

You're about to see a resistance training method for [Alpha Surge Male performance booster](#) faster muscle growth that's scientifically proven. It doesn't include things like creatine powders, amino acids, anabolic steroids or hormone supplements. You build muscles faster by lifting faster. That's right. And when we say "fast", that doesn't mean that other people watching you lift will say "that's fast". And it doesn't mean you need to shave minutes off your workout routine. Pushing as hard as possible, to generate as much force as you're able to, given the resistance you're working with is a proven stimulator of muscle growth. While a lift may not look fast to other people, it can feel fast based on how hard you're pushing or pulling against resistance. Time under tension, the explosive force, and the type of muscle you're training are what matters for muscle growth. Optimal muscle growth relies on muscle tension, which is influenced by the mass that you're lifting, combined with the speed at which you're lifting it.

[external site](#) Guys, don't believe when people say that the only way to elicit muscle growth and gains is to use heavier weight. If you can increase the speed of the mass you're moving, you create more tension on the muscle fibres regardless of the mass. Tension equals mass times acceleration. As you'll soon see, it doesn't matter whether you lift heavy weights or very light weights when you add speed to the training equation. Lifting speed will change your expectations about muscle gain. Pushing (or pulling) as fast as you can against resistance activates Type II muscle fibers. Type II fibers, also called "fast twitch" fibers, have a better capacity for growth and fatigue more quickly than the slow twitch Type I fibers, which are associated with endurance. WHAT ARE THE TWO MUSCLE FIBER TYPES? People have two basic types of skeletal muscle fiber in their bodies: Type I and Type II. (Image: <https://www.justnew.cz/images/after.jpg>)

Type II is divided into Type IIa and [Alpha Surge Male performance booster](#) Type IIb, but the fundamental difference between the two types is how quickly they contract and generate force. They also differ in how quickly they fatigue. Type I is commonly called "slow twitch" muscle tissue with less force generation capability and longer time to fatigue. Type II is called "fast twitch", has more force generation capability, and fatigues more quickly. Skeletal muscle tissue contains both types of fiber. So, the deltoids, for example, have both Type I and Type II but generally more Type II. Other major muscles, like the abs, contain more Type I. Interestingly, it's been discovered that fiber types can actually change from Type I to Type II through high intensity resistance training (high load-lower repetition). As people age, they gradually lose muscle mass, and it's the Type II muscles that go first. Resistance training helps to slow and even reverse muscle loss. That means resistance training becomes even more important as a person gets older, both for their muscle size and to prevent common health issues.

There are three ways to lift "fast" and [Alpha Surge Male performance booster](#) engage Type II fibers for faster muscle growth. Pushing as hard as you can against a heavy weight for 10-12 reps. Fast concentric phase, slow eccentric phase for 15 reps. Lighter weights, [alpha surge male supplement](#) [alpha surge male vitality formula](#) male vitality formula lifting as fast as you can for 25-30 reps. Not lifting "fast" is maybe the biggest muscle building mistake people make. It's also a mistake to think lifting "fast" means it looks fast to others. Push as hard and fast as you can in the 10-12 rep range, using a weight heavy enough that your reps won't look fast to a bystander. It should feel to you as if you couldn't move the weight any faster. By pushing as hard and fast as you're able, you'll engage more Type II fibers. The more tension you can create, the more fibers are recruited to perform the lift, and ultimately the more muscle mass you can build.

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