• Fiber recruitment patterns change
• Hypertrophy: increase in muscle size due to fiber size increase
• Not common: hyperplasia, the formation of new muscle fibers

Rate of Improvement
• Depends on initial strength level
• Rapid strength gains in relatively untrained beginners
• More gradual gains in trained people with high levels of strength

Gender Differences
• Little difference in initial responses to strength training
• After long-term training, men show greater gains due to higher testosterone levels
• Women DO NOT exhibit bulky muscles