

Five Principles To Stay Injury Free In The Gym

Contributed by Admin
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Let's face the reality. If your dream for sky then I must say your effort should be as large as sky and sincerity like the sun. Like other people you must not praise the things in a gym and sit relaxed without bothering to sweat. If that's your intention then I must say you're not serious and not going to get the sky. You must lift weights of envy in the gym, then you can gain those extra chunk of muscle mass. Undoubtedly this is the most successful way in gaining muscle growth. Muscle builds around your body because of the natural adaptive survival response. And if you don't drive resources towards in the right way you are not going to add even a tiny chunk of muscle mass to your body.

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No doubt weight training is straining for your muscles, they can even trouble your joints and connective tissues as well. This is the hard reality of training. Further one cannot say for sure that one can come out uninjured from the training session. But there are some precautions that you must follow to the letter and spirit to minimize the chances of getting injured. But injury is a part and parcel of training. Most weightlifters always have to cope with some form of injury or other in their career. Though it is unavoidable still they can be minimized to the minimum.

Below are given five effective rules to lessen the chances of injury. Should you follow those golden five then I am sure you will lessen the risk of getting injured during training.

1) Always initiate with a good Warm-up

Certainly, a proper warm-up is one of the best things you must do to cut down the risk of getting injured. A mere 15-20 warm up prepares you mentally and physically for straining to come. This warm up not only stimulates blood flow to the tissues and but also lubricate your joints. I would rather want you to perform 5 minutes of light aerobic exercises before the beginning of the actual workout. In fact all big workouts must be punctuate by 5 minutes of rest in between.

2) Proper form and Technique

This is too simple a step but cannot be left out. Every exercise should be done adhering to proper technique and postures to keep your joints stress free. This should go without saying. Every exercise that you perform in the gym should be done with proper form and technique in order to keep the stress off of your joints. If you start squatting without a rounded back, jerking the weights madly there is every chances your injury.

3) Know your limitation and Train accordingly

Weight lifting is a battle too personal. And when you start showing your ego and follow or rather compare with others then you will be inviting disaster to your body. You must adhere to your limits and lift weights that you can. That is the safest option to remain injury free. Never ever let ego drive you to emulate the feats of others rather your limits must be the driving force.

4) Always set your own time for stop

If you feel you cannot continue anymore then you must say stop there only rather than go forward and end up injuring. Further you must take a little rest in between each workout. So set your limits and always quit there to remain fit and vigorous. Quitting on the right moment is the key to you success.

5) Take care of Pain and Aches

This is one of the significant point that at one time other all are said to look over. When you cross some distance it is certain that you are not going to return. This leads us to some forms of injury. But we safely pretend of not having that or wishfully thinking that they will disappear. And if this becomes our attitude towards pain it will get worse day by day. If you at any point of time come to know that something is going wrong you must quit there and take care of those wrongs. No doubt it may keep you away from the gym for sometimes but this is but a safest and inexpensive option. Otherwise be prepared for the worst.

There you are at the end of the article. Those are the five golden principles that you must adhere to remain injury free for years and keep your joints healthy. Follow them sincerely because if you injure yourself in the process of training following your own principles, you will certainly repent for not following those five principles discussed above.