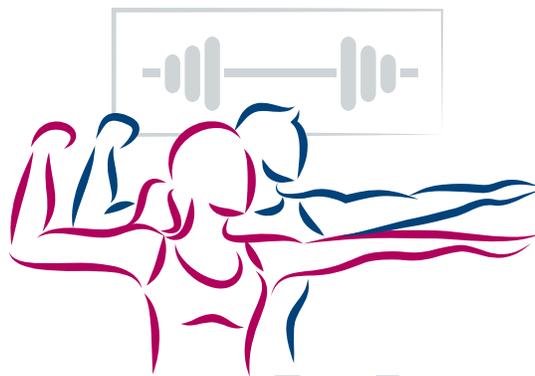


PROOF!!!

**Lighter Weights
& Higher Reps**

Builds Muscle Best & Fastest



BoomerMuscle
Defy Age & Live Strong

Lighter Weight & Higher Reps:

Want More Proof?

Below are a sampling of studies and articles on the subject of Lighter Weights and Higher Reps. Click on words in [blue](#) to go to the full articles.

They range from the academic to traditionally hardcore bodybuilding publications. All share in the conclusion that lighter weights & higher reps to 'failure' is the best way to build muscle.

Remember: Lighter Weight does not mean Light Weight. It means a level of resistance that causes your muscles to fail in the 8 – 12 rep range (some say 12 – 15 reps, but it's essentially the same idea).

[MAYO CLINIC](#)

The prestigious Clinic says that you should use a resistance level heavy enough to tire out your muscles in the 12-15 rep range. They say that a single set of 12 reps could be just as effective in building muscle as three sets using heavier weight.

They also note that you don't need to "spend hours a day lifting" to benefit. Just two or three 20-30 minute sessions a week can produce noticeable results.

Of course, if you're really working to build serious mass, you're probably going to want to amp that schedule up a bit. Personally, I prefer 4 days a week with between 45-60 minutes per workout. But, it is true it does not require endless hours in the gym.

[McMASTER UNIVERSITY](#), Hamilton, Ontario:

This study found that low-load/high-volume workouts were more effective in creating "acute muscle anabolism" than high-load/low-volume work. In other words, lighter weight with higher reps beats

heavy weight with low reps.

Again, this study found that going to failure was the key driver to muscular growth.

SCIENCE DAILY

An article on McMaster University's latest study in 2016: Pumping iron: "Lighter weights just as effective as heavier weights." This article asserts that this latest study contradicts the decades old, old-school view that the only way to get big was to go heavy.

UNIVERSITY of ALABAMA, Birmingham

As reported by the **New York Times**:

"Dr. (Marcus) Bamman says, you should push your muscles until they are exhausted."

In this study, volunteers used the 8-12 rep range to failure and achieved measurable success. The resistance levels were set so that they could barely complete a set in the 8-12 range. Going to failure was the key driver in causing muscle growth.

Lehman College as told to Time Magazine:

"For many, weight training calls to mind bodybuilders pumping iron in pursuit of beefy biceps and bulging pecs. But experts say it's well past time to discard those antiquated notions of what resistance training can do for your physique and health. Modern exercise science shows that working with weights—whether that weight is a light dumbbell or your own body—may be the best exercise for lifelong physical function and fitness."

UCLA

Researchers from the David Geffen School of Medicine at UCLA found that cardiovascular disease patients who have high muscle mass and low fat mass have a lower mortality risk than those with other body compositions. The findings also suggest that regardless of a person's level of fat mass, **a higher level of muscle mass helps reduce the risk of death.**

MUSCLE & FITNESS

5 Advantages to Lifting Light: This article points out that lifting lighter gives you comparable results and also offers a number of advantages over heavy.

FLEX online

Flex tackles the debate on which is best and declares that: "... the majority of your workouts should utilize light-to- moderate weight for moderate-to-high reps... in the 8–15 range for best results."

This is The Fountain of Youth!

A report published by Dr. Len Kravitz of the **University of New Mexico** demonstrates how resistance training can actually **reverse aging at the genetic level.**

In that study, all of the older adult subjects (mean age 68) performed supervised resistance training exercises on two non-consecutive days of the week for 26 weeks. The group included both people who did not exercise at all and those who regularly did some form of exercise.

(contd)

They did 12 different exercises that addressed the entire body:

1. Chest Press
2. Leg Press
3. Leg Extension
4. Leg Flexion (hamstring curl)
5. Shoulder Press
6. Lat Pulldown
7. Seated Row
8. Calf Raise
9. Abdominal Crunch
10. Back Extension
11. Biceps Curl
12. Triceps Extension

Lighter Weights & Higher Reps

They used a training method very similar to the one we promote here at BoomerMuscle: Lighter Weight with higher reps.

They used 3 sets per exercise - we say 3 - 5 sets.

We encourage finding the ideal amount of weight or resistance that takes you to failure in the target muscle within 8 - 12 repetitions.

By *failure*, we don't mean passing out. It's simply getting to a point where that target muscle is exhausted and you could not do another rep unless you cheated by swinging it with body english.

In the genetic study, subjects began by doing just one Set of each exercise at 50% of their one rep maximum resistance. They gradually increased to 3 sets at 80% of their one rep max.

NOTE: These studies are presented independent of BoomerMuscle.com or the training method we encourage. Each study highlights the positive effects of resistance training, especially for older people. And each examines the process of using lighter weight at higher reps vs. the traditional method of using progressively heavier weights.