Ab Workouts - Muscular Strength vs. Muscular Endurance

Muscular strength is different from muscular endurance when it comes to ab workouts. Both types are very good at helping people lead a healthy, fit lifestyle and keep the body strong. However, if you want ripped abs, your best choice would be muscular strength training. You will get faster results!
by JoseLoni

Muscular strength is different from muscular endurance when it comes to ab workouts. Both types are very good at helping people lead a healthy, fit lifestyle and keep the body strong. However, if you want ripped abs, your best choice would be muscular strength training. You will get faster results!

The traditional weight loss programs always emphasized sit-ups and running. Depending on what you want to train, you can run or workout with weights. If your goal is to get six pack abs, then running will not give you what you want.

Long duration activities will strengthen your body for that activity. Running long distances will make your body light and lean, so that it can last for long distances and be efficient at moving for such a long period of time. Big bulky muscles will be trimmed down to be more efficient at running.

Muscle power training is a great way to increase the body's metabolism. During the hypertrophy phase of training, the body will need to supply the bigger muscles with more energy. The increased size of the muscle also increases its overall metabolic activity, which results in more calories burned.

The increased muscular activity burns the food that we eat and when the body needs more fuel, it will use the excess body fat and burn that. When the body starts burning more fat, the abdominal area of our body will begin to show the underlying abs and give us more ab definition.

Muscle power can be done with weights and lower repetitions. The muscles are pushed to exert a greater intensity, which results in an accumulation of lactic acid and carbon dioxide in the muscles. When this occurs, the body will need to replenish and remove lactic acid and carbon dioxide by getting oxygen to the muscles.

The moment the body is able to bring a fresh supply of oxygen to the muscles, it will continue to replenish and repair the muscles to get it ready for the next bout of exercise. This process can take several hours and can occur for the majority of the day. The increased overall metabolic activity turns the body into a fat burning machine.

Having muscular endurance is good for general health and fitness. But if you want killer abs, you need to train for muscular strength. Training for strength will turn your body into a fat burning machine that will get you the rock hard abs that you've dreamed of.

More Information

Beware: Physical Therapist & Fitness Pro is giving away fat loss workouts and they will melt fat more quickly than any program you've ever seen! You can get a unique content version of this article from the Uber Article Directory.