



# **Muscle Building Guide**

**How to Build Muscle  
and Lose Fat**

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## **Building Muscle and Weight-Loss**

Is it possible to build muscle and lose weight at the same time? If we compare muscle with a comparable volume of fat, we would notice that muscle is heavier than fat.<sup>1</sup> Muscle is denser than fat. For example, a 140-pound person, whose body composition is 35% fat, will be several dress sizes bigger than a 140-pound person with only 20% body fat.

Calorie-wise, however, increased muscle mass helps you lose weight because the more muscle you have, the more calories you burn during both routine activities and physical activity.<sup>2</sup> So, then, depending on your body composition at the start of an exercise program, you could either lose weight or gain weight when going through muscle-building exercises. If you are on the slender-side, strength-training exercises will increase your calorie requirement, and without the proper diet, your body fat might not be a sufficient source of energy. You can end up using muscle mass as an energy source and thus, lose more muscle rather than build more muscle.

However, if your body composition has a bigger percentage of body fat, you would, ideally, burn off this fat to supply the increased calorie requirements of the additional muscle mass you've gained through strength-training exercises. At the beginning of a strength-

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<sup>1</sup> <http://www.onemorebite-weightloss.com/muscle-to-fat.html>

<sup>2</sup> <http://www.livestrong.com/article/388838-why-am-i-gaining-weight-while-exercising/>