

**PROS AND CONS**

**OF TRAINING TO**

# **MUSCLE FAILURE**

**GYMPAD** 



# TRAINING TO FAILURE

"INTENSITY, INTENSITY, INTENSITY" -GymPad

The purpose of training until failure is to stimulate the muscle fully. Many people simply do not train hard enough to get the best results, and going to failure forces them to increase their intensity to get the results they deserve. Physiologically, training until failure will recruit and fatigue a large number of muscle fibers, and only the motor units recruited and fatigued will adapt to the exercise. This point is strong on the positive side of training until failure and it correlates with increased intensity.

However, training to failure does have its problems. Firstly you will defiantly need a training partner for this type of training at it requires you to push your body to the limit of failure, which wouldn't be safe without a partner. Secondly, when people fail they are tempted to put the body in a more advantageous position to finish the exercise thus affecting form which could lead to injury.

## Pro's

- / Forces you to train hard.
- / Recruits a large number of muscle fibers.
- / Promotes intensity, which is the single most important variable in achieving results.
- / Unlikely to under train if training to failure.

For example, people may start swinging on those last few reps of a bicep curl or start to lean forward during a tricep pushdown. This is just human nature, but its essential to ensure form is always consistent no matter how much pain the exercise is causing. If you cant perform any more reps with good form, finish the set and carry on once you have replenished your energy.

Training to failure can also be detrimental to learning proper form for a specific exercise. We recommend that beginners should not go to failure when performing an exercise, just because their muscles are not used to this type of training when first starting out and this could cause incorrect form which again leads to injury or muscle imbalances.

Below we have listed the pros and cons of training until muscle failure:

## Con's

- / Requires a spotter, not safe to perform if you don't have a partner.
- / Much greater chance of injury.
- / May lead to poor form and overtraining.
- / Mentally fatiguing to take all the sets to failure.
- / Not ideal for beginners or older people.
- / Can knock confidence as when performed properly can be very painful.