

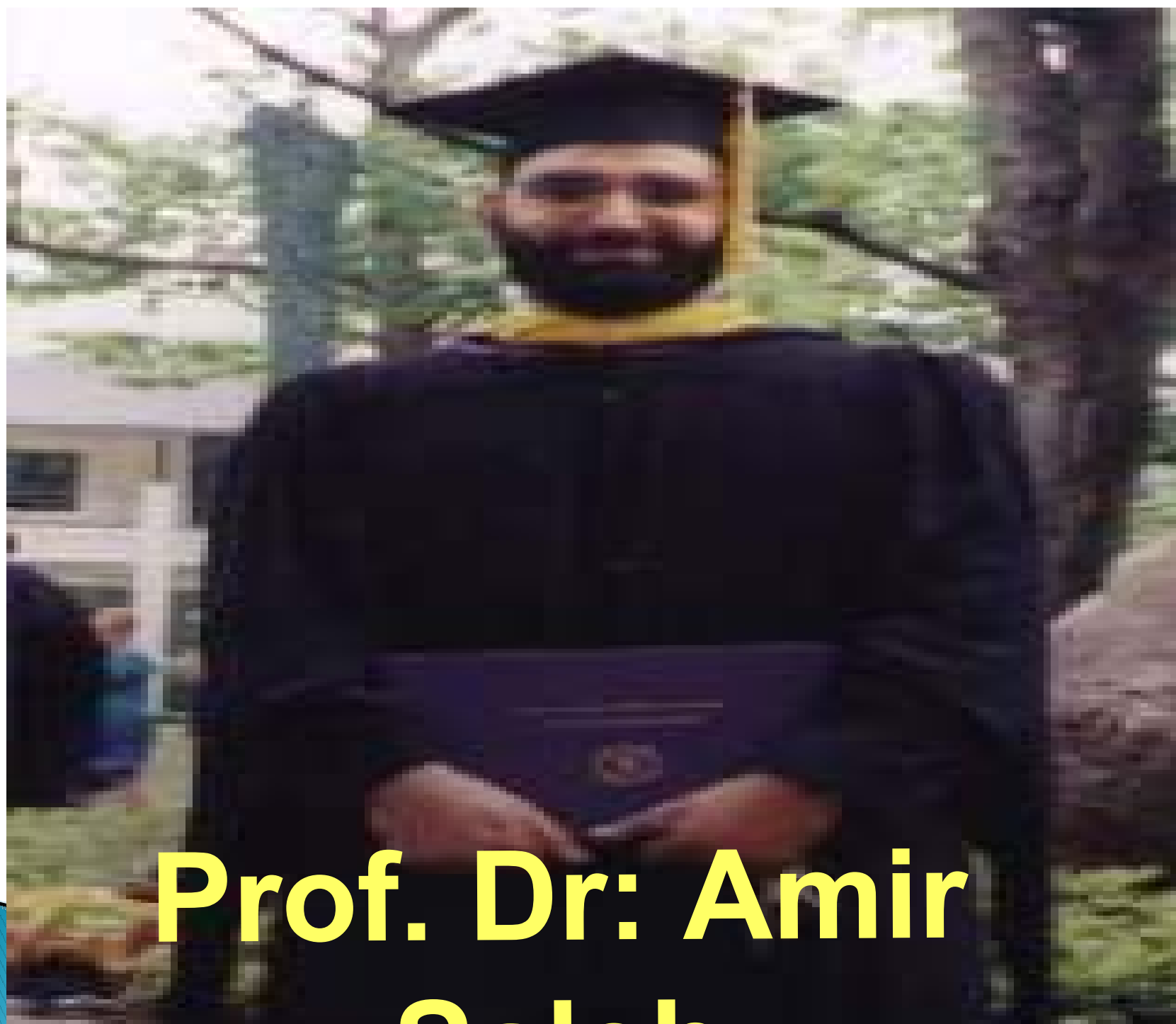


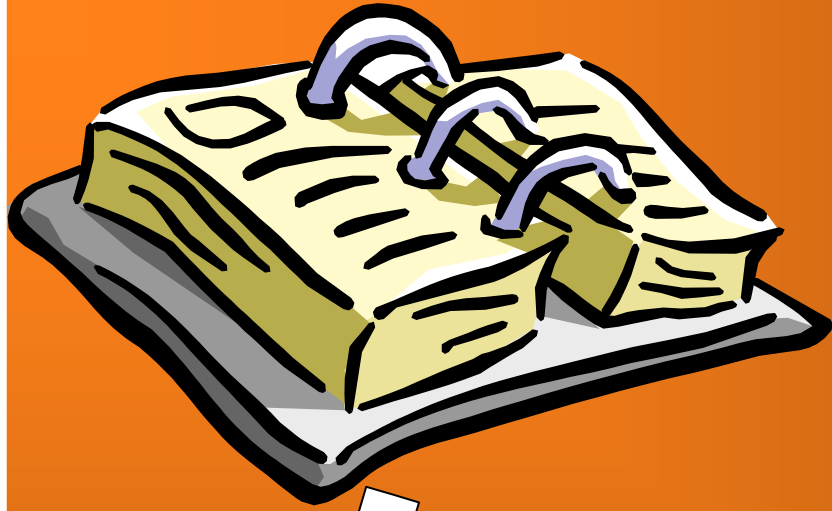
