

Slower Strength Training is Better

Slow strength training generates greater strength gains than traditional strength training. These are the conclusions of Australian researchers after studying 19 middle-aged women and training them for 12 weeks. The results of this 12-week study were presented at the Society for Experimental Biology meeting in Marseille, France, July 2008.

The slow group experienced significantly greater results than the others (traditional strength training). The women with the least amount of muscle at the beginning of the study also experienced the greatest improvement. The researchers suggest that strength training done slowly can help maintain muscle mass and strength as people age.

Take Home Message

Slow strength training is an effective way to build muscle and gain strength. The MEDFITNESS Workout utilizes slow training techniques to ensure maximum safety and results.

To experience the MEDFITNESS Workout, schedule a *Free Trial Workout* at www.medfitness.info.