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## Eric Helms The Muscle And Strength Pyramid Nutrition V101pdf BETTER

at the end of the day, the ascending pyramid isn't necessarily bad for muscle growth. it's just something that requires a bit more work to do, which may not be best suited for everyone. the descending pyramid is great for those who are looking to gain strength and muscle. it's also a great option for people who are looking for more gains in muscle size. it's not the best option for those who simply want to grow overall. if you're looking for gains in muscle size, you're going to want to opt for the descending pyramid. he did some serious research. this is a great way to still go heavy and do heavy sets to muscle failure, while still getting some of that growth stimulation that you get from sets with heavy weights, but at a slower rate. eric's argument is that the reason that most people fail to gain mass using the ascending pyramid is that they do too much in the beginning. they don't really know what they're doing, and they end up going too light when they should have been doing more weight. then they get discouraged and quit lifting. the mind-set and approach that you need to adopt if you want to be able to handle a lot of weight. the muscle and strength training pyramid lays out information in a hierarchy that eric helms goes easy on you. most of the research in this book is presented as follows: a logical, simple argument and explanation that even a novice would understand. a statement from eric saying that you might still disagree, despite what he has to say about it. then a fuck-ton of studies that just goes to show eric didn't actually have to waste time explaining anything at all. he was just trying to be a nice guy. the muscle and strength training pyramid lays out information in a hierarchy that allows a lifter to focus on the most important aspects of training before focusing on the minutiae. for example, the bottom of the pyramid: adherence (gasp!). the thought that all talk about what's optimal is thrown out the window if you're constantly missing workouts. from there, the information gets more and more specific, ultimately filling you in on just about everything you'll need to know when it comes to weight training. the negative: the price.



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