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## Muscles grow even when you're not in the gym

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Grow grow grow!

“Muscles grow even when you're not in the gym working them,” says Franci Cohen, exercise physiologist and ACE certified personal trainer.

“During recovery periods, your muscles are preparing themselves for the next workout. In fact, much muscle building is done outside the gym when you're not training. However, muscles need time to do this, so do not weight lift every day of the week. More is not always better.”

For optimal muscle growth and repair, lift weights no more than four days a week. Remember Consistency, patience, discipline, intensity, perseverance.