

Get Stronger in 20 Seconds

By Richard J. Wolff, RD, LDN

The instinct to avoid discomfort is strong, under normal circumstances. However, there are times when a little discomfort can be beneficial. Strength training is one of those times. According to a review published in *Aging Research Reviews*, strenuous workouts are most effective ¹! The review, which includes data from 47 studies, shows that strenuous workouts generate the best results. Uncomfortable as it may be, the discomfort associated with deep muscle fatigue is an essential ingredient for building strong healthy muscles.

Fortunately, that discomfort is short-lived. Only the last few repetitions of a strength training exercise are truly uncomfortable. In other words, tolerating 10 to 20 seconds of discomfort on each exercise can pay big dividends. The “big dividends” of achieving deep muscle fatigue include:

Burning More Calories

The harder you work, the more muscle fibers you use. Using more muscle fibers translates into burning more calories both during and after a strength workout.

Building More Strength

Deep muscle fatigue is an indicator of muscle overload. When muscles are overloaded, they respond by becoming stronger. Stronger muscles protect joints, improve health, and allow you to perform daily tasks more easily. This leaves you less fatigued and more energized throughout the day.

Boosting Metabolism

Muscles need to recover after a strenuous workout. Metabolism increases during this recovery phase because new muscle proteins are being formed. This increase can be significant. According to Dr. Wayne Westcott it is not uncommon to see a 7% increase in basal metabolism for 3 to 4 days following a strength workout ².

Becoming More Active

Strength-building exercises lead to more physical activity (both planned and spontaneous). Several studies show that increases in muscular strength result in healthier, and more active, lifestyles³. Thus muscular fitness helps one become, and remain, more active.

Supercharging Your Health

Muscle loss has been linked to numerous diseases including heart disease, diabetes, osteoporosis and arthritis. Restoring lost muscle literally improves your health from the inside out. Health agencies such as the American Heart Association, the American Diabetes Association, and the National Osteoporosis Foundation, endorse strength training as an effective way of reducing the risk of chronic disease.

Get Ready for Your Next Workout

Now that you know the benefits of deep muscle fatigue, your next strength workout should be even more productive. Do not stop once the discomfort of deep muscle fatigue begins. Keep working until the weight can barely be lifted. Remember, this short-term discomfort simply means the exercise is working!

Get Some Supervision

Finally, supervision helps greatly during a strenuous strength workout. Research confirms that people work harder when they are supervised. However, at rates of \$50 to \$100 per workout, personal training can be cost-prohibitive. An easy way around this problem is group personal training. Group personal training provides the supervision you need at a much more affordable price.

Supervision that Works

At MEDFITNESS, we provide strategic supervision at an affordable price. The MEDFITNESS Workout takes less than 30 minutes, and does not require an appointment. To experience our remarkable program, schedule a *Free Trial Workout* by calling (630) 762-1784. Get additional information by visiting us online at www.medfitnessprogram.com.

About the Author

Richard Wolff is the president of MEDFITNESS. He is the author of *Fitness Wisdom* and *The Fitness Factor*. He has written for the *United States Weightlifting Federation*, *Nautilus*, *America's Fitness Magazine*, and *Personal Fitness Professional*. Richard has trained thousands of personal trainers throughout the United States with his fitness workshops and seminars. He can be reached at richard.wolff@att.net.

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