

MUSCULAR STRENGTH



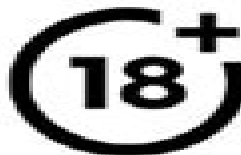
WHAT IS MUSCULAR STRENGTH?

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

**Ehrman, Jonathan, Gordon, Paul, Visich,
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