



HEALTH – FITNESS - WELLBEING

Why won't my legs grow?

One common complaint of many training is poor, when compared to upper body, or totally under developed legs.

Which begs the question;

Why won't your legs grow as your upper body does?



To answer this in some detail we must take into account several contributing factors, you may be victim of some, all or in some cases none of these but it will hopefully give you a better idea how to get a better response and thus build a more balanced physique.

The most commonly underdeveloped muscle in the thigh is the quads (calves take the biscuit across the whole leg, but genetics plays an even larger part here).



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



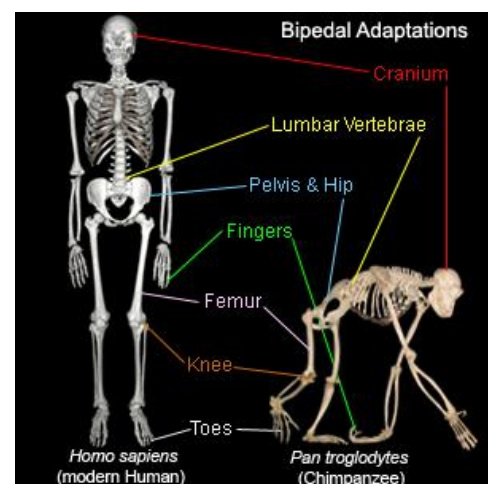
HEALTH – FITNESS - WELLBEING

To better understand the stimulus needed we need to take a step back in time to examine the genetic makeup and purpose of the leg.

Issue Number 1:

One of the reasons humans can adapt to many environments and situations aside our large brains, is our bipedal nature.

Simply put, we walk and run on two legs.



This is highly energy efficient and allows for a huge amount of stamina and flexibility; perfect for a hunter gatherer who may walk miles, climb many trees and flee at any sign of danger.



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



HEALTH – FITNESS - WELLBEING

What this also mean however is that compared to many other animals and mammals in particular, our legs contain a large, very large proportion of slow twitch red muscle fibre.

MUSCLE FIBERS FACE OFF	
SLOW TWITCH	FAST TWITCH
Efficient in using oxygen	Do not burn oxygen to create energy
Delayed muscle firing	Fast to fire; best for explosive body movements
Do not fatigue easily	Tire out quickly
Best suited for: endurance sports, including cycling, marathon running and long-distance triathlons!	Best suited for: short bursts of activity, including sprinting races, pole vaulting and cross fit-style events

We do have fast twitch in there, however compared to the amount of slow twitch fibres it pales in comparison.

Naturally this differs from person to person to extent, but I have yet to see a study examining this, even in weightlifters where there balance has been strongly swung the other way.



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



HEALTH – FITNESS - WELLBEING

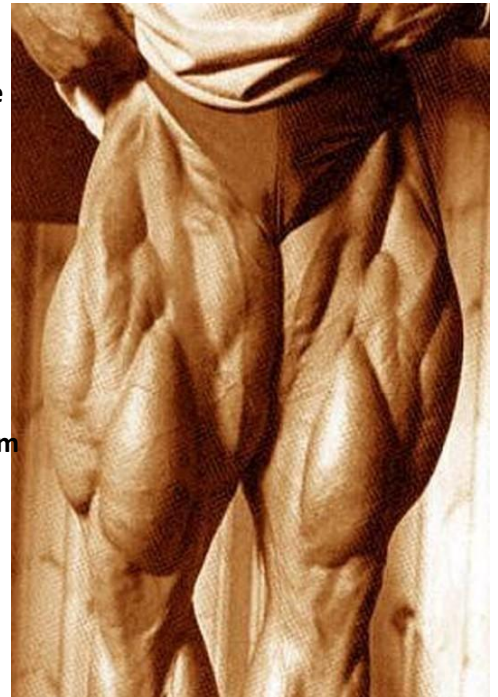
So what does this mean in terms of training for size?

Well the answer is relatively straight forward, you need to perform more volume or in other ways have a greater time under tension.

Issue Number 2

Think about this, what is the easiest way without asking or watching them inject, that you become aware that a man or woman is taking steroids?

Generally speaking we see very quickly that certain areas develop and respond fast.



Traps, delts, chest, upper back, upper arms and so on.

There is a reason for this; there are more receptors for testosterone hormones higher up in the body, and they diminish as you travel down the body.

You won't see a woman with large muscular thighs without traps and shoulder development to match being accused of taking steroids for example, as it is seen as a masculine trait to develop the upper body in such a way.



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



HEALTH – FITNESS - WELLBEING

I am not mentioning the ethics involved as everyone is more than free to do what they will, so please do not take offence at anything.

Anthropologically it is easy to spot:

Think of it this way; take away civilisation, back to the tribal days.

You are out hunting, you come across another hunting party, you look and notice that the men have broad shoulders and chest, thick necks and thick arms.



