

(Image: <https://images.pexels.com/photos/33232919/pexels-photo-33232919.jpeg>) First, the bad news. Now for the good news. You have the power to slow this natural decline and perhaps even reverse it. The solution is to lift weights - often enough, long enough, and heavy enough. Shawn Pedicini, a physical therapist at Harvard-affiliated Spaulding Rehabilitation Hospital. So how should you approach weight training in your later years? Here are some strategies. Invest in a trainer. A licensed and credentialed trainer can design a personalized program. A trainer can also teach you proper form and technique. Check with your local gyms for referrals. If you're not ready for in-person sessions, many trainers now offer virtual workouts. After you learn the basics, you can work out on your own. Get free. Training with free weights, like dumbbells, kettlebells, and barbells, is often better for muscle building than machines, [official Alpha Surge Male website](#) says Pedicini. You can also go back and forth between free weights and machines depending on the type of exercise and which muscles you are working on.

Leg up. While you need full-body workouts that address all your major muscles, older men should pay special attention to their leg muscles: quadriceps and hamstrings (in the thighs), the gluteals (in the buttocks), and the calf muscles. Pedicini. Compound exercises that work different muscles in one movement - like squats, deadlifts, and lunges - are great for building leg muscles. Weight, reps, and sets. Pedicini says older men should do fewer repetitions (reps) with heavier weights to gain the most muscle. But you can adjust this as needed. Find your tempo. Lifting should be done at a seven-second tempo. That means three seconds to lift the weight, a one-second pause, and three seconds to lower it. You also want to use enough weight, so the last few reps are a challenge. If you can't lift the weight at least eight times, use a lighter weight. When you can comfortably perform eight reps without completely tiring the muscle, increase the weight.

Two days is plenty. Ideally, you should do weight training at least twice a week. Pedicini. You often can feel results after four to six weeks of consistent training. Give it a rest. Always allow at least 48 hours between sessions for muscle recovery. Some people prefer to break their workouts into two parts: upper body and [Alpha Surge Male deals](#) lower body. In that case, you can perform upper-body exercises one day and lower-body the next. Always raise the bar. Does consuming more protein help you make more muscle? The answer is yes for younger people, and some evidence suggests that the combination of higher protein intake plus resistance training also can build muscle mass in older men. How much extra protein is enough? A sedentary adult needs only 0.8 grams per kilogram of body weight per day. However, if you want to build muscle, the goal of daily protein intake should be 50% higher, or 1.2 grams. So, a 175-pound man doing weight training should aim for about 95 grams a day. If possible, divide your protein intake equally among your daily meals to maximize the body's ability to create muscle. Also, [Alpha Surge Male deals](#) consume about 20 to 40 of those daily grams within an hour after a workout to help with muscle repair. An easy way to meet your daily protein quota is to mix 1 to 2 scoops of whey- or plant-based protein powder to into oatmeal, a smoothie, yogurt, or a glass of water. 1 ounce (28) peanuts (7 grams).

Compound exercises like the squat-curl-press target different muscle groups to build endurance, increase strength, and improve stability. In fact, [alpha surge male for stamina](#) some research suggests that compound exercises that involve functional movement patterns are one of the most effective ways to improve muscular strength and burn fat, particularly among overweight adults. Add more power to your resistance-training routine with these quick compound moves using dumbbells to get a dynamic full-body workout at home. The squat with an overhead press is a great full-body compound workout using both the upper and lower body at the same time. These moves function in tandem to allow a natural transition from a squat to an overhead press. Stand with feet a little wider than hip-distance apart. Rest light to medium weights on your shoulders with elbows bent and palms facing each other. Lower into a squat. Keep your torso upright by lifting your chest (imagine showing someone the logo on the front of your shirt while at the bottom of your squat).

Make sure you are sending the hips back to protect your knees. Push into your heels to stand as you press the weights overhead. Lower the weights to your shoulders, and repeat 1-3 sets of 8-16 reps. Compound exercises are quick, full-body moves you can do anytime, anywhere-especially if you're short on time. The squat, curl, and press is a well-known compound workout that targets the legs, core, [Alpha Surge Male deals](#) arms, and shoulders in one dynamic movement. This is an advanced exercise that requires physical strength and [Alpha Surge Male deals](#) stability. Start with lighter weights as you practice this movement pattern before trying heavier weights. Stand with your feet wider than your hips and hold light to medium weights with your arms by your sides and palms facing each other. Squat down and [Alpha Surge Male deals](#) touch the weights to the floor and turn your palms to face forward. Keep your back straight and your abs engaged. Curl the weights up in a biceps curl and hold.

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