

BUILDING MUSCLE

Building muscle and strength is essential to a well-rounded fitness program. It requires consistent training focused on hypertrophy and a balanced diet rich in lean protein, fruits, vegetables, and whole grains.

Adequate muscle mass supports daily function, enhances strength, reduces injury risk, improves bone density, and contributes to a healthier body composition.

THERE ARE THREE BASIC MECHANISMS FOR GROWING MUSCLE.

Mechanical tension – The amount of tension muscle fibers develop in response to a stimulus. You want to contract your muscles against resistance and create some damage to your muscle fibers. You create mechanical tension when you do challenging bodyweight exercises such as push-ups and pull-ups, or more traditional weight-lifting exercises such as chest press and lat pull-downs.

Muscle damage – Mechanical tension slightly damages the muscle tissue which causes a growth response. Focusing on the eccentric phase of exercise, the lowering portion of the movement can cause the most damage to the tissue and is necessary for optimum muscle growth. It's important to continue to progressively lift heavier weights and change exercises as you become stronger.

Metabolic stress – After you create mechanical tension you must keep the muscles exposed to that tension long enough for a buildup of various metabolites to occur. This process creates metabolic stress in muscle tissue that triggers hypertrophic growth. Our muscles must experience a load for a certain duration, better known as time under tension.