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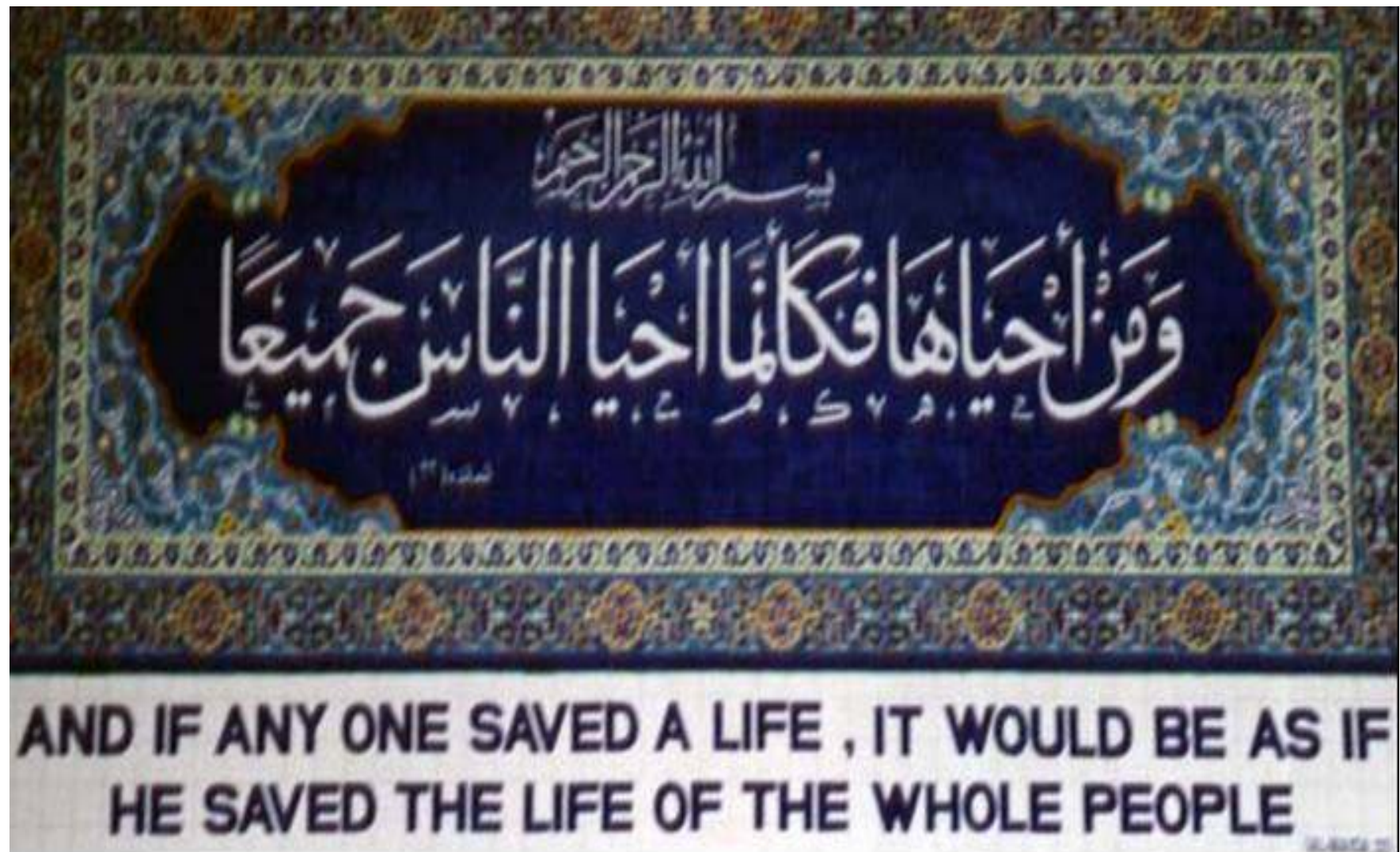


