BENEFITS OF MUSCLE HYPERTROPHY TRAINING

1. INCREASE THE MUSCLE MASS:
Obviously for this main reason is why he trains. But also, as we get older we lose muscle mass (sarcopenia), and with this training we reduce and slow down this loss.

2. HELPS REDUCE BODY FAT:
Because by increasing the muscle mass in our body, we activate our metabolism and favors the burning of fats. If you have more muscle mass, you will have an metabolism more active.

3. BLOOD CIRCULATION ACTIVATES:
It also helps reduce cholesterol and blood pressure, because our muscles gain more strength and the heart does not have to work so hard in our daily routine.

4. IMPROVE THE POSTURE:
Strengthens the muscles and protects our joints, avoiding possible deformations by sedentary lifestyle.

5. HELP TO TONIFY:
Strength training, which has hypertrophy as its main objective, also helps us tone muscles and reduce sagging. The muscles manage to correct their positioning, gaining stability and firmness.

6. BONE DENSITY INCREASES:
This training contributes to the correct formation of the bone mass since when the muscle pulls the bone through the tendon, a tension is produced that stimulates bone mineralization.

7. REDUCES THE RISK OF INJURY:
The reason is the muscular development and strengthening of the joints, this serves as a kind of armor that helps protect our body and facilitates our mobility.