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Pumping is the legendary methodological procedure in it, if you will, lies the essence of bodybuilding. To describe in words what is pumping is hard, but once you feel about pumping, you immediately without any prompting, you realize: this is it! The skin taut, it does not push with your finger. The body muscles are warm, dense. Doctors suggest: pumping with low weight, is able to increase the amount of muscle by 20%! This phenomenon is cerebral in nature, ie definitely connected with the work of the brain due to heavy-handed intervention in the mechanisms of neural blood flow regulation.

In theory it's simple. Through multiple repetitions of the same movement, the action of copying the pump, we fill the muscles with blood. But this is only the beginning rabotenka. When we feel the palpable blood circulation, dramatically speeding up the pace! As a result, the muscle receives more blood than it manages to pump out. Finding no way out, the excess blood more and more saturate every cell in the muscle, and that starts right before your eyes swell and harden at the same time. That is Pumping! How much does bodybuilding, so it does not stop debate about the usefulness of pumping. No, no one doubts that the Pumping raises muscle. It's just different. Like, just there in the world other methods which raise the arm is better ...

First you need to answer the question: what happens in our muscles during exercise in sets of varying intensity. In short sets with low reps and low weight above all, involved a large, white fibers which are responsible for high-speed force (otherwise referred to as fast fibers). The load of this type gives a relatively good strength gains and hypertrophy (thickening of the muscle fibers), but what it is, as we know, is the main condition for the growth of the mass. However, the degree of such hypertrophy is relatively small. Then example of weightlifters illustrates this best of all. They selectively train fast fibers, however, with increasing experience does not become a lot more. In an ordinary fan - another problem. Fast twitch fibers in his muscles, in principle, is not enough. Thus, enhanced training sets short enough that it will, moreover, that the red, slow twitch fibers, which had most of the muscles, such a scheme is almost no incentive.

In the 60 years, bodybuilders have practiced the other extreme - long sets (from twenty repetitions and more). Today, sports physicians strongly believe in the fact that the long sets inefficient if our goal - increased muscle mass. The fact that this approach involves the use of small weights, but what he is hypertrophy, practically, does not stimulate. And this is proved by dozens of experiments.

Pumping should just tie with another - the average - the number of repetitions per set. In other words, a well-balanced training scheme consists of medium-sized sets (8-12 reps for upper muscles and 16-20 reps for legs). That such a scheme meets the main growth conditions of bodybuilding - the muscle-load shall be not less than one minute. Each repetition takes only a few seconds, and, hence, the total number of repetitions must correspond to the total duration of the reduction in one minute or more. From all this follows the important conclusion that in bodybuilding there is a minimum threshold of performance. If you are an ordinary fan, reduce the number of repetitions to 3-6 in the spirit of austere professional training, it is unlikely to get something in return, except for injuries and overtraining.

However, even if you have the correct plan in mind (8-12 repetitions per set), it does not mean that you immediately begin to swing properly. You have already heard a lot about that when the set must be extremely flat out, and if possible reach out. In addition, a deep need an all-time, up to the narrowing of consciousness, concentration on working muscle. But this is only half the battle. The most important thing that's the - the muscle exercises should be completed unbearably strong

feeling, tearing the skin blood supply. Well, this last condition comes only with experience.

Moreover, doctors are confident that with the experience of bodybuilders rebuilt brains. At the start of exercise, they redirect the lion's share of blood flow in favor of the working muscles. For this reason, the pros Pumping out your best! This mechanism does not have fans. Perhaps this is just due to the divergence in opinion about the pumping of physicians, usually experimenting on amateurs and professionals who are fond of pumping.

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