Factor Affecting Strength of Normal Muscles

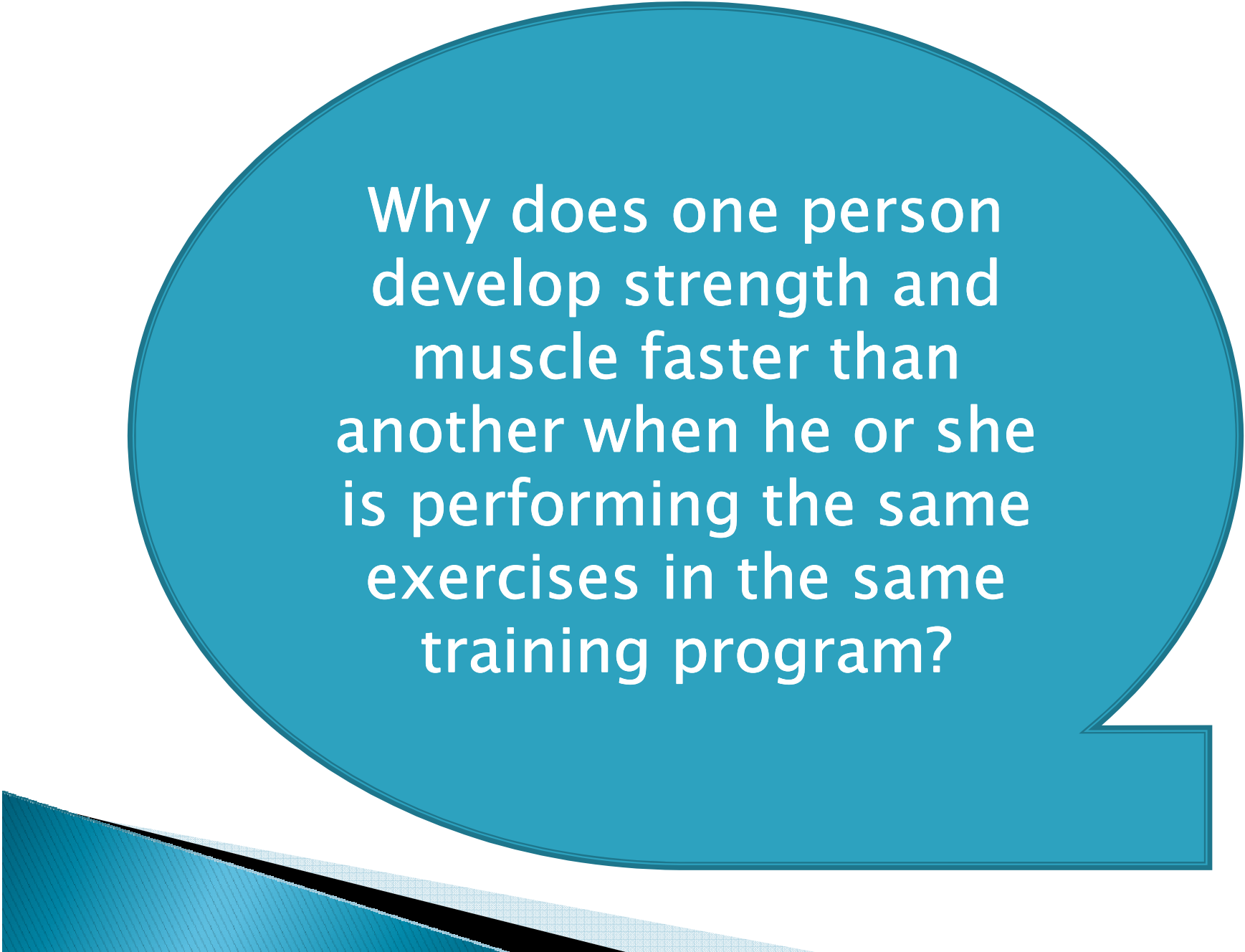




Introduction



Factor Affecting Strength of Normal Muscles



Why does one person
develop strength and
muscle faster than
another when he or she
is performing the same
exercises in the same
training program?

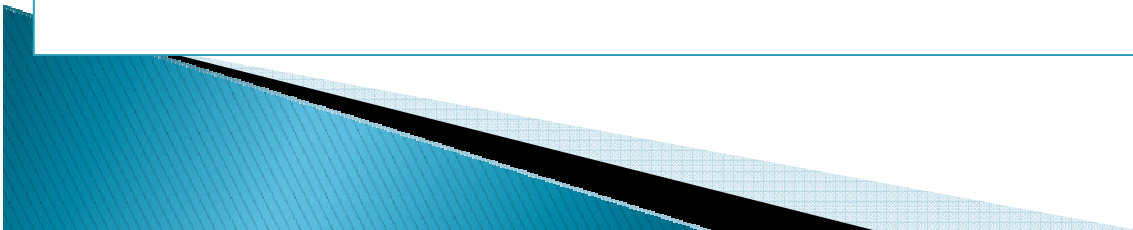


1-Type of Muscle Fiber

There are two basic types of muscle fibers: "**slow twitch**" and "**fast twitch**."

Slow twitch muscle fibers are best used for cardiovascular (aerobic) activities.

Fast twitch fibers are best used for anaerobic activities. They produce high levels of force for short periods of time and are best suited for power activities such as weightlifting.



