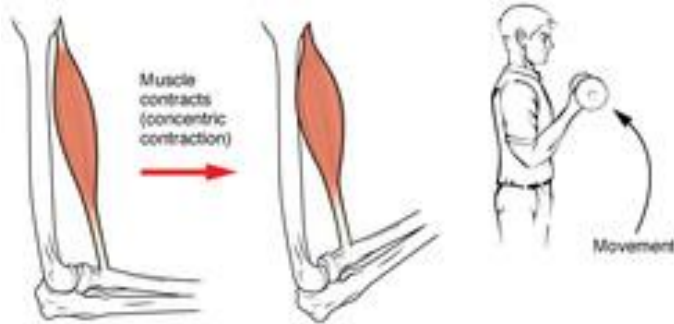
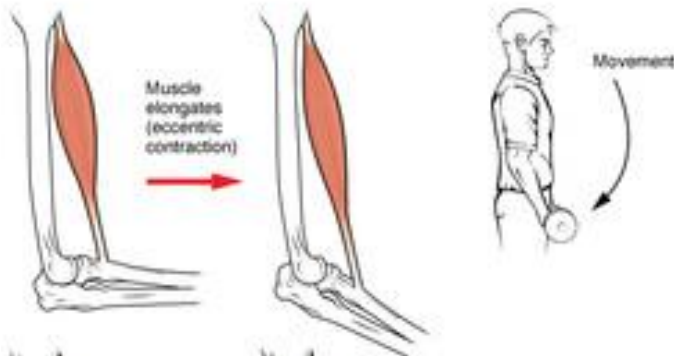


MUSCLE CONTRACTIONS AND REPETITIONS



CONCENTRIC CONTRACTION

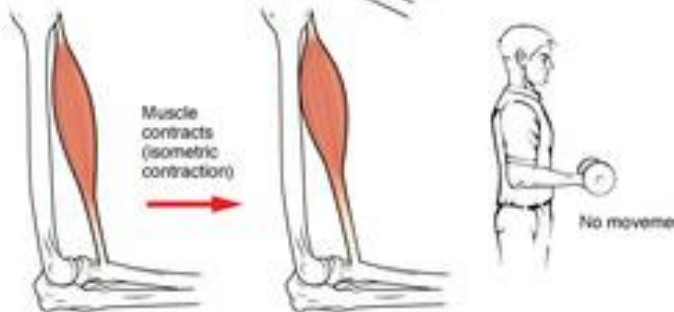
This is our 'positive' or lifting portion of the muscle movement. The muscle will shorten in length.



ECCENTRIC CONTRACTION

This is our 'negative' or lowering part of the repetition. The muscle will lengthen with the movement.

This negative lowering part of the repetition helps produce more muscle growth.



ISOMETRIC CONTRACTION

The muscle doesn't encounter a change in size or length.

There are two pauses associated with isometric contractions: (1) at the bottom after lowering the weight, and (2) at the top when the weight is lifted.

RESISTANCE REPETITIONS

12-15—Best for developing muscular endurance and learning the feeling of muscular exhaustion

8-12—The Gold Standard for muscle focused workouts

3-6—Build more muscle and build it faster. Heavy weight resistance with lower reps