

## How To Improve Your Fitness Levels Without Hurting Yourself.



Have you recently made the decision to get off of the couch and get back in shape? Or maybe you are already in pretty good shape, but you decided to step your current fitness level up a notch.

In either case, one of your main focuses should be on preventing injury. Nothing will completely derail a training program faster than getting a serious injury.

Especially since that injury was preventable in the first place.

Unfortunately, you may have heard that injuries are just a part of fitness training and they are inevitable.

This is complete garbage! If you use good judgment, common sense, and be honest with yourself, there's no reason you can't

improve your fitness levels without  
hurting yourself.



## Warm-Up

This is one of the most commonly overlooked aspects of [injury prevention](#).

There is a saying “If you don’t have time to warm-up, then you don’t have time to train.” However, you see this saying ignored all the time; maybe even by you.

An effective warm-up only needs to be around 5 minutes long. Try and keep it dynamic, using a lot of movement. Riding

a fan bike, rower, stepper, or light jogging are all good warm-ups. During your warm-up, you are getting blood flowing to the muscles and literally trying to get your body warm.

## Good Form

There are some fitness modalities out there that are constantly being badmouthed due to poor form and increased risk of injury. Maintaining good

form will greatly reduce the chances of hurting yourself.

Most bodybuilding movements should be slow and controlled with proper back alignment. Explosive and/or athletic movements will obviously be performed much faster, but back alignment is still paramount.

If you're in the gym or on the field and don't know how to do an exercise, just



ask someone. Ask a coach or trainer; it's what they're there for.

## Be Honest with yourself

This is where too many people get themselves into trouble when trying to improve their fitness levels. If you are serious about fitness and really don't want to get hurt, then be honest with yourself and know your limits.

If you know that your body can only handle deadlifting 250 pounds, then only

deadlift 250 pounds today. Don't start loading more weight on the bar because you want people to take notice.

Knowing your limits is particularly important in a group setting. During a group fitness class, you will want to train at *your* 100%, not at someone else's 100%. Trying to keep up with someone and pushing yourself to the absolute limits of exhaustion will ruin your form

and leave you prone to injury.

## Rest

Rest is an essential component in injury prevention. When you're training, your muscles and connective tissue take a serious beating and need plenty of rest to recover. If you are training 7 days a week right now, you may want to dial that back a little bit.

You will be okay with 2-3 rest days per week. Even if you rest 3 days a week, that still leaves you with 4 days to train. Be sure you don't just sit around the house on your rest days either. Get plenty of light activity in there and drink plenty of water.

Improving your fitness level is a great decision. Following these few tips to keep from getting hurt is an even better decision. Be sure to keep things in

perspective and think about how much progress you will lose if you get sidetracked by a preventable injury.

This article about avoiding injuries was [brought to you by Fitness APP – ESQ2.](#)

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