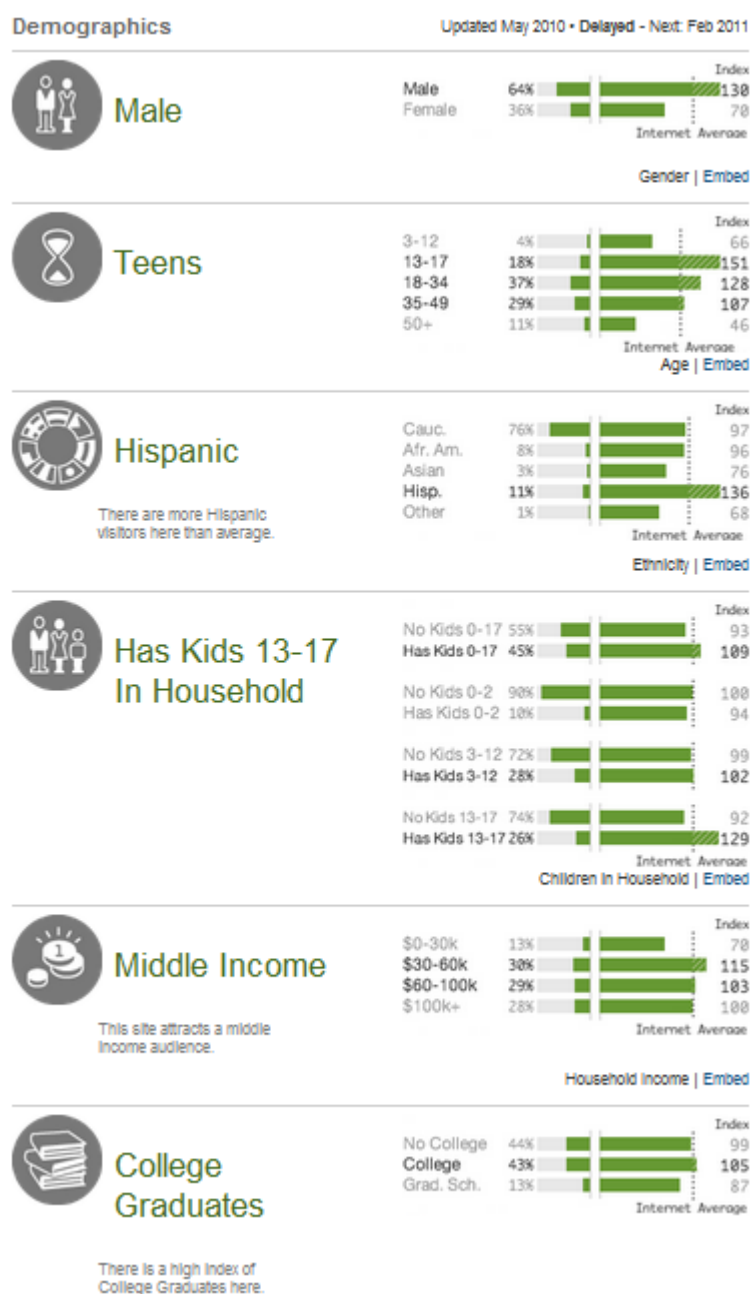
1.	South Africa	100
2.	Ireland	61
3.	Australia	59
4.	United States	54
5.	New Zealand	47
6.	United Kingdom	46
7.	Canada	39
8.	Singapore	30
9.	India	24
10.	Malaysia	22

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on www.muscleandstrength.com)

