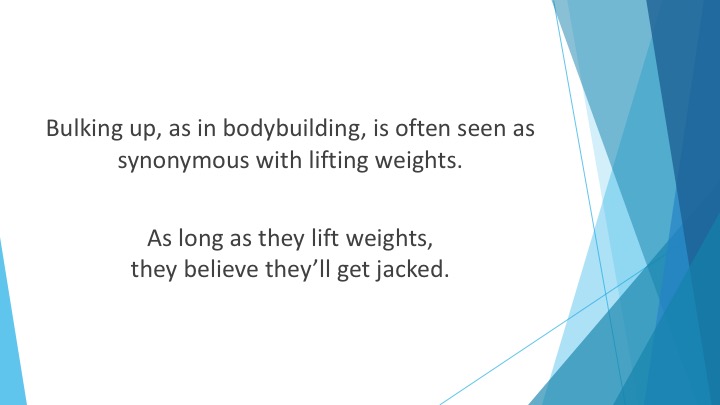
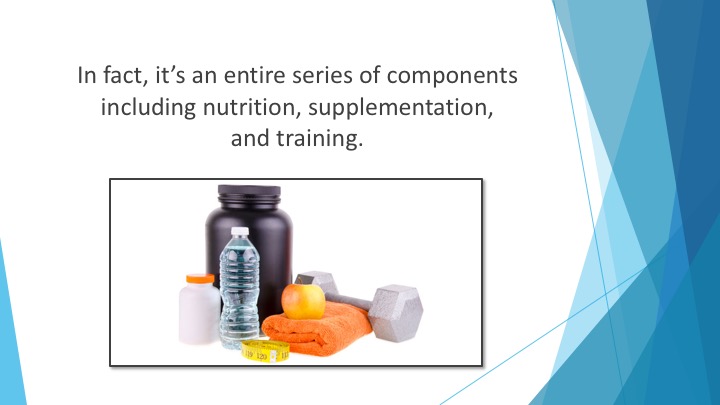
**Introduction**

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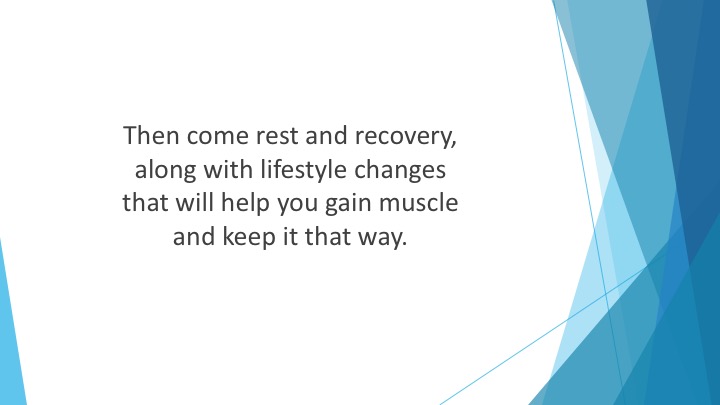
**S1** : Pause for 2 seconds



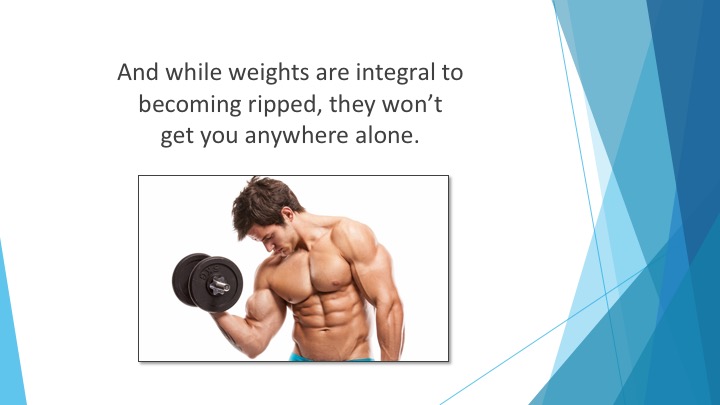
**S2** : Bulking up, as in bodybuilding, is often seen as synonymous with lifting weights. And for most people that’s where the equation ends. As long as they lift weights, they believe they’ll get jacked.



**S3** : However, there’s much more than just weightlifting when it comes to bodybuilding essentials. In fact, it’s an entire series of components including nutrition, supplementation, and training.



**S4** : Then come rest and recovery, along with lifestyle changes that will help you gain muscle and keep it that way.



**S5** : You will need to incorporate these and other essentials to get results. And while weights are integral to becoming ripped, they won’t get you anywhere alone.

So here we will look at what you need to do and what routines to follow to reach your goals.