



Brief Note for Safer and Successful Weight Training

Maryam Baluch*

Department of Sports and Exercise Sciences, Manipal College of Health Professions, Karnataka, India

Introduction

Weight training is a type of strength training that uses weights for resistance, developing the strength and size of skeletal muscles. It is designed to improve muscular fitness.

It can be performed by exercising a specific muscle or muscle group against external resistance; including free-weights like weighted bars or dumbbells or using weight machines, or the weight of your own body. This provides a stress to the muscles causing them to adapt and get stronger which result in overall improved Physique. It improves appearance and also fights age-related muscle loss.

Weight training offers vast benefits and is extremely beneficial. It not only just helps you gain muscles but would also improve your posture, sleep and enhance metabolism. If it is done properly and with the right precautions, you would reap the maximum benefits and avoid injury. For safe and effective strength training following points should be kept in mind:

Necessary warm-up & cool-down

Before you start lifting a weight you must make sure that your muscles are ready to lift weights else it may cause risk of muscle injury. The body can be prepared for a good workout by Physical warm-up or aerobic training which will promote lubrication in bone joints and increase the blood flow to the muscles, thereby preparing them for weight training. A 10-minute cooling down period is highly recommended to reduce muscle stiffness and risk of injuries. Stretching is suggested as an excellent way to cool down.

Progressively increasing the weights

At the beginning, you should try to lift the weight lighter than what you think you can. As picking the heaviest weight at the beginning just to prove that you are not less than anyone might cause swelling, damage and injury. You may increase the weight gradually.

Keep challenging muscles and maintain a good form

Try to focus on the correct alignment of your body while lifting the weight as poor form can give rise to injuries and slow gains. During warmup, spend extra time on the tight areas and ice sore areas after practice. Focus on your breathing during your workouts. You must Exhale during lifting, pushing, or pulling i.e. when you work against resistance and inhale when you release.

Workout as routine

Make your full-body strength workout as a routine as working on all the major muscles (such as legs, hips, back, chest, abdomen, shoulders, and arms) of the body twice or thrice a week is ideal. You may divide your strength workout into upper- and lower-body components as per your feasibility but you must be sure to perform each component twice or thrice a week.

Rest well

Strength training causes tiny tears in muscle tissue which are not harmful but are important as it helps muscles to grow stronger. Lifting weights every single day of the week is not important. Individuals must ensure to give their muscles at least 48 hours to recover before going for the next strength training session. Also, a rest of at least 60

seconds is recommended between 2 sets to help muscles recover and replenish their energy. A good sleep at night before the workout day will ensure that your body and muscles have gotten enough time to repair, recover and relax and will avoid injuries, burnout and fatigue.

Eat well

To build and strengthen your muscles, only weight training is not enough but a protein-rich diet is also very important. As Carbohydrates and healthy fats also adds strength and maintain workout regimens, so including whole grains, fruits, vegetables, nuts and seeds in the diet would be very beneficial. A healthy meal full of protein must be taken at least 2 hours before workout as it will energize you. Working out on an empty stomach is really a very bad thought and must be avoided.

Stay hydrated

Though H₂O is crucial for everyone's overall health, but it plays a significant role in fitness routine. As lifting weights tend to sweat a lot so, consuming water would be good to avoid dehydration. This will ensure that your energy level is high enough for you to maximize on your physical potential.

This exercise not only increases muscle mass, tones muscles, and strengthens the bones. But also helps you maintain the strength you need for everyday activities like lifting groceries, climbing stairs, rising from a chair, or rushing for the bus. It significantly decreases the risk of type 2 diabetes in men and osteoporosis in women. It improves physical performance, movement control, walking speed, functional independence, cognitive abilities and self-esteem.

*Corresponding author: Maryam Baluch, Department of Sports and Exercise Sciences, Manipal College of Health Professions, Karnataka, India, E-mail: baluchmanipal@gmail.com

Received January 25, 2021; Accepted February 11, 2021; Published February 18, 2021

Citation: Baluch M (2021) Brief Note for Safer and Successful Weight Training. J Nov Physiother 11: 451.

Copyright: © 2021 Baluch M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.