

Strength-Training

Linda Haught

- Perform your strength-training exercises twice a week but never two days in a row.
- Start low in weight and build high.
- Gradually add very challenging weight otherwise muscles will not get stronger.
- Once you can lift a particular weight 12 times increase the amount of weight –even if you can only do 8 repetitions at the higher weight. If you find that you cannot do eight repetitions when you go up to the next weight, you can go back to the former weight for another session or two.
- It is a good idea to lift a weight into place and hold it for one second and then take another three seconds to lower the weight. Studies show that weight-lifters who do that are more successful.
- Avoid using gravity or momentum to accomplish work.
- Do your stretching exercises at the end of your workout when your muscles are warmed up. Your muscles, tendons, and ligaments are more likely to pull when muscles are “cold.”
- Never hold your breath while exercising.
- Never use move limbs in a jerking or ballistic fashion as it can damage joints.
- Avoid locking your joints during exercise.
- It is a good idea to exhale as you lift the weight and inhale as you bring it back down again. Practice makes this type breathing become automatic.
- Muscle soreness that persists a couple days is normal.
- Exercising should be uncomfortable and feel like hard work, but it should not be painful.
- Be sure and drink water before and after your workout.