¡Entrena según la capacidad y condición de tu cuerpo!

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Domingo, 16 de Junio de 2013 09:08 -

Do not always train with the same number of repetitions!
Train in accordance with your body's capacity and condition. Not all bodies react the same to weight training. The number of repetitions should be in accordance with your muscle fiber type, which is mainly composed of two different types. On the one hand, there is the fiber that responds to light weights and high repetitions, and on the other hand, there is the one that reach a total of 12 sets and gets activated with heavy weights and few repetitions. Therefore, in order to fully activate the muscle groups you should train the chest, back and leg muscles, for a maximum of 30 minutes. For the small muscle groups you should not exceed any more than 20 minutes and the sets to 4-6 in a 20-minute time frame.
Remember that the number of repetitions should be