

TIME IS YOUR BEST FRIEND...LEARN HOW TO USE IT WISELY

TIME UNDER TENSION

BY STEVE JONES



TIME SAVING TRAINING

TECHNIQUES REVEALED

AESTHETIC MUSCLE

BUILD MORE MUSCLE BY HARNESSING THE POWER OF MUSCLE TENSION!

I am sure you will agree at least 90% of gym goers start lifting weights to build muscle. Because its muscle that gives our body shape and form - the basis of all the "body transformation" plans you see on the fitness market are based on losing fat and building lean muscle. We would all conclude that weight training is the preferred and scientifically proven choice when it comes to hypertrophy (Muscle building). However, it's important to understand the basic essence of what makes weight training so effective before you cloud your mind with fancy techniques. In this ebook we are going to talk about TUT (Time Under Tension), and how important it is if your goal is to enhance your muscle building efforts in the gym.

The truth is tension is like the air we breathe when it comes to workouts. Without it our gains get suffocated and stifled irrelevant of how fancy our weight training program may be! Tension is the backbone of any effective weight training program, you could say it's one of the absolute fundamentals that has to be applied to truly succeed.

I am going to run through the various elements and aspects required so you can take advantage of this somewhat obvious, but often overlooked muscle building asset - tension.



AESTHETIC MUSCLE

WHAT IS TIME UNDER TENSION?

Before I point out the benefits, it's important to understand what it is. When we talk about time under tension, we refer to how much time the muscles are under stress. Basically, if you lift a weight and it takes you 40 seconds to complete that set, you have a total time under tension of 40 seconds.

For example my rep takes six seconds, two seconds up and three seconds down, one second static squeeze. If you do your reps in two seconds, one up and one down, your muscles are under load for only two seconds per rep. When performing resistance training, the longer time the muscle is under load, the more muscle fibers are recruited. This means that you get more hypertrophy out of each set. The entire point of resistance training is to recruit as many muscle fibers as possible with the available ATP. Since you only have about an hour's worth of ATP, the more you can get out of each rep/set, the less you need to do per workout.

Now remember, we're speaking strictly hypertrophy gains here. If you're a seasoned athlete who's primarily concerned with strength, power and speed gains, such a protocol is likely to be of little benefit. So we are talking strictly lean muscle gains here. So many trainers go out on the hunt for a fancy-pants muscle building program and put so much focus on the precise exercises they're doing, how much rest they're taking between the exercises, complex techniques, writing everything down, but then completely neglect the time under tension factor. If you get this one wrong, you're missing out on a key element that can help you build some serious muscle!

AESTHETIC MUSCLE

HOW TO UTILIZE TIME UNDER TENSION FOR MAXIMUM MUSCLE GROWTH

Rather than just lifting weights from A to B we have to understand how the human body, or more specifically our musculature reacts to time under tension, and how we can maximize each rep and set to create enhanced hypertrophy (Muscle growth). There are a number of ways we can do this, let's go over each of them.

EXERCISE TEMPO

This refers to how fast you perform each repetition. If you're using a tempo of 3-1-1 for instance, which means it takes you 3 seconds to perform the first part of the movement, you'll take a one second pause at the top, and then you lower the weight back down over a one second time period, your total time under tension would then be 5 seconds per rep. The big question is – How slow is too slow? There becomes a point of diminishing returns when it comes to slowing down the positive and negative part of a repetition. To perform a super-slow rep means reduces the amount of resistance (Weight) you are lifting. Not an ideal situation because we should always look gradually increases resistance in a weight training program over reducing it.

To get around this obstacle we have to find a sweet-spot where we are still able to lift good weights yet reap the benefits of TUT (Time Under Tension). In general is you use a weight where you can perform around 8-10 reps max you are in the safe zone. We don't want to sacrifice weight too much in the effort to maximize TUT.

A tempo of 2-1-3 (2 seconds up, 1 squeeze, 3 down) for a total of 6 seconds TUT per rep is good. If you do the math that's 10 reps x 6 seconds equals a total of 60 seconds TUT. Now, if you really want to push the set to the max another trick is to slow down the eccentric part of the rep on the last 3 reps. For example if you are getting 10 reps out of a set on the 7-10 rep change the rep tempo to 3-1-4. This extends the TUT per rep to 8 seconds. So instead of 60 seconds TUT you can boost it up to 66 seconds TUT. That's 42 secs from rep 1-6 and another 24 secs from reps 7-10. Six seconds may seem insignificant on a per set basis but when you add it up over a total of say 10 sets you may perform for a body part it is an additional 60 seconds TUT.