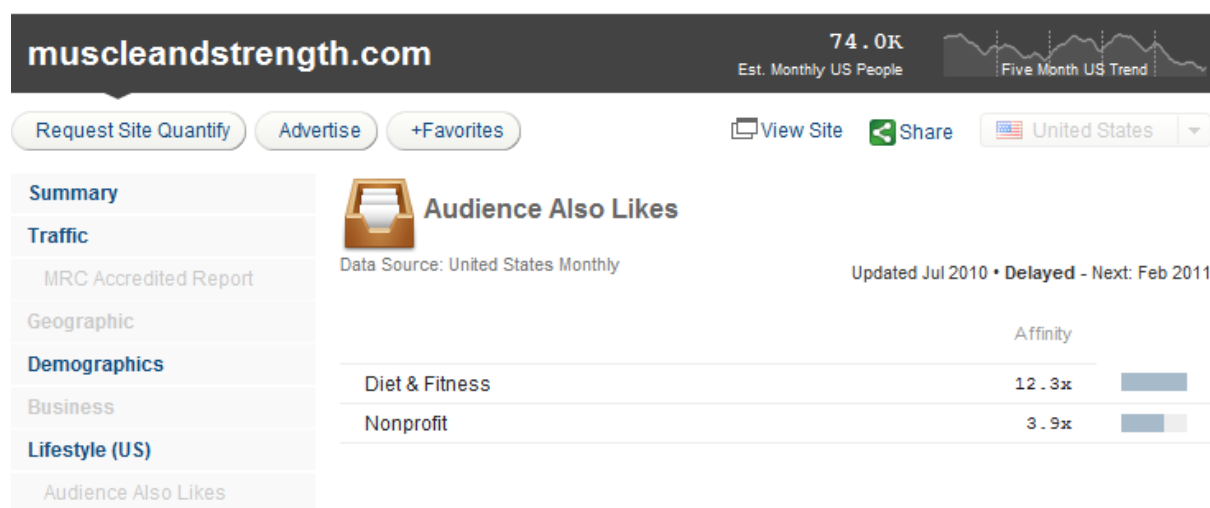
Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.



The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.



Frequently Asked Questions

- What muscle building techniques actually work?
- What is the truth about muscle building pills?
- What are good muscle building exercises?
- What is the best way to lose fat while still doing muscle building?
- What is the best diet for Muscle Building?
- What are some muscle building exercises to do that don't involve equipment?
- What's the difference between whey protein powder and muscle building milkshake?
- How does muscle building works?
- Can you do cardio while building muscle?
- What are some good muscle building aids?
- What is the best way to achieve muscle building?
- When should be the muscle building program changed?
- What are some rules of muscle building?
- What muscle building exercises encourage growth as well?
- Can muscle building affect our height?
- Should muscle building be focused on one part of the body or the entire body?
- How do I put my body into a muscle-building state?
- What does a good diet contains for muscle building?

- Should I lose weight in order to gain the muscle or gain weight to gain the muscle?
- What is the best muscle building regime?
- How old should a person be before carrying weights?
- What is the difference between a strength building routine and a muscle size or mass building routine?
- What are the essential tools needed for muscle building?
- Does muscle building helps in stamina?
- Which Workout routine is better for endurance and building lean muscle?
- I want to build muscles but does my alcohol intake affect?
- What are some good muscle building foods?

Problems & Frustrations

- **Wish to build lean muscle but don't know what's the best supplements to take**

I'm a 23 year old female, 1.8 meters tall and weigh 60 kg, I want to build lean muscle! Is ssn anabolic muscle building formula safe for woman and if so when is the best to use pre or post workout? Did try usn shakes before but it didn't work for me. I do struggle with low blood pressure! Can I use creatine x4 and cla with ssn anabolic muscle building formula? And if so when is the best to use this supplements pre or post workout?

- **Want to build muscle faster with the help of supplements**

I'm not fat but I don't have a lot of muscle. I was wondering if while I am doing this, if there is a muscle building pill or something you mix in a drink that would help me build muscle faster while I'm working out. Maybe something from GNC or something like that.

- **Don't know how to build fat into muscle**

i am chubby, not really fat because i have a good chunk of muscle. In the end result i want to be about the size i am now, but i want it to be solid muscle. I don't know if i should lose the 20-40lbs, then build my muscle to get back to the size i want. Or if i should/could just build my fat into the muscle i want in the end.

- **Don't know what muscle building supplements to go along with training**

I am looking for a good muscle building supplement to go along with my training. I eat reasonably healthy but to build larger muscle and put on the weight I need more than I can consume in normal food. Most of the whey powders have so much sugar or carb content in

them that hits the system too hard for my liking. Are there any type one diabetics that are weight/power lifter/rugby players that can offer some advice on useful supplements for muscle assisted growth, or re energizing fatigued muscles or even joint flexibility supplements. I already use glucosamine and auto immune supplements what else is useful to aid my training.