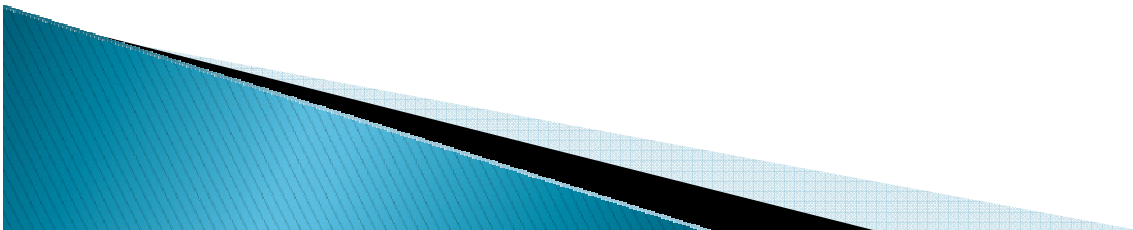
- **Most men and women have an equal combination of both slow twitch and fast twitch fibers.**
- **Some people inherit a high percentage of slow twitch fibers.**
- **World class sprinters have relatively fast twitch muscle fibers.**



2- Age



- . People of all ages can increase their muscle size and strength as a result of a safe and effective strength training program.**
- . The rate of strength and muscle gain appears to be greater from age 10-20, the years of rapid growth and development.**



