



Bygge muskler og miste fett samtidig?

Du kan bygge muskler på en lavkarbo diett som Keto, men det er viktig å prioritere nok protein, og redusere mengden fett (slik at du er i et energiunderskudd totalt sett over et døgn).

Også kjent som «Body recomposition», fordi du endrer vekten din fra fett til muskler.

<https://www.nerdfitness.com/blog/lose-weight-and-build-muscle-or-do-one-then-the-other/> (keto on fasting)

Forskningen linket til i artikkelen:

«**Conclusions:** Our results showed that, *during a marked energy deficit*, consumption of a diet containing **2.4 g protein** · kg⁽⁻¹⁾ · d⁽⁻¹⁾ was more effective than consumption of a diet containing 1.2 g protein · kg⁽⁻¹⁾ · d⁽⁻¹⁾ in promoting increases in LBM [Lean Body Mass] and losses of fat mass when combined with a high volume of resistance and anaerobic exercise [HIIT, intervalltrening].»

«We hypothesize, given our data, that protein **dose** per meal, protein **quality**, and **timing of consumption relative to exercise** would become more **important** in determining changes in LBM when in a caloric deficit because of decreases in basal rates of MPS [Muscle Protein Synthesis] and a **reduced sensitivity of MPS to protein feeding**»

abstract: <https://pubmed.ncbi.nlm.nih.gov/26817506/>

fulltext:

[https://www.sciencedirect.com/science/article/pii/S0002916522065595?](https://www.sciencedirect.com/science/article/pii/S0002916522065595?via%3Dihub)
[via%3Dihub](https://www.sciencedirect.com/science/article/pii/S0002916522065595?via%3Dihub)

«In conclusion, data from this study suggest that athletes who want to gain LBM [Lean Body Mass] and increase 1RM [1 repetition max] strength during a WL [Weight Loss] period combined with strength training should aim for a weekly BW [Body Weight] loss of 0.7%.»

Så hvis du veier 82 kg og vil bygge muskler bør du sikte på å gå ned kun $82 \cdot 0.007 = 0.574$ kg i uka.

<https://pubmed.ncbi.nlm.nih.gov/21558571/>

«Heavy, whole-body resistance exercise with the consumption of **milk versus carbohydrate in the early postexercise period** resulted in **greater muscle mass** accretion, strength gains, fat mass loss, and a possible reduction in bone turnover in women after 12 wk.»

<https://pubmed.ncbi.nlm.nih.gov/19997019/>

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0.55 g protein per kg kroppsvekt per måltid er optimalt

45 g protein per måltid hvis 82 kg



Watch on

When does muscle protein synthesis occur? graph

“Muscle protein synthesis (MPS) is the process of building muscle mass. MPS occurs at a fast rate when the body is growing and slows down as we age. MPS is elevated in humans by 50% at 4 hours following a bout of heavy resistance training, and by 109% at 24 hours following training. **MPS increases rapidly, is more than double at 24 hours, and thereafter declines rapidly so that at 36 hours it has almost returned to baseline.** Repeated bouts of resistance exercise (RE) lead to a persistent positive MPS balance, leading to the accumulation of contractile material (predominantly actin and myosin), and therefore muscle hypertrophy. With resistance exercise training (RET) these changes may become visible after just a few weeks of with gains typically decreasing as training advances.” — <https://perplexity.ai> answer

<https://pubmed.ncbi.nlm.nih.gov/8563679/>

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