- **Experience no sores after workout**

Just a quick question so you necessarily have to feel sore in the days after a workout as a sign that you have stimulated your muscles? Is it just because I tend not to feel sore anymore even after HIT workouts... any one have any thoughts on this?

- **Don't get the concept of feeding body fat**

It seems that you cannot build muscle and gain fat at the same time? This does not completely make sense to me. Does this mean that if your weight went down then you could not have gained any muscle? (duh but I just don't get it.) What if you eat a bunch of junk food and gain 5 pounds the day before you work out. Then you work out and eat normal and the weight goes down. Does this mean that you could not have built any muscle? Another thing I don't get is that concept of feeding body fat. Doesn't the fat that your body is burning provide you with energy? Shouldn't the burned fat be feeding the muscles?

- **Confused on how to gauge how many reps of each exercise to perform**

For pullups, pushups, etc, when starting out, I am a little confused on how to gauge how many reps of each exercise to perform. Do you do each exercise to failure, or just set a target and stop at that target. I am worried that if I do too many early on in the routine I might not be able to do some of the exercises later in the routine because of fatigue.

- **Muscle building regardless of medical condition**

Can you build muscle after being diagnosed with any form of ALS? In other words for those worried about "symptoms" of something, if you have the ability to still grow lean muscle mass through exercise can you rule out ALS or MND? I would assume if the nerve is damaged you can no longer feed the muscle to make it grow properly?

- **Need help gaining some muscle mass**

I'm looking for a supplement for my gelding who needs a little help gaining some muscle mass.

- **Body reacts differently due to muscle building regime**

Ok so now that I'm down to 198lbs I am looking to build on it. I've read script after script on the internet about what to eat & when but still can't seem to get a good answer about after supper. Some say nothing after 7pm which is what I've been following as of late. However some say to eat high protein amounts before bed to delay catabolism. I don't want to waste my workouts anymore & am pushing myself harder and harder each day & trying to intake about 200gr. of protein a day. Somedays I feel super strong & others I feel like I haven't even worked out at all. What is going on with my body????

- **Not seeing results despite training regularly and intensively with proper nutrition**

I am sick of this bullshit, kids these days are becoming stronger than me, and I am plateauing on 240 benchpress. I am looking for some stuff that will give me some serious strength gains without health side effects. Been on creatine, beta alanine, L glutamine and shit like that, didn't help. I regularly and intensively train, with proper nutrition.

- **Not sure if muscle building supplements work**

I weight 16st, am 6'2" and I work as a lorry driver, and during an average day i lift 2 tonnes worth of weight, 5kg for one delivery then maybe 100kg for another delivery (obviously don't carry the 100kg at once. I been doing this job for 2 months, and my biceps and forearms have gotten a lot firmer, which I'm pleased with, also my leg muscles have firmed to. But my diet, has jus been eating whatever, fast food, bacon rolls n coffee when i finish me deliveries. I'm wondering what would be a good diet for me?? I've heard people mention eating 4 times a day, but i don't think i have time for that i start work at 2am drive to my 1st call takes 2.5 hours so I'm working on n off the lorry from 4 am till 10am then it's the 2.5 hour drive back home. Do muscle building supplements like maxi muscle work or they just a waste of time?? I only ask as i wouldn't mind putting on more muscle faster.

- **Don't know good muscle building exercises and nutrients to take**

Does anyone know any good muscle building exercises physically, without using weights?not just sit ups or pull-ups, push-ups or 6-inches...and what nutrients should i be eating?

- **Confused due to mixed information**

I am getting mixed information on whether you can pack on a good amount of muscle mass with calisthenics. Here are a couple of the cases for and against then the question at the bottom "who is telling the truth?"

- **Just started muscle building and find gym memberships expensive**

I am just going into muscle building and need some help with what i can do to burn fat, get ripped and build up the muscle. I can't afford gym memberships. Any advice on how I can build muscles at home?