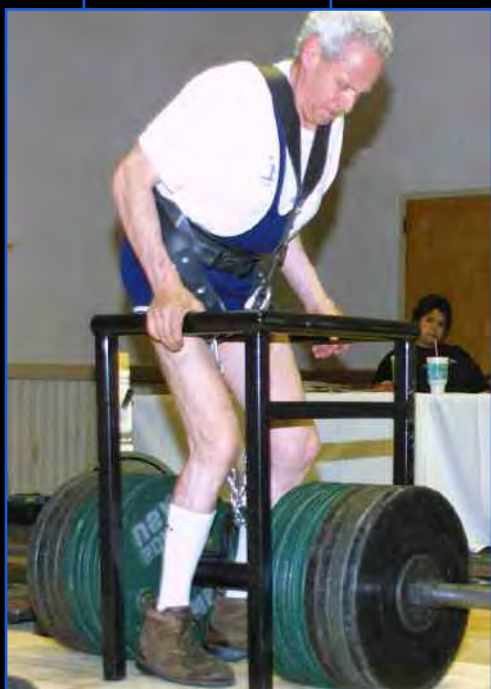


AGING T

The effects of age on the testosterone response to weight training



THE FOUNTAIN OF YOUTH - WEIGHTS.

Original Research

Baker, J.R., et al. Effects of age on testosterone responses to resistance exercise and musculoskeletal variables in men. *Journal of Strength and Conditioning Research* 20:874-881, 2006.

While very few of you ever want to get older, aging is an inevitable fact of life. You might be concerned about how aging will affect your sports performance. You might be wondering whether you will be able to maintain or even increase your strength into your 40s, 50s, and 60s. Testosterone, an important hormone for muscle mass and strength, declines about 1% per year after the age of 40.¹ However, resting levels of testosterone are not the only thing that contribute to muscle size and strength. Weight training produces a short-lived testosterone response that occurs right after a training session; the question is whether age also affects this response.

Power Key: testosterone, men, aging, bone mineral density