

What Muscles Do Squats Target? Essay

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“Gettin’ big” is an expression used by those oddballs who go to the gym to do the unthinkable - to gain weight. When the average gym goer hears this he or she might think this is ludicrous; isn’t the purpose of going to the gym to get in shape and lose weight? After all, nearly 70% of adults and 33.6% percent of children ages 12-19 years old are overweight. These unorthodox individuals are usually ages 15-27 and tend to revere people like Dwayne “The Rock” Johnson- who has the body of a greek gladiator. The addiction to the euphoric feeling of the “pump” is what brings these lunks back for more. Gaining healthy [muscle](#) mass efficaciously is an intensive process that strains both the mind and body.

The mental aspect of mass gain is perhaps the most arduous. Persistent dedication is imperative to the operation; one missed protein shake, one missed rep, one missed set, one missed workout, and the process could be immensely hindered. Missing any of these crucial components could set one back for days or perhaps even weeks. To make any gratifying gains, an individual must be willing to spend rigorous hours at the gym; even when one’s resolve is diminishing. If one has the grit to push through the agonizing pains that constitutes all serious weightlifting regimens, he or she can seize the results he or she covets.

Fighting through grit and pain alone will not yield an individual’s maximum potential; a

stringent meal plan is essential. This is the most burdensome facet of the mass gaining process financially. The nutritional path that one must follow usually consists of 4-6 meals daily, with 3 larger meals- breakfast, lunch, and dinner. The specifications of these meals do not differ too much in nutritional content. The meals must be...

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