

# [The strength. the center standards of quality preparing](https://assignbuster.com/the-strength-the-center-standards-of-quality-preparing/)

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The mostfamous wrestler from 6th century, Milo of Croton, was known for his unbelievablestrength and unique way of training. He admired the Greco wrestlers in Crotonand from his childhood he decided to become wrestler.  He won six gold medals in a row in wrestling champion at theAncient Olympic Games. He won many athletic festivals of ancient Greece.

He wasalso awarded the title “ Periodonik? s” meaning ‘ the grand slams’ for five times. He trainedhimself very cleverly and progressively. The questionis how to build muscles and increase strength like him? There is astory about the training of Milo of Croton. Instructions to build Muscle likeMilo Milo usedvery easy and significant weight training method. Close toMilo’s house an infant calf was born. The wrestler chose to lift the littlecreature up and lift it on his shoulders.

He practiced this exercise for fouryears and raised a calf to bull on his shoulders. Every day calf was growing upand so as his strength. The centerstandards of quality preparing are embodied in this interesting story of Miloand the bull. The main principles are- 1.    start with light weightsHe did not try to lift the bull for thefirst time. He started with an infant calf. Given his wrestling ability, it islikely this was a weight that was simple for him. This formula works for usalso, increase your weight slowly and steady.

2. Never miss training He would nothave developed strength and muscles if he lifted the calf weekly or monthly. The calf would have become excessively huge and Milo would have not that hugeto lift the bull. Don’t overdo anything because it may injure you and next dayyou will not go for training because now you are afraid of injuries. There isno shortcut to anything, so do everything slowly and without skipping anything. On every NewYear or on very emotional day we take resolutions to do things or to continuegym regularly.

But we continue it for not more than a month and we fail. A more importantand valuable step is to begin with very small activity that is so natural youcannot say no to it. He should be so simple and easy that you don’t feel likemissing it. Slowly increase your training and increase your strength.

Do the thingsthat are easy to maintain and take a proper diet with it. It’s notpossible to gain muscles in week, it requires proper training, dedication andmotivation for keep going.