

## Do's and Don'ts of a Weight Training Technique

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### Introduction

You can learn weight-lifting techniques by observing friends or others in the gym, but what you see isn't always healthy. Incorrect weight-lifting technique will result in sprains, strains, fractures, and other painful injuries, putting your weight-lifting efforts at risk.

Working with a knowledgeable weight training expert — a physical therapist, athletic trainer, or other fitness specialist who is familiar with proper weight training technique — is a good idea if you're just getting started. If you've been lifting weights for a while, schedule an appointment with a trainer to double-check your technique and make any necessary adjustments.

### Do's while weight training

- Lift the right amount of weight. Start with a weight that you can easily lift 12 to 15 times. A single set of 12 to 15 repetitions with a weight that fatigues the muscles will create strength as well as three sets of the same exercise for most people. Gradually raise the amount of weight you lift as you gain strength.
- Maintain proper shape. Learn how to do each exercise properly. Shift the joints through their complete range of motion when lifting weights. The stronger your form is, the better the performance will be, and you will be less likely to injure yourself. Reduce the weight or the number of repetitions if you're having trouble maintaining good form. Keep in mind that proper form is important even when picking up and replacing weights on the weight racks.

If you're not sure if you're doing an exercise right, seek advice from a personal trainer or other fitness professional.

- Take a deep breath. While lifting weights, you may be tempted to hold your breath. Take a deep breath and don't hold your breath. Instead, breathe out while lifting the weight and in while lowering it.
- Strive for equilibrium. Many of your big muscles, including the belly, hips, thighs, stomach, back, shoulders, and arms, should be worked out. Strengthen the opposing muscles, such as the fronts and backs of the arms, in a balanced manner.
- Incorporate strength training into your workout regimen. Intensity training activities in all major muscle groups should be incorporated into a workout routine at least twice a week, according to the US Department of Health and Human Services.
- Take a break. Avoid working out the same muscles on consecutive days. Two or three days a week, you could work all of your main muscle groups in a single session, or you could schedule regular sessions for individual muscle groups. For example, on Monday, work on your arms and shoulders, Tuesday on your legs, and so on.

### Don'ts while weight training

- Don't forget to warm up. Muscles that are cold are more vulnerable to injury than muscles that are warm. Warm up with five to ten minutes of brisk walking or other aerobic exercise before lifting weights.
- Take your time. Move the weight in a slow, coordinated manner. Slowing down allows you to isolate the muscles you want to operate and eliminates the need to rely on momentum to raise the weight. Between each workout, take a one-minute break.
- Don't go overboard. For most people, one series of exercises to the point of exhaustion is normally sufficient. Additional sets can consume more time and increase the risk of overload injury. However, depending on your fitness objectives, the number of sets you perform can vary.
- Don't dismiss pain. Avoid exercising if it causes you discomfort. Retry the workout in a few days or with a lighter weight.
- Don't forget about your footwear. When lifting weights, you should wear shoes that protect your feet and provide good traction to avoid slipping or hurting your feet.

Remember, the more you focus on proper weight lifting technique, the more benefit you'll get from your workout.

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