3- Gender

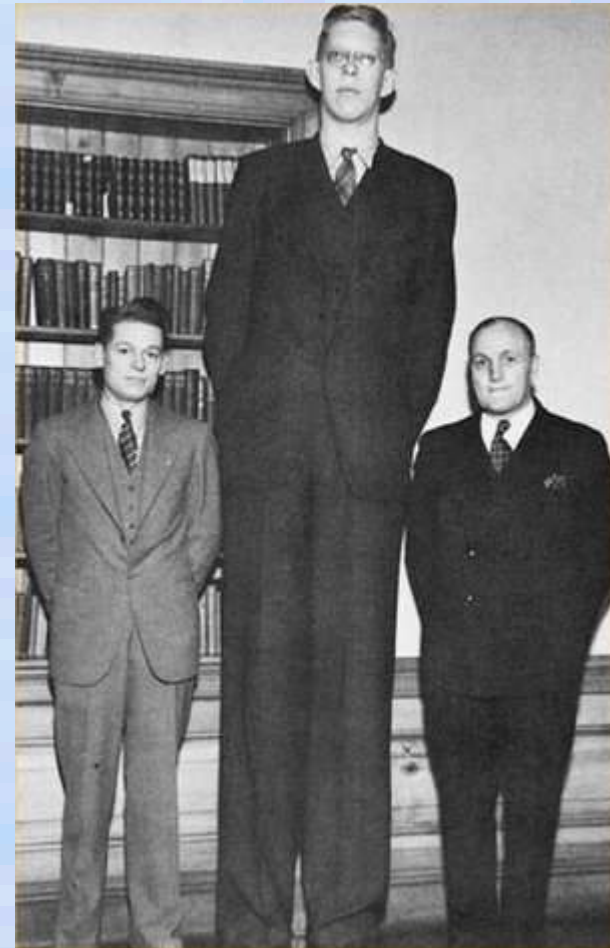


- **Gender does not affect the quality of our muscle, but does influence the quantity.**

- **Men generally have more muscle tissue than women do because muscle size is increased by the presence of testosterone, the male sex hormone.**

4- Limb and Muscle Length

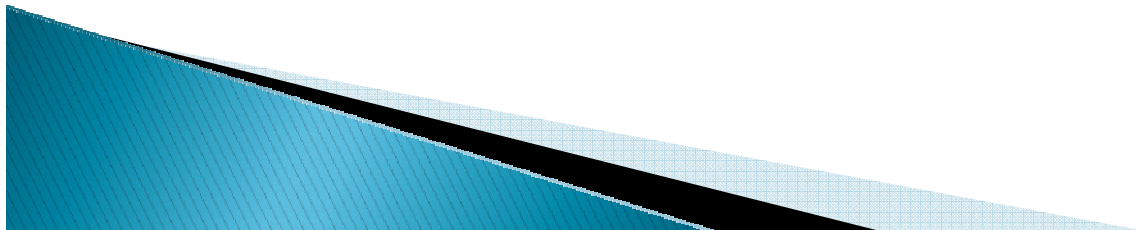
- Persons with relatively long muscles have greater potential for developing size and strength than persons with relatively short muscles.



5– Point of Tendon Insertion

If one person's biceps tendon attaches to the forearm farther from the elbow joint than the other person's, that person will have a biomechanical advantage and be able to lift more weight than the other.

6– Other Important Factors



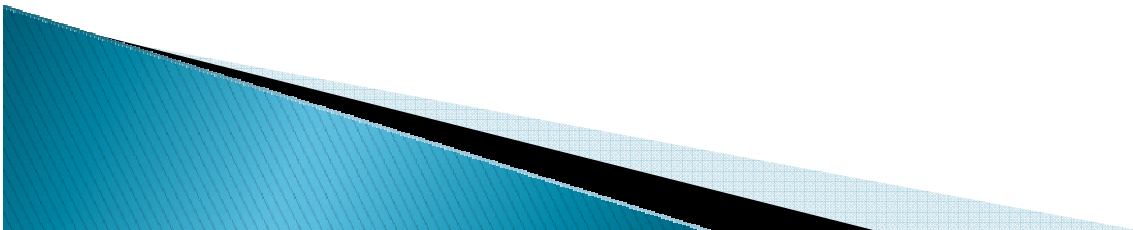
**A- Give your muscles enough resting time between training sessions.
Overtraining is a common mistake people make.**



- **Another mistake people make is doing the same program over and over again even after they have reached a plateau.**



- **We inherit most of these factors affecting strength from our parents.**
- **learn about and accept your own body's characteristics and type, so you can develop a reasonable program specific to realistic goals and personal interests.**



Discussion



Questions?



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السلام عليكم ورحمة
الله و بركاته