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trunk, pelvis, hips, abdominal muscles and small muscles along the spinal column. Core stability is the interaction of strength and coordination of these muscles during activity.

No Bull Speed Manual | Nervous System | Myocyte

muscle, also means a lot of that raw material will spill over into adipose (fat) tissue, which is why some hapless individuals will gain 2 pounds of fat for every pound of muscle they gain, regardless of how clean their diet is. That's basically the entire problem summed up right there.

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There is fat gain, no doubt about it. The strategy is to minimize fat gain, by throwing in a 3-4 day intense dieting phase every couple weeks to try to drop at least some of the gained fat. So on a two week cycle, you might bulk for 10 days and diet for four days - think very low calories on the dieting phase and very high calories on the bulk.

The No-Bull Muscle Building Plan by Kelly Baggett | Lean

Skeletal muscle cells are derived from individual myocytes which fuse to produce a mature multinucleated muscle fiber. There are few if any of the precursor myocytes found in a mature muscle, and so muscles produce no new cells after maturity. Individual cells respond to training by enlarging and building myofibrils and other components.

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