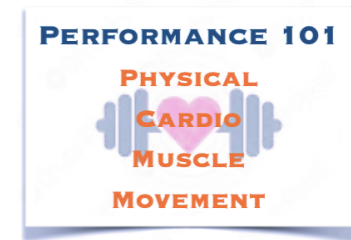


PERFORMANCE 101: HOW MUCH MUSCLE MASS CAN YOU GAIN FROM WEIGHT TRAINING



How much muscle you can gain **is much less** than what some trainers and supplement companies tout. It is highly limited by your genetics. You are born with a percentage of muscle cells (known as fiber both white and red) and quantity of muscle fibers, which does not change much. White fibers (fast) have the ability to grow larger and stronger, while red muscle fibers (slow) have the ability to sustain contractions but do not grow as large. There are many other factors, such as age that you started training. When puberty starts through early adulthood is the time when you will see the most gains in both males and females. The longer you train the greater likelihood of increased muscle mass, but there is a plateau that is reached usually after the first year of training, where gains are much harder. **Through proper training, good nutrition and adequate rest, a person can maximize their genetic potential, but they cannot exceed their genetic limitations.** Some researchers suggest muscle gain in males when training hard and nutrition is ideal is between 1 to 2 pounds a month and those gains slow after a 1/2 a year in those who are not using performance enhancing drugs. One researcher suggest that it is highly unlikely that a male could put on ore than 18 to 20 pounds of muscle within a year through drug-free means. While women rarely bulk up as dramatically as men because they have lower testosterone levels, some women build muscle more easily than others. The exact amount of muscle a woman gains as in men depends on genetics (fiber number and type), age, fitness level, diet, training program, and hormonal levels. **SIDE NOTE:** The fat-free mass index (FFMI), which is a calculation similar to the Body Mass Index (BMI), is used to identify the proportion of a person's lean body weight in relation to their height. Studies reveal that a male cannot achieve an FFMI greater than 25-26 without using steroids, while this number is greater than 22 for females. You can have this determined if you do body composition measures with us.