



September 27, 2010 – Grand Rapids, MI

## Just Lift

I get asked questions about weight training all the time. Is super-slow lifting effective? Is there really such a thing as muscle confusion? How can I lift to maximize the benefits in terms of strength, toning, or endurance? I wish I had all the answers, but there's very little research to support most of what you read or hear. It doesn't mean that there isn't a slight difference, but when a person can't do 10 push-ups, does a 2% difference in strength gains really make a difference? For a professional athlete, sure, but for you and me? Not really.

So here's my universal answer: just lift. Lift heavy weights with fewer reps or lighter weights with more reps. Use machines, or dumbbells, or tubes. Change your program every two weeks or use the same approach for two years. Lift slowly or lift as fast as you can. Just lift.

What I definitely can tell you is if you lift, you'll get stronger and fitter. You'll add muscle mass if you lift heavy weights. You'll get more toned if you lift lighter weights with more reps. The key is that if you want to have a positive effect on your muscles, just lift.

What are you prepared to do today?

*Dr. Chet*

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