

Little Things Make A Difference

By

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Little things make a difference and some little things make a B-I-G difference. The placing of ones hands or feet while performing a movement, the angle of the apparatus or our body, a slight alteration in any manner provides not only a different feel but different action on the muscle.

I usually change with each workout. For example; dumbbell curls. In addition to the fact they can be performed while standing, sitting, over a preacher bench, spider bench, inclined, prone, etc. you can also hold the bells differently. Sometimes I hold the bells with a thumb over grip. Other times I will use a thumb less grip. I will often hold the bells so that my thumb and index finger are against the inside of the plate, sometimes so that my pinky finger is against the inside of a plate and at other times I'll grip the bell in the middle. The variations I use are many and this does not even mention the twisting of my wrist or positioning of my elbows and shoulders.

Each small tweak results in a different impact on the muscle being worked. In bodybuilding consistency is a key ingredient for success, but that does not mean performing the same movements the same way workout after workout. Each muscle has its own properties. They all have an upper, lower, middle, inner and outer side. Only through a variety of movements performed in a variety of ways can you develop a muscle to its fullest potential.

Too many bodybuilders get stuck in the rut of doing the same thing the same way workout after workout. Next workout, try a small alteration and see if you don't feel the difference.

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