

MUSCULAR STRENGTH



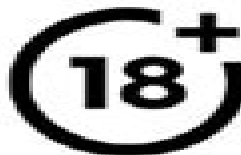
WHAT IS MUSCULAR STRENGTH?

MUSCULAR STRENGTH relates to your ability to move and lift objects. It's measured by how much force you can exert and how much weight you can lift for a short period of time. It refers to the amount of force a muscle can produce and is usually measured by the maximum amount of force a muscle can produce in a single effort (maximal effort).



FACTORS AFFECTING MUSCULAR STRENGTH

*The amount of muscle strength which can be achieved depends on **gender, age, inherited physical attributes** and other factors affecting muscular strength.*



AGE | is one major factor that affects muscular strength. As humans age, their muscular strength declines due to the fact that there is decrease in muscle cross-sectional area and a decline in the amount of contractile tissue within the muscle fibers. However, Regular strength training reduces loss of muscle strength even as you age.

NEUTRAL STRENGTH | The brain and nervous system have the power to activate more motor units when they need to generate larger amounts of force. As you advance in fitness and strength training, your body tends to engage more motor units and increase the frequency of units fire.



Muscle Fitness Guide To Skeletal Muscle

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The Vegan Muscle & Fitness Guide to Bodybuilding Competitions Derek Tresize, Marcella Torres, 2014-09-09 Not just for physique competitors this guide can help anyone meet their goals with a whole foods plant based vegan diet You will learn how to Calculate the time to reach your goal Apply strategies to build muscle and lose fat Assess your progress Create workout routines Design meal plans that hit your targets In addition to these customizable tools and formulas this book includes eight sample menus three weight lifting routines eight cardio workouts recipes and more Derek Tresize and Marcella Torres are the husband and wife team of competitive vegan bodybuilders behind Vegan Muscle and Fitness at www.veganmuscleandfitness.com Owners of Richmond Virginia s only plant based personal training studio Root Force Personal Training the pair seeks to promote a fit and active plant powered lifestyle and shatter the perception that strength and athleticism can t be achieved with a plant based diet

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