

Lean Mass Muscle Fitness

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The Physical Activity Guidelines say adults also need muscle-strengthening activity . of moderate

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intensity or higher, such as lifting weights or doing push-ups, at least 2 days each week

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5. Do you currently have anyone assisting you or training you in your exercise? ____ Are you interested in a fitness assessment or customized training program? (*This is a ...

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5. Increasing lean muscle mass. 6. Decrease rest and recovery time from individual bouts of effort and long range bouts of effort. 7. Increasing athletes total ability to complete ...