

TRAINING TO FAILURE

“I don’t start counting till it starts to hurt.”

-Muhammad Ali

| Training to Failure | What causes this failure? | Process of Oxidation | Lactic Acid |
|--|--|---|--|
| Continuing a set until you can’t do any more repetitions with that weight without stopping to rest. One way of demanding that all the available fibers are recruited and fatigued. | Gradual fatigue of target muscle fibers. All muscle fibers don’t come into play at once. You use some, they become fatigued, and the body recruits new ones to take their place. Until the body is unable to contract anymore. | Used in production of muscle contraction. Oxidation requires a fuel source (ATP found in muscle) and oxygen. When fuel or oxygen is depleted, muscle fibers can’t contract until replenished during rest. | Build up of waste products resulting from the release of energy due to muscular contraction. The burning sensation felt in the muscle while pumping out reps is due to accumulation of this lactic acid. |

gotrainhard@ameepatrick.com

Not everything that is good for you feels good for you.

Every Day Is The Day

Go Train Hard!