AESTHETIC MUSCLE

SUPERSETS PLUS TIME UNDER TENSION FOR NEXT LEVEL MUSCLE GAINS

REST BETWEEN SETS

There are so many view points on how long we should rest between sets but let's face the facts while we are resting our muscles are under ZERO tension! Irrespective of the topic we are talking about being TUT, taking too long of a rest between sets is one of the biggest mistakes of those seeking to enhance hypertrophy (Muscle Growth). Resting too long reduces the overall intensity of your workout and does little for your Testosterone and HGH profile while working out.

There is a way to overcome the excessive rest dilemma and we can sum it up in two words – super sets! By far super-sets are one of the best weight training techniques you can utilize in your training program. Not only do they enhance the overall intensity of your workout, they boost natural hormone production both during and after training and also help maximize TUT (Time Under Tension).

Workout intensity is based on the sum of all parts, not just one aspect of your training session. These parts include how much weight you lift, (TUT) time under tension, and rest between sets. What we are ideally trying to achieve is lift as much as we can (in good form) while keeping as much tension on our muscles, and completing our workouts in record time. A workout is hardly intense if it takes 3 hours to complete a session that could have been condensed into 45 minutes or less!

Notice I mentioned “Good form” because each rep makes up a set, and each set makes up a workout. Hence if your first rep is bad, your workout will generally be the same! So make sure you make each and every rep count.

AESTHETIC MUSCLE

ADVANCED METHODS FOR APPLYING MORE MUSCLE TENSION

PARTIAL REPS

Once you have completed 10 reps and reached muscular failure on any given set you can further extend the TUT by add 2-3 partial reps to the end of your sets. A simple example would be the dumbbell bench press. After completing your tenth and final full rep you would continue to squeeze out another 2 partial reps by only lowering the dumbbells by 2-3 inches and performing a short push back to the top position. You can use partial reps on any exercise to extend the intensity of the set and the overall TUT.

STATIC TENSION (ISOMETRICS)

Yet another method of extending TUT is to implement Static Tension or Isometrics once you reach failure and can't complete another rep. The term static means lack of movement. And as this term implies, with static training you hold the weight and hold it in a fixed position for several seconds. This way you are forcing the muscle to work when it is maximally contracted optimizing its growth potential. For example you have just completed a set of 10 reps on the incline bench press and utilized the TUT methods we talked about above. You then proceed to hold the dumbbells at the top of the movement with a slight bend at the elbows delivering a constant tension onto your pecs. If you hold the position for another 5-10 seconds you have successfully increased the total TUT of the set!

Bob Hoffman, founder of The York Barbell Company and former USA Olympic Weightlifting coach, had members of the team use a similar training system back in the early 1960s with incredible success. And the late Mike Mentzer, professional bodybuilder, also touted the effectiveness of static contractions for building size and strength. Static contractions provide a very simple, yet effective method to up the overall growth potential of your workouts.

THE BENEFITS OF TIME UNDER TENSION

GREATER HORMONAL RESPONSE

The first big benefit you'll get from focusing on time under tension and then working to improve it is an enhanced metabolic response. The more time under tension you're placing that muscle under, generally the greater the growth hormone and testosterone release will be. Additionally, if you have extended time under tension, you'll also really jump-start your fat burning metabolism since you are making the body do so much work and will be creating a high degree of micro tears in the tissues, therefore this will cause the body to expend more calories once the workout is finished. I am sure you have heard of the after-burn effect where metabolism is raised for up to 48 hours after an intense weight training session, something that can't be achieved through cardio sessions!

FATIGUE MANAGEMENT

Fatigue is the enemy of any weight trainer. It determines how far we can push our bodies through a tough workout. By bringing up your total time under tension it's going to teach your muscles to work with a higher level of fatigue. Your body will adapt to handling the additional TUT and enhance your overall workout performance in so many ways.

Our goal with weight training for muscle growth should be focused on turning on the Anabolic machinery responsible for hypertrophy. One way of doing this is to fully deplete your muscle glycogen levels so that when you come out of that workout session and load up valuable nutrients and amino acids (BCAA, EAAs) post-workout to evoke a huge spike in Insulin, HGH and Testosterone. By creating a supply and demand situation you can pretty much force your body to super-compensate and jump to an entirely different level of Anabolism!

AESTHETIC MUSCLE

SUMMARY

Weight training is much more than just a simple performance of X amount of reps and X amount of sets. Your body couldn't care less about how many reps or sets you perform, however it does respond in a highly positive way to workload placed on any given muscle group – TUT (Time Under Tension). Our goal at hand should always be workload applied over a set time period, not merely lifting a weight from A to B, or following some highly complicated routine you found after hours of googling!

