

Weight Training Tips for Beginners

Hitting the gym for the first time can be a little bit intimidating and discouraging. You look around and you see fit and strong people all over the place and you begin to think within yourself about how long it will take for you to be like them.

Here is the fact; the fact that you left your comfort zone and hit the gym shows you have the courage. What you need is focus and determination to build strong bones and muscles.

As a beginner in any field, you need tips from professionals in that field to make your journey easier. In the journey to building strong bones and muscles through weight training, here are some of the tips you need.

6 Weight Training Tips for Beginners

- 1. Warm Up:** Warming up is important before starting any training. The importance of warming up before jumping into any exercise is that it prepares the joints and muscles for the exercise ahead so that they are limber and less susceptible to injury. Also, warming up before exercise increases blood flow to the muscles and increases the body's temperature. There are many exercises you can use to warm up before your weight training.
- 2. Start with Light Weights:** We know you want to build your muscles as fast as possible, but it is good to start with light weights. Start with weights you can lift 10 to 15 times with proper form. Begin with 1 or 2 sets of 10 to 15 repetitions.
- 3. Increase Weight Gradually:** The deeper you go, you begin to find out that weights are resistance over time. As soon as you begin this feeling, it means your muscles are getting stronger. That is the best time to start increasing the number of weights you are lifting. But instead of increasing a ton of extra poundage at once, it is advisable to increase it gradually. A 5 to 10% increase is a good way to gradually increase what you are lifting.

4. **Your Training Should Not Be More Than 45 to 60 Minutes:** Overloading yourself at the early stage of your weight training journey is not advisable. 45 or 60 minutes is enough time for you to perfect all your training.
The question you might want to ask is, does longer sessions not lead to better results? The answer to that question is neither here nor there because longer sessions may or may not bring better results. But, what we know is that longer sessions can increase the risk of burnout and muscle fatigue.

5. **Take A Rest After Training:** Taking a quick rest after training is important to cool your nerves. A research was carried out in 2012 to ascertain this claim. The result of the research showed that taking a quick rest after training can help ease muscle tension or tightness after lifting. Also, the research showed that resting after training improves flexibility and range of motion.

6. **Take a Day or Two Off:** Lastly, every day should not be for training. Take one or two days off within the week to relax your muscles and replenish your energy before the next training.

Alternatively, you can start your training journey at a personalized training studio like Fresh Personal Training. Fresh trainers will customize a program specific to your goals and needs. They will teach you proper form and execution. Even if you plan to join a large gym, this would be a great place to start your journey in a safe way.