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Muscle

Memory!

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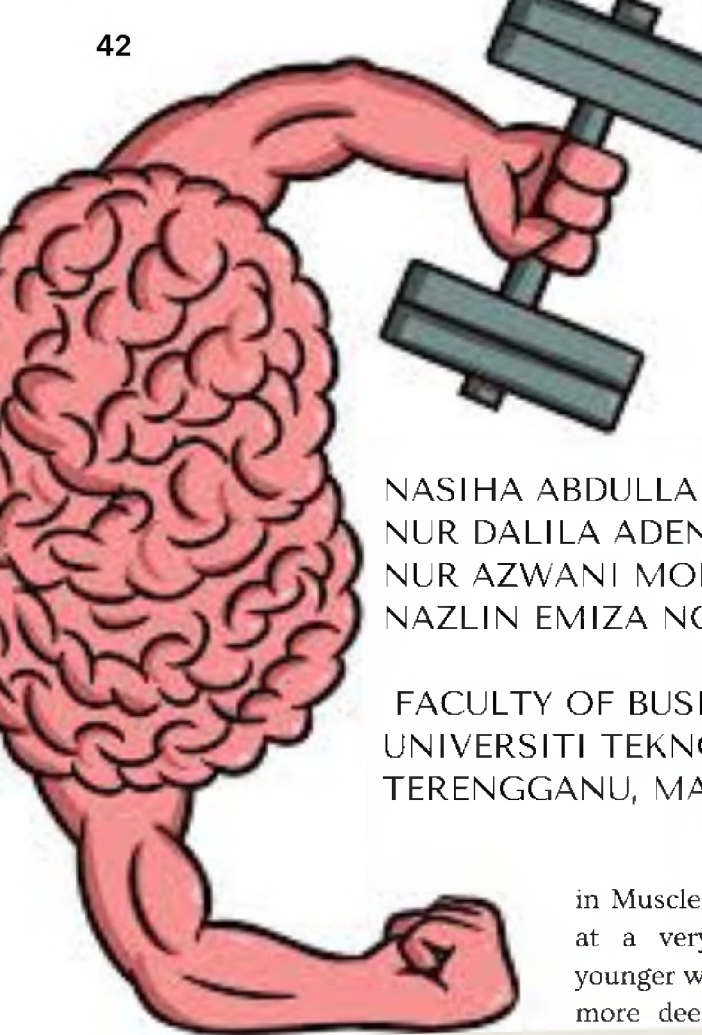
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Muscle Memory

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Muscle memory is a type of procedural memory that includes repeating a specific motor task in order to consolidate information into memory; it is sometimes used interchangeably with motor learning. When a movement is repeated over time, the brain develops long-term muscle memory for it, allowing it to be executed with little to no conscious effort. This procedure reduces the requirement for attention and increases the efficiency of the motor and memory systems. Many everyday activities, such as riding bikes, driving cars, playing ball sports, typing on keyboards, entering PINs, playing musical instruments, gambling, martial arts, swimming, dancing, and sketching, are using muscle memory.

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in Muscle memory begins to form at a very young age, and the younger we begin a movement, the more deeply it is buried in our brain. This is because our brains are more active at a young age, allowing for more neural connections to be formed. As we can see, this is a vital element of life, occurring on countless occasions while we are unaware of it. Multitasking would be impossible without muscle memory, and we'd almost certainly fall behind in today's fast-paced environment.

What causes muscle memory? Repeating a movement over time creates long-term muscle memory for that task, eventually allowing it to be performed with little to no conscious effort. This mechanism reduces the requirement for attention and maximizes efficiency in the motor and memory systems.

How long does it take for muscle memory? There is no single answer to how long muscle memory lasts. However, according to Gundersen's (2016) study, muscle memory can endure for up to 15 years, if not eternally. Others predict a more modest 3-6 months.

3 tips to improve muscle memory

(i) Practice good habits – muscle memory doesn't differentiate between good and bad habits, which is why it can make sense to use a coach to get you started, to ensure you are practicing the right things.

(ii) Incremental improvements – if you start off trying to box like a professional, lift heavy free weights, or trade foreign exchange contracts like an experienced market pro, you will probably crash and burn. Do not try to run before you can walk, be patient, and make incremental changes.

(iii) Little and often – while your pathways can 'remember' patterns for years, muscle memory is at its most effective through regular repetition and reinforcement, while new lessons can be retained for several months (but perhaps not permanently).



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