

Lifting Weights Properly to Help Prevent Injuries

You are off the couch and into the gym on the treadmill now for about 7 days. You have worked your way up to about 21 minutes on the treadmill and even lost two pounds. Is it time to get on the other machines? In this article read some do's and don'ts of weight training proper technique. It sure looks easy enough as you watch some of the others in the gym lifting weights and huffing and puffing, walking two steps forward, and lifting the little hand held weights. Weight training does look easy, but if you don't take proper weight training technique into account, you might end up injuring yourself and doing more harm than good. Learn the right way and the wrong way to lift weights. You may never be a true bodybuilder or a professional athlete, however, if you learn some proper weight lifting techniques, you can improve your strength, increase your muscle tone, help yourself lose fat and gain muscle mass. It sure would be nice to improve bone density and help ward off osteoporosis as well. If done correctly, weight training can give you all these benefits and you won't end up with injuries during the process. Don't think you can stand and watch others in the gym and learn the proper techniques of weight training. Luckily I have not done this myself. Actually, I kind of thought about it, but I suppose it is better safe than sorry, so I will be consulting a weight training specialist before I start any kind of weight training program for myself. Review below some of the common weight training injuries that could occur if you lift weights improperly:

- Sprains
 - Strains
 - Tendonitis
 - Fractures
 - Dislocations
 - Rotator cuff damage
 - Muscle overload
 - Bone stress injuries
 - Nerve damage
 - Physical therapist
 - Athletic trainers
 - Fitness and exercise specialists who have been specifically trained in weight-training techniques
- All of the above weight training specialists can help you practice proper technique. Even if you are not a novice and have been using weights for awhile, it might be a good idea to schedule time with a trainer so you can show the trainer your technique and be sure it is the right technique to be performing. Review some of the following tips to keep you safe during your weight training program:
- Check with your doctor. Especially if you are older than 40 and inactive, check with your doctor before starting a weight training program.
 - Set goals
 - Breathe properly. Your blood pressure can increase to dangerous levels if you hold your breath during weight training. Exhale during the lift and breathing normally during your weight training exercise can prevent this. A weight training specialist can show you exactly how this is done.
 - Seek balance by working all your major muscles, which are the abdominals, the legs, the chest, the back, shoulders and arms.
 - Lift an appropriate amount of weight
 - Don't do too many sets of each exercise
 - Don't rush
 - Rest
 - Be consistent: Three workouts per week will build muscles and two workouts will maintain the strength you have gained.
 - Wear shoes
 - Store your weights properly
- Source: Mayo clinic
Disclaimer: This article is not meant to diagnose, treat or cure any kind of a health problem. Always consult with your health care provider about any kind of a health problem and especially before beginning an exercise program. This article is FREE to publish with the resource box.

About the Author

You can get that firm, toned look as your body improves its ability to burn calories, losing those unwanted pounds while building muscle.

Source: <http://productsherbal.com>