



What is the best method to build muscle mass & strength?

NAME:

DATE:

This worksheet is a supplement training guide to “What is the best method to build muscle mass & strength??” video published on July 13, 2016.

Muscle building process is not something that happens overnight. However, you can enhance the development process of your muscles. This video will let you know about the best method to build muscles mass & strengths. The effectiveness of all these methods is proven and you can try them with a hassle-free mind. <https://youtu.be/A7rv47l6gc4>

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

The Research

New research from McMaster University is challenging traditional workout wisdom, suggesting that lifting lighter weights many times is as efficient as lifting heavy weights for fewer repetitions. It is the latest in a series of studies that started in 2010, contradicting the decades-old message that the best way to build muscle is to lift heavy weights. In a nutshell, the research shows that both methods work, but it works better if they train to failure.

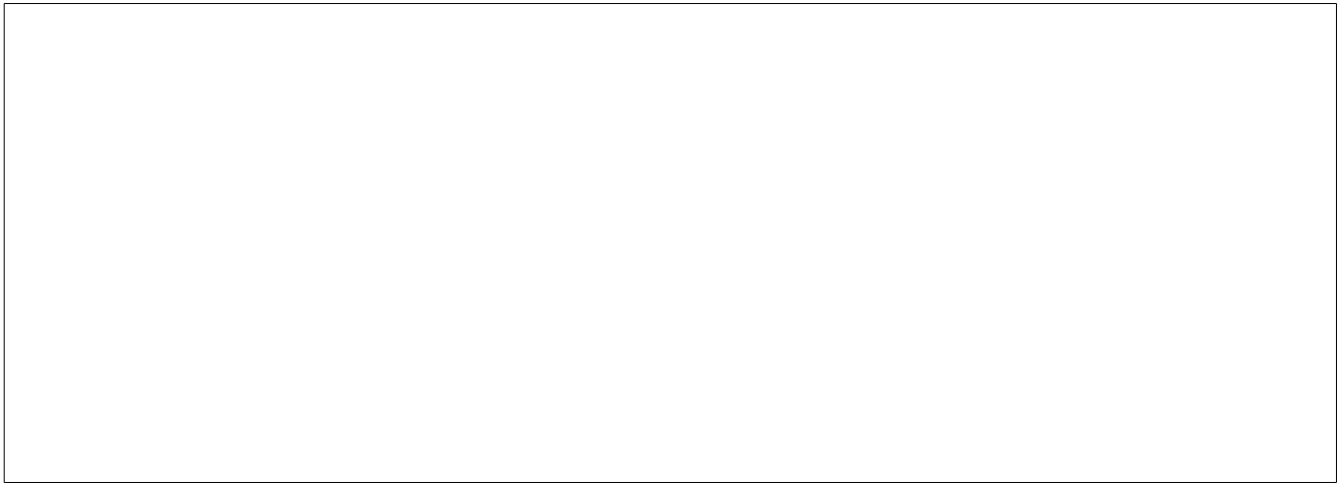
Train to Failure

In weight training, training to failure is repeating an exercise to the point of momentary muscular failure. In a nutshell, the term “failure” is used to describe what happens when you are unable to continue a set of an exercise due to momentary muscle failure.

Get a trainer

Gaining muscles cannot be considered as an easy thing to do. You will need to seek the assistance of a reliable guide in order to gain muscles without much hassle.

How can you apply this knowledge in your next muscle building process?



Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com

Journal Reference:

Robert W. Morton, Sara Y. Oikawa, Christopher G. Wavell, Nicole Mazara, Chris McGlory, Joe Quadrilatero, Brittany L. Baechler, Steven K. Baker, Stuart M. Phillips. Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men. *Journal of Applied Physiology*, 2016; 121 (1): 129 DOI: 10.1152/jappphysiol.00154.201