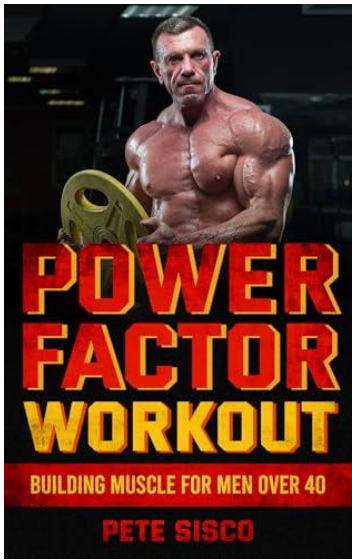




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POWER FACTOR WORKOUT: Building Muscle for Men Over 40

van Sisco, Pete

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Aantekeningen (4)

- 4 Markeringen | Geel (4)

3. WORKING WITH FACTS INSTEAD OF GYM LORE

Pagina 7 | Markeren (Geel)

What we know is: Fact 1 - Lifting progressively heavier weight makes a human progressively stronger. Fact 2 - In order to lift progressively heavier weight a human needs rest between lifts.

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So a logical question arises. How much rest is required? The logical answer is: The amount of rest that permits you to actually lift more weight. This is easily found experimentally for each individual. If you didn't bench press more after two days off, try resting for three days. Still didn't lift more? Rest for four days, and so on. Using only these two facts — not tendencies or hypotheses, but facts — anyone can increase his or her strength enormously. Here is another fact. Muscles adapt almost exclusively independent of each other. That is to say, lifting a weight with your biceps muscle will not directly cause hypertrophy in your calf or hamstring muscles. (I have to say "almost exclusively" here because there is a slight symbiosis when heavy exercise causes an increase of growth hormone and other metabolic functions that assist all muscle growth — assuming growth has been stimulated in the first place by specific exercises.)

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Therefore: If your goal is bigger, stronger, more powerful muscles: You will get bigger, stronger and more powerful muscles by lifting a progressively heavier weight on every exercise during each workout. You can only do the above by getting enough time off between workouts.

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The most effective exercise for each muscle or muscle group is the one that permits you to lift the most weight with that muscle. When you systematically measure the intensity of every exercise and workout you can engineer productive workouts with mathematical certainty.

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