HYPERTROPHY

THEORIES OF GROWTH

- The adaptive response theory suggests that muscle growth occurs in response to the demands placed on it. This theory emphasizes the importance of overtraining, which means exceeding the muscle's current ability to adapt.
- The overload theory states that muscle growth occurs when the muscle is subjected to a load that is too heavy for it to accommodate. This theory focuses on the idea that muscle growth occurs when the muscle is forced to adapt to a new level of stress.

MACHINES AND THEIR BENEFITS

- Machines are designed to help you achieve a specific goal, such as building muscle or losing weight. They can help you target specific muscle groups and improve your form.
- Machines can be more efficient than free weights because they use fewer muscles to perform the exercise. This means that you can focus more on the muscles you want to develop.

SAFETY AND TECHNIQUE

- It is important to focus on your form and technique when using machines. Poor technique can lead to injury and can also limit the effectiveness of the exercise.
- Make sure to use the correct weight and settings for your body and skill level. This will help you avoid injury and achieve the best results.

TABLE CIRCUIT

- Table circuit training is a form of high-intensity interval training that uses a variety of exercises to target different muscle groups.
- It is a full-body workout that can be done in a short amount of time, making it a great option for busy individuals.

ADVANTAGES OF TABLE CIRCUIT TRAINING

- It is a full-body workout that can target multiple muscle groups.
- It is a high-intensity workout that can help you burn calories and improve your cardiovascular fitness.
- It is a compact workout that can be done in a small amount of time.

DISADVANTAGES OF TABLE CIRCUIT TRAINING

- It can be a challenging workout, so it is important to start with a low-intensity circuit and work your way up to a more intense one.
- It can be difficult to maintain focus on the exercises, so it is important to stay motivated.

BENEFITS OF USING MACHINES

- Machines can help you achieve your fitness goals more quickly.
- They can be more efficient than free weights because they use fewer muscles to perform the exercise.
- They can be a great option for people who have never used weights before or who have had injuries in the past.

CONSIDERATIONS WHEN USING MACHINES

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TECHNIQUE AND FORM

- Technique and form are critical when using machines. Make sure to use the correct form and technique to avoid injury and to get the most out of the exercise.
- Focus on your breathing and your form to help you maintain control of the exercise and to avoid injury.

SAFETY MEASURES

- It is important to use safety measures when using machines. This includes using spotter equipment, wearing appropriate clothing, and using proper lifting techniques.
- Make sure to use the correct weight and settings for your body and skill level. This will help you avoid injury and achieve the best results.

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