

Slow rise and firm fall

It goes without saying that it's important to train your lower body (legs and hips) more than your upper body,
and whether or not you train your legs and hips as you get older makes a huge difference...

This is because, as you get older, you may wonder whether you'll be able to walk on your own. Conversely, if you have excessive muscle mass in your upper body, you need to make your lower body, which supports it, proportionally stronger as well. It may be fine at the time, but as the years go by, the difference becomes more and more apparent. Just because someone is good at arm wrestling doesn't mean they have strength; it's all-around strength that's important.

* Physical training for SDF personnel based on comprehensive strength
Traveling long distances carrying heavy objects requires strong legs and hips.
It can be said that this is a matter of overall strength, including stamina... (Rifles and various other items)

It's an extreme title, but that's the idea.
However, humans tend to gain muscle evenly to a certain extent,
but it's not impossible if you use extreme localized training.

However, if the title were actually like this or the opposite style, I might feel a little...embarrassed, although this might just be me...
However, it looks better in the opposite case...if you think about it in the future...

There is a video with the same nuance

[I just got out of the car because I wanted to talk to you](#)

Basically, I'm a professional fighter, so I don't want to end up in trouble with the police for a violent incident.