

## Time Under Tension

When we think of tension, it's usually something we try to avoid in our lives. However, in our workouts this isn't the case. Our muscles require stress or tension to become stronger. Time Under Tension (commonly called "TUT") refers to how long a muscle is under tension or strain during a single exercise.



If doing 10 repetitions takes approximately 30-40 seconds, this training method is done by increasing that duration. The load should be challenging to cause metabolic stress, which the body recognizes and repairs the muscle to increase its size and strength for future loads.

When we increase the TUT, there is a greater potential for growth. This can be done by increasing the duration of time the muscle is under stress. Try slower repetitions to increase the total time of each set to 50-60 seconds. or by increasing the amount of repetitions in each set at a weight that is challenging. Try counting for 3-4 seconds to lift a weight, and increase the eccentric contraction by lowering it for 5-6 seconds.