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Chris Beardsley is a co-founder of resistance and air conditioning research, a monthly publication that summarizes the latest Fitness research for strength and sports coaches, personal trainers and athletes. The views expressed here are the one. The fitness industry can be a confused place, with many experts that provide conflicting opinions. Scientific research is our best shot to provide objective and effective fitness approaches. Research and air conditioning research is a monthly review service that covers new and interesting scientific studies on fitness topics. Studies included help respond to difficult questions about training, training and transformation of the optimal body. The summarized results of three recent studies that have been treated in the audit together with what these results mean by the strength of strength and the training of US resistance could increase the muscle gainshare on Justin's PinterestPhoto Singhrecipiently, the researchers guided by Jussi Mikkola at the Research Institute for Olympic Sports in Finland have found a concomitant force and the training of resistance is counterproductive to improve explosive strength, while in reality it could be better than strength-only training to improve the muscle size and cardiovascular Adaptations during concomitant strength and training of resistance in untrained men. Mikkola, J., Rusko, H., Izquierdo, M., et al. Research Institute for Olympic Sports, Physiology, Jyväskylä, Finland. International Journal of Sports Medicine. 2012 set; 33 (9): 702-10..what what did researchers do? Researchers have recruited 44 healthy but unused adult males for a 21-week study. The subjects were assigned only to a single resistance formation, only the formation of resistance or competing training groups. The training of the resistance was performed twice a week and included two exercises for the legs: the stage and the machine for the extension of the knee. The formation of resistance performed twice a week and increased both in the duration and in a sessions intensity from 30 minutes up to 60 min sessions from 90 minutes in the 21 weeks. Before and after the 21-week training program, The researchers measured the knee resistance to extension and development rate of the force of the subjects, as well as the area of the cross section of their thigh muscle. What happened? Researchers have discovered that only the group only for strength training has significantly improved the development of strength, of 36 ± 31 percent while the resistance resistance group is actually reduced the strength development rate of 7 ± 51 percent. The back of strength development is very important for Power athletes, as it determines the speed with which the athlete is able to reach their full strength capacity. In explosive sports, the strength development rate is often more important than M Assimos strength. However, researchers found the area of the cross-section (size) of the most increased thigh muscles in the strength-resistance group (11 ± 5 percent) in the group only for strength (6 ± 5 percent). What have researchers concluded? The researchers concluded that the concomitant force and the formation of resistance optimizes the earnings in muscular sizes, but interferes with improvements in explosive force, measured by the strength development rate. What does it mean to you? If you are making strength training exclusively for power, perhaps because competing in a runway sports and field, then the training of resistance can reduce the earnings you do from a resistance formation. On the other hand, if you are carrying out a strength training for your physique, a resistance training could improve your results. Allenocentric increases the length of the muscle and flexibility a recent review study guided by Kieran or Áine Sullivan of the Limerick University in Ireland, the auditors found that the eccentric training of the resistance actually increases flexibility Of the leg muscles, regardless of the muscle group studied the effects of eccentric training on the flexibility of the lower limbs: a systematic review. O'Connell, K., McAuliffe, S., Deburca, N. Department of clinical therapies, Limerick University, Limerick, Ireland. British Journal of Sports Medicine. 2012 set; 46 (12): 838-45. EPUB 2012 Apr 20..In normal strength workout, an exercise is divided into two phases: the eccentric phase (lowering) and the concentric phase (lifting). The eccentric workout in the search is the point where only the lowering phase is used. In practice, most of the lifters simply underlines the lowering phase to get many of the same results. What did the auditors do? Auditors examined a wide range of databases, focusing on those that provide maximum quality quality: randomized clinical trials (RCT). Included studies in their review that examined the effects of flexibility of eccentric training in a training period higher than 4 weeks. Our initial research revealed 205 individual studies, but after the elimination of studies that do not adapt to all relevant criteria, the researchers were left with only six. However, the methodological quality of these six studies was evaluated as very high, which means we can be pretty sure that they are reliable. What did the reviewers find? The auditors found that all studies clearly showed that eccentric formation has improved the flexibility of the lower body, regardless of whether the muscular group has been tested and the calves, the vivid, or quadriceps. What does it mean to you? If you use the lower body that extends into your routine and feel that you don't have time for the training of resistance, you could try the eccentric muscular workout of the legs, which would have killed two birds with a stone. You could do it by performing movements that emphasize a longest muscle length and emphasizing the eccentric component. The good choices would be: Romanian Deadlift for the thigh costs, a single-leg high veal raises for gastrocnemius and the Olympic-style squat at full depth for quadriceps and gluteas.Periodization could make a big difference to strengthenly relevantly, I Brazil researchers guided by De Lima found the type of periodization used during a training program of muscle resistance altered how effective training in improving muscle resistance and reducing periods of formation of fat strength and resistance resistance Body fat and daily training periods have differential beneficial effects in sedentary young people. De Lima, C., Boulosa, D.A., Frollini, A.B., et al. Faculty of health sciences, Methodist University of Piracicaba, Brazil. International Journal of Sports Medicine. 