

# Lean Mass Muscle Fitness

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The Physical Activity Guidelines say adults also need muscle-strengthening activity . of moderate intensity or higher, such as lifting weights or doing push-ups, at least 2 days each week . The Physical Activity ...

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A healthy body weight is one measure of fitness and does not merely refer to the number on the scale. The

composition of that weight (fat, muscle/lean tissue, and bone) is what helps determine whether you have the ...

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5. Increasing lean muscle mass. 6. Decrease rest and recovery time from individual bouts of effort and long range bouts of effort. 7. Increasing athletes total ability to complete larger volumes of deliberate work day to ...