

# Muscle and strength by mastashake15 from the mands forum

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The article recommends routine training and after every 12 weeks, one takes a week off of weight training to cure any minor injuries and to give the central nervous system a rest. Cheating arises when one uses a weight that is too heavy for them to lift, but go-ahead to lift the weight and forgo form to do it. This not only confines the gains one can make but can cause injuries. Lifting heavy weights while still young can lead to premature growth plates (epiphysis). The website goes ahead to explain how low rep ranges prepare muscular strength, which in turn helps little in increasing muscular size. The site has helped me realize that not all people are the same and should not, therefore, copy another person's routine so as to get the same results. Another important thing I have learned from the site is that one does not necessarily need to fast to achieve his/her goal. When you starve yourself, the body holds onto any fat it has, therefore, one will lose muscle instead which is very unhealthy. One should also not neglect carbohydrates and fats in their foods as well as relying so much on the supplements. Finally, it is important that before embarking on weight training, one should undertake extensive research to facilitate the attainment of his or her goals. Remember nothing takes place immediately and one should be patient.