

## The Amazing Benefits Of Resistance Training

When it comes to exercise, resistance training is often overlooked. Resistance training is an essential part of any fitness program and has many amazing benefits. Taking part in a sound resistance training program will improve the conditioning of muscle tissue and increase metabolism. Metabolism can be defined as the amount of calories the body needs each day to sustain life. An improvement in muscle conditioning and metabolism will result in the reduction of body fat and give the body healthy lean appearance.

What is resistance training? Resistance training is a form of exercise that challenges the muscles of the body by applying resistance to a movement. Methods of resistance training include using one's own body weight, stretch bands, free-weights, machine weights, medicine balls and anything else that will apply resistance to movement.

Who can benefit from resistance training? People of all ages can benefit from resistance training. From teenagers to seniors the benefits of resistance training are unmatched by any other form of exercise. When starting any fitness program it is recommended that you seek the knowledge of a certified fitness professional. Why should one apply resistance training to their fitness program? Aside from improved muscle conditioning and an enhanced metabolism, resistance training has number of other great benefits. Additional benefits of resistance training include:

- Enhances physical appearance / Increases lean muscle / Decreases body fat
- Increases energy
- An increase and restoration of bone density
- A decrease in coronary disease
- Increases strength, power and endurance
- Injury prevention
- Aids in rehabilitation and recovery from injury
- Increases (LDL) good cholesterol
- Slows the aging process
- Improves balance, flexibility, stability and mobility
- Lowers resting heart rate / Lowers blood pressure

Some closing tips to apply to your resistance training program.

1. Perform a 3-5 minute warm up on a piece of cardiovascular equipment before beginning your resistance training routine. This will help you avoid injury and improve the quality of your workout.
2. Stretch before (after warm up) and after your resistance training program. This also will help you avoid injury and improve the quality of your workout.
3. Perform your resistance workout before performing your aerobic workout. This will maximize the benefits of both your resistance and aerobic training workouts.
4. Perform each set of resistance training to the point of momentary muscular failure while maintaining proper form. This will maximize muscular conditioning.
5. Exercise large muscle groups before small muscle groups. (i.e. Chest before Triceps)

If you would like more information about this article and article subjects similar to this one, please e-mail me at [contact@fitnessprogramsplus.com](mailto:contact@fitnessprogramsplus.com) or visit us at [www.fitnessprogramsplus.com](http://www.fitnessprogramsplus.com). By Craig LePage, CSCS, NASM-CPT President of Fitness Programs Plus

### About the Author

Career Opportunities for Majors in Exercise Science and Sport Studies. The exercise science option provides students with a strong.

Source: <http://www.productsherbal.com>