

## Strength training tips

The goal with strength training is to get stronger but without gaining too much muscle bulk. We want to choose a small number of exercises that work on many muscle groups. Perform 8 to 12 reps. To start with, choose a weight that you lift just 8 times. Don't increase the weight until you can perform 12 reps in every set. Gains in strength come from two areas; muscle size and neurological changes.

- Weight training increases the muscle size.
- Performing the exercise trains the nerves when to stimulate your muscles. It is therefore important that if you wish to gain strength for a particular sport, then you should weight train twice per week and perform the sport at least two other times.

## How to be successful:

- **Create a starting point:**
  - Find out how strong you are by performing simple exercises such as pull ups, push ups, bicep curls and shoulder press. Document the results and compare your strength gains.

### Get support

It is a lot easier to quit an exercise programme if you are alone. Team up with a friend or family member who has similar goals. You may want to be competitive and see how is improving faster.

### Remember to perform the sport that you are training for:

Weight training will make you stronger. If your goal is to get stronger for a particular sport then you must continue to perform the sport in order to maximize the neurological changes.

### Increase protein intake but not too much!

Eating enough protein will help build muscle fibre but too much protein and too much training and you will end up with too much muscle mass.

### Take it easy and keep it fun!

Many people who start an exercise program are too enthusiastic, get injured and lose interest. Take it easy; go for a fast walk before a run. Train twice a week and use light weights. Go with a friend and have fun. Once the exercises start feeling easy, then increase the weight or increase the frequency.

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### Medical advice.

If you have not exercised in a while or have suffered an injury then get medical advice before starting an exercise program