

# GROWTH PUZZLE

## A scientific look at why you're not as strong and powerful as others

So why do you not get as big and strong as your training partner? After all, you both train the same way. In our April 2011 issue we shared fantastic new research with you that shed a light on one of the genetic issues involved. Perhaps most enlightening to us is the fact that the divergent gains you see between people in the gym has very little to do with how they train, but everything with what they were born with. Well, actually, the way they train might have something to do with their gains—in terms of not being able to maximize them. You see, the *only* way to train is based on science, not some of the silliness you see from self-proclaimed gurus on the Internet and elsewhere—because only the science of muscle physiology will allow you to maximize your growth potential. As the researcher of the current study puts it, “When...skeletal muscle is exposed to...training, the outcomes, in terms of physiological adaptation, are unpredictable.” And he goes on to state, “The significance of this fact has long been underappreciated.” Time to create some appreciation so that you can steer clear of all that silly training advice out there.

**Power Key:** strength, genes, muscle growth



**Can you get this big and powerful, or even more so? Perhaps. But what is needed to achieve that goal lies deep within your genes and not in a self-proclaimed training guru's bag of tricks.**

### Original Research

Timmons, J.A. Variability in training-induced skeletal muscle adaptation. *Journal of Applied Physiology* 110:846-853, 2011.