



YOUR KINDLE NOTES FOR:

How to Build Muscle in Your Advanced Years

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Research has also shown that supplements such as carbohydrates, lipids, and amino acids that increases cellular movement and blood volume within the cell causing hypertrophy to take place thus an increase in muscle size.

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When it comes to muscular growth, I would like to make a point clear. In the long run when training, if the desired outcome is gains in muscle mass, you have got to become stronger and productive during your workouts. So whatever workout your doing in building muscle mass, you have to challenge yourself in making your training sessions more challenging by employing the productive over-load principle discussed earlier. Stick with compound exercises as stated earlier, these are the exercises that will get you to experience fast muscular growth, results that you can see in no time. Never workout the same muscle group or exercise when in heavy training for two days in a row, as this will result in stalemate and over training. Your rest periods should be no more than 30 to 65 seconds between sets. Stick with repetitions in 4 to 6 range for optimal strength and 6-8 for muscle mass. Learn to also break up your exercises every 6 to 8 weeks as to avoid stalemate and boredom. Example, if doing barbell bench press, change it to dumbbell bench press or incline bench press. Stick to and adhere to a sound nutritional diet plan providing your body with high quality protein from food sources and supplements. Understand that nutrition is more than half the battle in building muscle tissue and health. Get enough rest and sleep to recover from your heavy training sessions, and an occasional nap of 45 minutes to an hour, here or there would be of great benefit towards your muscle gains. This is when muscle growth and repair of

damaged muscle cells occur.

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So by having excess levels of cortisol, an athlete is at a great disadvantage in trying to successfully build muscle tissue. As for weight training the more the intense the exercises are, the higher the release of cortisol will be. But The more experienced athletes or bodybuilders are in training often show little or no change in cortisol output. Because they have adapted, some by intensifying their workouts to an hour or less. University studies done on weightlifting and athletes showed cortisol release to be at it's highest at one hour of weightlifting resistance training. Some signs of excess cortisol production in the body are; water retention, excess fat in the central area of the body like the stomach and buttocks, and the failure to increase in muscle growth and strength. Cortisol also promotes the release of "myostatin", a protein that breaks down muscle tissue.

Signs

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Cortisol can't also be totally eliminated from the body, as it is needed to maintain important processes during prolonged bouts of stress. But as it pertains to bodybuilding, cortisol will reduce the body's ability to process amino acids and build muscle. Excess levels of cortisol will also inhibit growth hormone levels by stimulating the release of growth hormone antagonists. As powerful as cortisol is, there are ways to control it for our particular needs in bodybuilding. The first step is to make sure we get enough sleep each day, because a lack of sleep is basically a signal to the body that there is some form of stress going on here. The second step is to not over train during each of your workout sessions. More is not necessarily better. But that doesn't mean to not put enough intensity in your workouts either, because muscle is torn down while we workout, but grows when we rest up. Third, eliminate certain un-necessary trigger points that activated cortisol, like too much caffeine in your daily diet, coffee, soda's, and lifestyle. Fourth, introduce supplements that help with balancing cortisol levels.

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Try and keep workouts under 1 hour and train efficiently and intensely, studies do show that cortisol levels rise and peak after 1 hour of intense training. Spike your insulin levels after your workouts by consuming high glycemic carbohydrates that will help lower post induced high cortisol levels after training. Since insulin interferes with cortisol and it may enhance cortisol removal from the blood stream.

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Over Training Signs and Symptoms On The Nervous System

1. Early onset of fatigue during training.
2. Weak appetite.
3. Trouble sleeping
4. Irritability.
5. Depression.
6. Weight loss.
7. Increased metabolic rate.

Over Training Effects on Hormone Levels

1. Decreased levels of testosterone.
 2. Decreased Thyroid hormone levels.
 3. Increased levels of Cortisol.
- The increased levels of cortisol along with decreased levels of testosterone are a deadly combination as this leads to muscle tissue breakdown, which will ultimately lead to muscle loss. There are many studies that have indicated the body's hormonal response in regards to over training affects the whole body and that it can have a serious affect in your muscle building process.

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The best treatment for over training is simply to just rest ! How much rest you need depends on on how long you've been in this cycle, but generally sometimes its just better to take a week or two off from training and allow for a complete recovery. Use the time off to go over your training routine and see where you may have done too many exercises per certain body parts, reevaluate where you may have over done it. Take additional nutritional supplements that may help you in sustaining your energy level and give your recovery process a jolt that will help prevent future cycles of over training. Supplements like "Glutathione" can help prevent over training tremendously by strengthening your immune system. The amino acid Glutamine can combat the various stresses brought on by heavy training. Supplementing with Glutamine has been shown to keep the body in a positive nitrogen balance as well as combat excess cortisol which is a big plus. Given Glutamine's low cost availability, it would be

of great benefit to include this amino acid in your training program. Glutamine can be a great anabolic aid in that it prevents excess cortisol and muscle wasting syndrome. I generally take 10 to 30 grams of Glutamine myself and can honestly say it has helped me a great deal. You may also want to look into some herbal cortisol inhibitors like Ashwaganda, Schizandria, Rhodeola Rosea, and Phosphitadyseryne. Cortisol is catabolic to muscle tissue and excess levels will hinder your muscle building efforts to a stand still. These supplements will help keep your cortisol levels down allowing you a wide open path to muscle growth. Overview

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2) How to Get Huge Leg Muscles – One of the best ways to cause your leg muscles to grow fast is by doing deep full heavy squats for reps of 20 being the maximum weight you can handle. Example – lets say that you can squat 300lbs for 15 reps, next time try to do 300lbs for 20 reps. This will cause amazing growth to your legs as as well as stimulating upper body growth too.

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