You are pre programmed to notice these things as a sign of a high testosterone level, which also means they are more likely to be aggressive and strong, *keep your distance!*

If you are curious this is also why many women are attracted to traps, shoulders, arms and chest in a man as it is a sign of strong male hormones (and likewise a woman's hip efficiency is maintained to be equal to a man's by rolling the hips, which is why the hip wiggle is associated with women and men tend to find it attractive) .



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



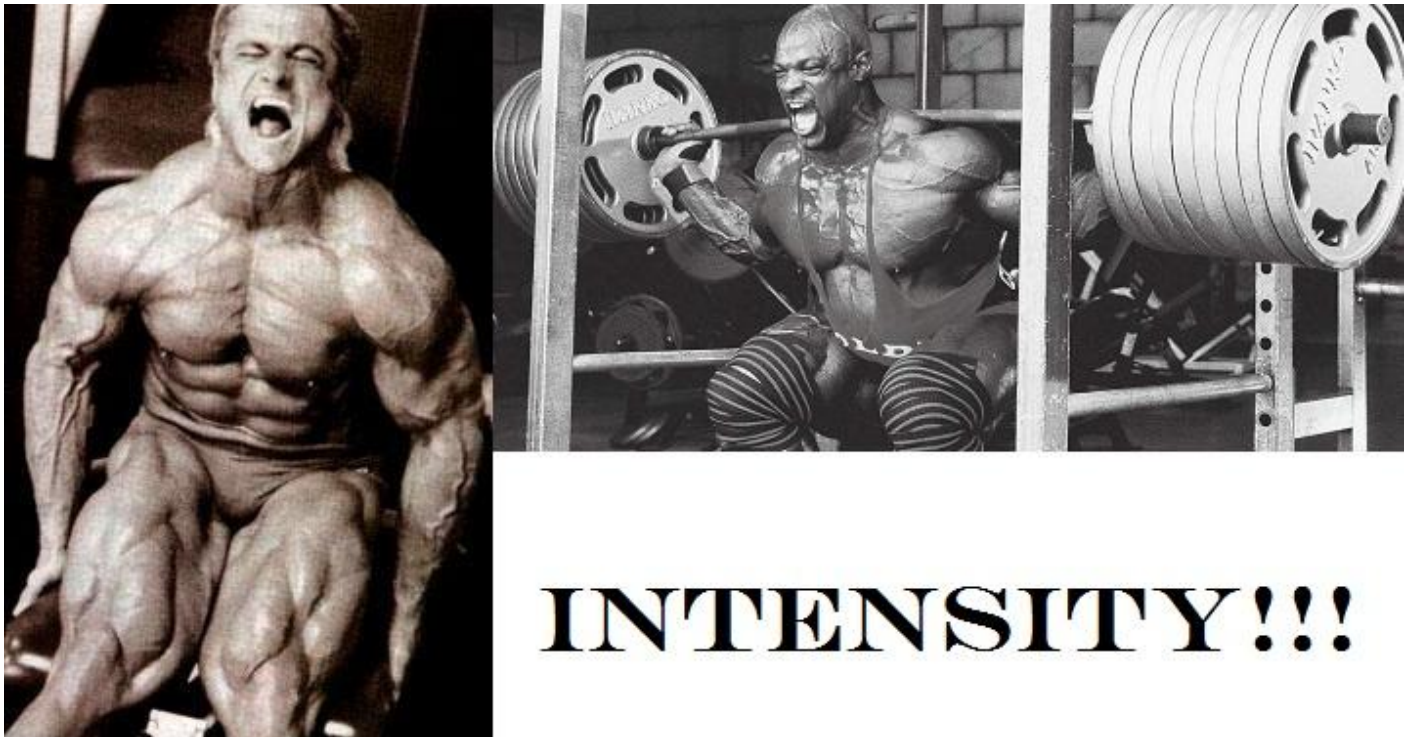
HEALTH – FITNESS - WELLBEING

What this issue means is this, your natural testosterone and indeed any sort of buff to this via androgens, peptides or SARMs will have a greater effect higher up the body.

Issue Number 3

Intensity and pushing is very hard with legs, they have a huge oxygen demand and will make you feel lightheaded and dizzy quickly if done right.

Most people can push themselves on bicep curls etc but so many never really feel the real killer of legs until you cannot move.



INTENSITY!!!

Sure they get some doms here and there, but I'm talking the actually unable to stand up after a set, gasping for air unable to even hear people intensity. It is something that has to be learned, pushed and built upon time and time again.



