Women Who Lift Weights Become Men by Lisa Beverley

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There is a big myth that women have to train different then men. They do not. You can lift weights, do the same exercise, build a little muscle, become stronger and remain 100% female. Building muscle is not as easy right? Not only do some weights and have a 21 "inch arms the next month.

My point is ...

Women can do the same things as men. And even heavy load if they want to grow muscle rather than maintain.

A bit of muscle tone is not bad right? And the only way to grow muscle is to stimulate it. I am not suggesting that women are bench 315 lbs tomorrow but there is no need to grab the pink weights and do 100 reps either while they are sitting there looking boring unanswered.

If you are concerned about a body part and take care of it out of proportion, then simply tap and focus on the body. Just keep. Do not push or challenge them and only remain the same, while the rest of your body grows, adapts and changes to suit your desired look.

I see women all the time in the gym with the least weight. They do not want big and bulky like a man. But they are also bored and just do it because someone told them that weightlifting is something to do.

Unless your one of the few women to have as much testosterone as most men will not happen.

A key to muscle growth is testosterone. Females do not have

high levels of it, therefore, even if they worked out like men, with heavy weights, which soon will become manly, bulky and full of muscles.

Of course there are some women who have high levels, but is quite rare. Do not worry ...

Despite what you may have heard ... there is really no such thing as toning. I'm sure to get flack for that statement, but let me explain. There are three things you can do to a muscle.

To-Build

-Maintain

To-lose

Toning is really for most people, muscle building process so you have something to show ... and once you are satisfied with the look, keep it. For all these reasons ...

It is important to understand that when you pick up a weight, the main objective is to work the muscle. If it is not difficult at all, why bother? Resistance training has a purpose. To maintain healthy muscles, bones strong and your mobility. The older you get, the more muscle you want to keep him healthier life. And as you grow more muscle you tend to los'e. Another reason to build muscle through your life and not let it wither due to atrophy.

But I'm way ahead of me! Many women worry about getting bulky if they workout weight weights.

There is a simple solution for that. How about just build muscle until you are satisfied with their appearance. Once it reaches that level, you can go back and keep only. At that time, there is no need to stimulate muscle growth, but you can use resistance training to maintain an appearance.

This is where 'toning' comes in. Toning to me at least, means maintaining the natural tone of the muscle through resistance. Everything remains in its current form.

Also keep in mind that muscle is more like the tone of body fat is removed from the area.

So that's why cardio is an important and if they are looking to lean up. But as I said before, there can be no such thing as too much cardio. So there is no need for marathon sessions please.

In a nutshell ...

In general women do not need any routine other than a man. It is the myth that has existed as long as the men lifting weights, women do cardio. It is simply wrong.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

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