

1. Record Nr.	UNINA9910835058403321
Autore	Toigo Marco
Titolo	Muscle Revolution : Concepts and Recipes for Building Muscle Mass and Force / / by Marco Toigo
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2023
ISBN	3-662-68048-3
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (353 pages)
Disciplina	705
Soggetti	Medical sciences Sports sciences Sports medicine Sports - Psychological aspects Clinical health psychology Exercise Health Sciences Sport Science Sports Medicine Sport Psychology Health Psychology Fitness and Exercise Culture
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	What Are We Talking About? Clear Thinking Through Clear Terminology and Vice Versa -- All that Glitters Is Not Gold -- Thick and/or Long? A Never Ending Question -- The Neuromuscular Origin of Muscle Force -- A Bouquet of Cellular Diversity -- Muscular Energy Bundles -- Why You Fatigue During Exercise -- The Molecular and Cellular Muscle Universe -- How You Can Influence Which Muscle Fibers Are Used in Training -- When Resistance Training Meets Muscle Plasticity -- How Is Skeletal Muscle Protein Built and Broken Down? -- Dietary Protein as an Anabolic Stimulus -- Resistance Training as an Anabolic Stimulus -- The Synergistic Relationship Between Resistance Exercise and Dietary

Protein Intake -- Does Endurance Training Inhibit Muscle Growth? --  
The Hunt for Hormonal Ghosts -- Men Are Not Martians And Women  
Are Not Venusians -- Specificity of Adaptation to Training -- Why  
Muscle Training Is Not Optional -- At the End of the Day, What Makes  
You Aesthetic? -- Nature's Whim: The Extent of Adaptation to Training  
Is Individual -- Neural Aspects of Resistance Training -- Anabolic  
Enhancers -- Go for It!

---

## Sommario/riassunto

How to Effectively and Efficiently Build Muscle Mass and Muscle Force In this informative as well as practical book based on the latest integrative muscle research, Marco Toigo, PhD, describes which factors are crucial to successfully build muscle mass and muscle force through resistance training. In addition, he presents the practical and science-based consequences for your training and nutritional behavior with a focus on protein intake. This work thus offers both a practical guide and a scientific explanation of the "why" and "how" of effective and efficient resistance training. The Author Marco Toigo, PhD, is a renowned researcher in the field of integrative muscle physiology with an emphasis on neuromuscular, musculoskeletal and metabolic adaptation to training stimuli, taking into account modulating factors such as nutrition, age and (epi-)genetic predispositions. His work focuses on the science-based systematic development of the individual maximal athletic potential of elite athletes in various sport disciplines. This book is the English version of the very successful 2nd German edition of "MuskelRevolution" (ISBN: 978-3-662-54764-9). The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.

---