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning

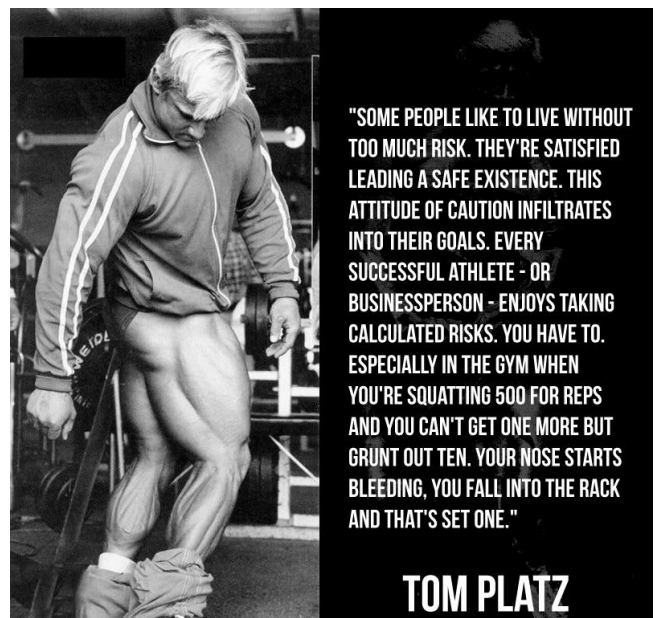


HEALTH – FITNESS - WELLBEING

Most will claim they can do it, and most will be kidding themselves if they think this is true. Having had the pleasure of training with Tom Platz, I count myself in the latter.

I'm not talking a max weight here, you will for example reach failure doing a heavy three reps quickly, the nervous system will not let you go on and you risk injury.

I am talking the moderate weight, the weight you can do for ten reps just about, and watching Tom make someone, a great squatter, get 30 reps out of it – that intensity allowing them to work the time under tension beyond any other level.



"SOME PEOPLE LIKE TO LIVE WITHOUT TOO MUCH RISK. THEY'RE SATISFIED LEADING A SAFE EXISTENCE. THIS ATTITUDE OF CAUTION INFILTRATES INTO THEIR GOALS. EVERY SUCCESSFUL ATHLETE - OR BUSINESSPERSON - ENJOYS TAKING CALCULATED RISKS. YOU HAVE TO. ESPECIALLY IN THE GYM WHEN YOU'RE SQUATTING 500 FOR REPS AND YOU CAN'T GET ONE MORE BUT GRUNT OUT TEN. YOUR NOSE STARTS BLEEDING, YOU FALL INTO THE RACK AND THAT'S SET ONE."

TOM PLATZ

Just examine your own training, do you really push them as far as your arms, chest or shoulders? If you really are honest then the answer is probably not.

If you think you train hard, train harder!

Issue 4



One real issue with training the legs, especially the quads is very simple: **Technique.**

I have seen so many athletes and bodybuilders not using a full range of motion, squatting high because "It keeps the tension on the quads" or "My form is perfect, this PT told me so"



gforceandconditioning@gmail.com



Force_StrengthandCondition



G Force Strength and Conditioning



HEALTH – FITNESS - WELLBEING

Why do your legs lag so much then?

Generally speaking there are a few real key things to check to see if your form is perfect when it comes to squatting – and you should squat, the leg press **WILL NOT** develop you quads as much as squat variations – it has a severely inhibited range of motion, great after squats or as a pre exhaust, but not a substitute.

A few easy checks.

1. Film your squat from the side – does the bar move in a straight line up and down, if not your form is not perfect.
2. At the bottom of the squat pause there – can you sit there and hold a moderate weight for a very long time? If not, you are not deep enough, or your form is off.
3. Again at the bottom of the squat, can you in this position lift your big toe off the floor in your shoe? If not then your weight is being pushed forward and you are not using an optimal line for your body or your quads.
4. Are your knees at maximum flex while at the bottom of the squat? Again, if not your weight is pushed forward and you are robbing your quads of load as the forces in turn get pushed back and not down.



There are a fair few stretches you can do to assist if it is down to muscle tightness, but, overall most people, myself included can better develop their squat technique to make it more efficient and deliver better results, often with less weight as well.



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning



HEALTH – FITNESS - WELLBEING

This naturally won't be everyone, some will have very mechanically efficient legs which will enable leg growth easily as they will naturally have an energy efficient squat etc making them able to grow very big legs, but for those who don't, a quick summary to set you on your way to some tree trunks.



1. Train them more often and with more volume. Not only does research back up more frequent training for all muscles, the legs in particular are high stamina so require more stimulus and a greater frequency, they may ache, but the fresh blood supply comes with a huge amount of nutrients as well and they will recover.
2. Set your mind to it and put the damn effort in, it won't come without it, but you can bet if you really train them hard and often they WILL respond and you will surprise yourself.
3. Don't settle for one opinion on your squat, get it checked from all angles and all directions, make sure when you are doing them as much work as possible is going to where you want it to go. Technique and stimulus over weight.
4. Eat, and then eat more. Legs burn off a shit load of energy, and if training them frequently and gaining mass you need to support this with quality food and macros.

If in doubt, get in touch and we can smash down the walls blocking you from your goals and potential with the GForce!



Gforcesandc@Gmail.com



GForce_StrengthandCondition



G Force Strength and Conditioning