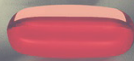
TUT is a simple yet highly effective way to enhance your muscle building potential while at the same time getting your workouts done and dusted in a record amount of time. Building a great physique has to be run like a business. If you could work fewer hours yet receive a bigger pay check would you do it? The answer to this question is a no brainer, as there is no value in wasting time that could be spent with friends or family or other fruitful endeavors. Why not build your body in record time and have time to spare to do others things you love!

Now that you can see that using a time under tension is an effective strategy to bring about higher levels of muscular fatigue, one thing we do want to note here is that this doesn't mean super slow-motion training or reducing your weights. This is a big mistake made by some people and it will really hold them back from progress. The goal of any successful muscle building program must always be to maintain resistance lifting, so try and ensure that you aren't reducing your weights too much to achieve a greater TUT. If you have to lower the weight by more than 10 kilos, speed up the tempo so it's not quite so slow and you can successfully complete the exercise. A small decrease in weight won't impact your gains as you'll be getting a good growth response from the higher total tension level. Of course your main goal at hand is to enhance muscular hypertrophy (Muscle growth) over strength. So next time you hit the gym try implementing some of the TUT keys we have covered above.

I believe you will be more than impressed with the additional muscle gains you will make by taking advantage of the true essence of resistance training – ***Time Under Tension.***

TIME UNDER TENSION

RED



BLUE



MAKE A CHOICE

TRAIN HARD & SMART

Choosing a winning plan is much like the scene in the Movie Matrix, where Neo had to choose a red or blue pill! How to you know if you are being scammed? If it looks to good to be true, or the sales page is two miles long, it is probably not an honest deal! The truth is, you have to choose your information wisely, and make sure its from an experienced and credible source. A good percentage of fitness sites are just rewrapping cookie cutter information. In fact some of it is down right dangerous, and totally ineffective!

For a comprehensive plan that covers not only diet, but training, supplementation and mind-set be sure to check out my new Book/online plan called The Aesthetic Bible. It includes over 38 years of hands on experience in the health and fitness industry and explains all the how's and why's in an easy to read format.

I explain in detail, everything you need to know to take complete control over your body no matter what your goals may be. Visit www.aesthetickindom.com for details

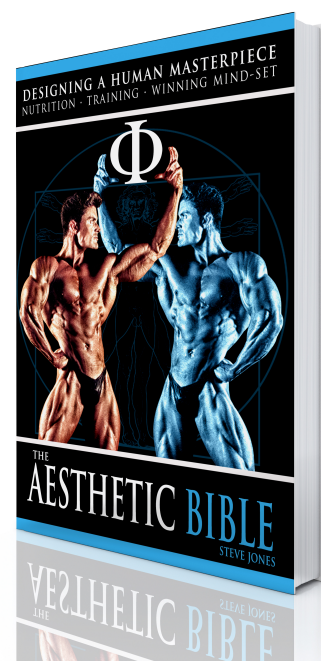
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Your good friend in fitness

Steve Jones

Author
The Aesthetic Bible

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SMART CHOICES DETERMINE YOUR FUTURE SUCCESS

RED OR BLUE

“WORKING HARD ON A **DUMB PLAN** DOESN'T MAKE IT ANY **SMARTER**” - Steve Jones



NO

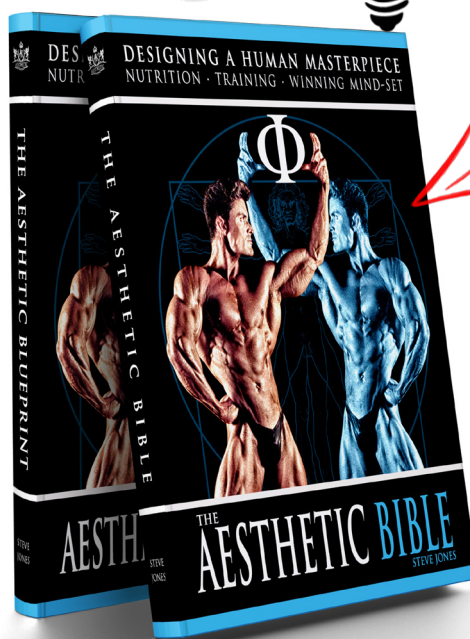
TYPICAL COOKIE CUTTER PROGRAM

- NO Explanation on training fundamentals
- NO Explanation on Nutrition fundamentals
- YES Cookie Cutter Diets from Internet
- YES Cookie Cutter Training Plans
- NO A fully comprehensive plan
- NO Expertise on Supplementation
- NO Professional presentation and layout
- NO Easy to read format
- NO Stunning Images and Graphics
- NO Genuinely Created to Help Others
- NO Over 38 years of Industry Experience
- NO Additional Bonus Content

THE AESTHETIC BIBLE BY STEVE JONES

- YES Explanation on training fundamentals
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YES



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