2012 set; 33 (9): 723-7. EPUB 2012 4 May. Training training involves a general plan for sets and repetitions for a certain number of weeks or months of training. Linear periodization implies the beginning of a number of upper replicated training workouts and gradually decreasing the number of repetitions and increasing weight over a period of several weeks or even months. What did researchers do? Researchers have recruited 26 young women and assigned them three groups: linear periodization, daily wavy periodization and a check. In both training programs, subjects performed four workouts per week of which two were the same, in a A-B-A-B format. However, a program has followed a linear progression and the other followed a wavy daily progression. In the program of periods of linear period, subjects performed 3 sets of 30rm in the first week, 3 sets of 25ms in the second week, 3 sets of 20RM in the third week and 3 sets of 15m in fourth week. This model has been repeated two more moments in the training period of 4 weeks. In the daily wavy program, intensity and volume have been modified in the same week. In weeks 1, 3, 5, 7, 9 and 11, the subjects trained on 1 and 2 days with 3 sets of 30rm and on days 3 and 4 with 3 sets of 25m. In weeks 2, 4, 6, 8, 10 and 12, participants trained on 1 and 2 days with 3 sets of 20rm and on days 3 and 4 with 3 sets of 15m. What happened? The researchers found that both programs produced a significant decrease in the percentage of body fat and fat mass. Also found the linear periodization program produced greater reduction in body body fat Of the daily wavy program. On the other hand, the daily wavy periodization model produced a significantly higher increased muscular resistance than the linear periodic model. What concluded researchers? The researchers concluded that, in a training program of resistance to muscle resistance, linear periodization was higher to improve body composition while daily wavy performance were more effective to improve muscle resistance performance. What does it mean for you? If you use the use of muscle strength training and your goal is to lose body fat, then a linear periodization is more effective than a daily wavy program. However, if you want to improve muscle resistance, then a daily wavy periodization would be a better choice. Do these results affect your fitness approach? Share in the comments below and talk to the author on Facebook! Many diet plans can help you lose weight, but if you want to keep it off, choose a diet that is not so restrictive you cannot stick to it. The states that compare different types of diets have not yet found a single "BEST" diet plan for weight loss that works for everyone. The most established diet plans can help with weight loss if you wait for it, but the diets that are unhealthy or too restrictive are difficult to follow in the long term and most people magnify the weight as soon as they stop followed the diet. A good diet plan involves healthy food that provides nutrients the body needs while staying within a daily calorie lens for weight loss. It is also what a person can follow long term. In general: women should aim at a dietary plan that contains 1,200 - 1,500 calories daily to help lose weight safely, women who weigh more or women who exercise regularly should aim at a dietary plane that contains 1,500 ... 1,800 calories Daily to help you lose weight SafelyDiets less than 800 calories daily from 800 calories per day should not be used under a doctor. Crossing other factors to consider: elderly people have a more slow metabolism than young people, and will lose weight more slowly give more muscular mass than women, who uses more energy, so men usually lose more weight than women in height and Similar weight when the diets people who are obese lose weight rapidly than those who are only moderately overweight countless diet plans available. Some popular diet plans include: Dietsinvolve of portions that consume pre-packaged foods, such as meals with low frozen calorie or beverages or spare bars of meals up to a daily fat-fat diet of daily calories, implies the count of grams of fat, for example, for a 1,500 grams. The diet, people on a low-fat diet should aim at 45 go less than fat a day the amount of healthy carbohydrates like whole grains, fruits and vegetables in dietlow-carbohydrate diet diet include diet Atkins, South Beach The Ketogenic Diet or Diet (A keto diet) People generally aim at 60 and 130 grams of carbohydrates a day, or between 0 and 60 grams of carbohydrates per day for carbohydrates Very low (compared to a standard diet that generally contains 200 to 300 grams of carbohydrates) low carbohydrate diets can cause rapid weight loss, but some allow high quantities of saturated fats (such as butter than red meat), which can increase cholesterol levels and increase the risk of heart to heart diet - IMEDIERRANEI Diet - Professional Diet is not a specific plan, but a way of eating diets at the eating diets in the olive growing regions around the Mediterranean Mediterranean diets include: a lot of monounsaturated fats (such as olive or canola oil, walnuts , pecans, almond nuts) and low quantities of saturated fats (as per butter) a lot of vegetables, fruit, legumes and characles moderate quantity of fatty or fatty dairy products, especially in the form of a quantity of sausage meat of Red meat and meat products: Fish or poultry are acceptable the modest quantity of red wine (up to a 4-ounce glass a day for women and up to two glasses a day for men) is Protect against cardiovascular food products based on consumption consumption of integral food, not refined, plant-based foods on foods that are minimally transformed including whole grains, fruit, vegetables and legumes, type of vegan diet " Dietesties " "Evithese Types of diets usually promise rapid weight loss, usually do not have scientific evidence that are safe or effective can cost a lot of money in pills, special foods, books, seminarsremember: the diets that seem too much Beautiful to be true is usually a bagel 20 years ago 3 inches in diameter and have 140 calories. How many calories do you think they are in today's bagel? see reply

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