

# How Often Should I Strength Train?

Exercising, whether to lose weight, stay fit, or gain stamina, is vital to maintaining your health and wellbeing. The advancement in technology has contributed to people adopting a laid-back lifestyle wherein exercise is given the least priority level. That said, strength training has gained quite a lot of recognition in recent years. When it comes to strength training, it is vital to know how to go about it correctly.

## Effects Of Strength Training On Your Body

[Weight training](#) for the first time can be a pain in the neck, sometimes quite literally. You may feel like giving up, but hang in there, as your hard work will yield fruitful results eventually. That said, as your body is first enduring new levels of stress, your muscles are pulled apart and will need time to heal.

At this stage, the body is preparing for a new change as it is trying to maintain homeostasis. This step is followed by an increase in the production of protein, which helps rebuild muscle.

### Preventing Injury

Undoubtedly, strength training can do wonders, but you should be very careful while handling weights. One wrong move can have could have detrimental long term effects, as well as minor injuries.

### Steps To Prevent Injuries

#### Consult Your Physician

As a newbie, it is crucial to consult your doctor before starting with [resistance training](#). As your doctor is aware of your medical history, they will be better positioned to guide you more effectively and help you avoid any injuries.

#### Be Mindful While Choosing Exercises

Often, individuals are not aware of the methodology of a specific exercise. Doing adequate research beforehand can prevent negative consequences.

#### Don't Be Reluctant To Approach A Trainer

Starting this new goal in life may require you to hire a trainer for some time. With their experience, the trainer teaches you each exercise's correct form as well as ensuring they fit your health and body condition. Additionally, the trainer will help you know which activities should be done and those that should be avoided.

#### Be Sure To Warm-Up

Often, new people will get straight into weight training without preparing their bodies first. A [warm-up](#) exercise of about five to ten minutes will help prepare the body for your upcoming

activities. Try not to avoid passive stretches, as missing this critical move could lead to muscle tears and other injuries.

## Beginning Strength Training

People who are new to weight training are often concerned about how much they should be training, especially when they're likely eager to see results as fast as possible.

### How Often Should I Strength Train?

[Research](#) has proven that lifting weights three times a week is adequate. This is a general rule, but it varies from person to person. That said, in the beginning, as your muscles are not used to such a tiring and hectic schedule, stick with just two days to ensure your muscles are not over extended too much.

After a month or two of rigorous training, your three days of strength training can be increased to four or even five. This time depends on the stamina an individual's body has, and the stress their muscles can endure.

### Don't Fret A Lack Of Visible Results

Despite weight training, some individuals complain of not seeing their desired results. There can be several reasons behind this. One common issue any person training may face is [a dreaded plateau](#).

Our body works so that the same exercises and using the same amount of weight for an extended period has greatly diminishing returns, as the body becomes used to the routine.

As the body becomes accustomed to training, it is no longer effectively responding to the stress. To hit the muscle-building phase again, you have to change and likely increase the intensity of your exercise routine. You can do this by adding weight and changing the exercise pattern by replacing the current exercises with fresh ones.

## Will Weight Training Burn Fat?

Many individuals perceive weight training as useful for [burning fat](#), and the good news is that it is true. While this surprises some, many use strength training as an effective method burning extra fat.

### Dos And Don'ts For Burning Fat

Before being overly optimistic and excited about utilizing this method for burning fat, you should be aware of what to do and aware of things that should be avoided. Recklessly strength training can potentially cause significant harm to our bodies, so it is best to learn the proper form to prevent injury.

### Compound Exercising

This is a newer method of exercising where specific muscles are targeted simultaneously. The goal is to employ multiple muscles in one go so that more work can be done, reaping maximum benefits with your first attempt.

For instance, if somebody is looking forward to losing upper body fat, they should employ curling biceps, engaging lats, back, forearms, and shoulders together.

## **Rest The Right Way**

In the beginning, muscles will feel stressed and sore, resulting in many individuals taking a [break](#) or a long pause to get their stamina back. Unfortunately, what most people don't realize is that this is working against them.

If you want your muscles to work at an optimum level, taking long breaks should be avoided as it can ultimately increase pain and stiffness.

- **Strength Training Without Weights**

Many people don't have access to adequate exercise equipment at home. Despite that, there are countless people out there looking to workout from home and wondering, "Is it possible to strength train without using weights?"

The answer to this question is actually yes. In fact, this is easily done from the comfort of your own home with just a few simple steps.

## **How Can It Be Done?**

One common way of doing this is to perform the same exercises, but more efficiently, as better activation of target muscles will result in better returns.

Another option is performing the same exercises but altering the range of motion used. Over time this leads to a significant increase in flexibility.

Now that we've covered how to keep them working even without free weights, here are some of the best basic strength training exercises;

### **Squats**

It is widely argued whether squats should be considered strength training or not. Upon research and arguments, squats are, in fact, the best strength training exercise for those who are doing it for the very first time. [Squats](#) can do wonders when it comes to losing weight. They help to tone your legs and strengthen your core and even parts of your upper body.

### **Push-Ups**

This is the next exercise that should be kept in consideration. Push-ups seem to be easy, but they take a lot of stamina and strength. Luckily, the energy they require goes a long way as this exercise nudges the entire body to new muscular heights. This results in building up stamina along with the body learning how to coordinate effectively and efficiently.

## Planks

Planks may sound intimidating to some of us. However, there are many advantages to doing planks. They increase our body strength regardless of doing them from your hands, sides, or forearms.

One important thing to consider is whether you are in a position to hold a [plank](#) for a minute or not. If you cannot do so, then there is a greater probability that you will face a hard time doing the other exercises correctly. Being able to master this exercise will give you a stable foundation to build your routine from. Hence, the body will be prepared for more challenging activities.

## Deadlifts

[Deadlifts](#) have been a common strength-training exercise for many years. It is also commonly known as a sign of excellent stamina and energy. This exercise requires the individual to be in the standing position, ensuring that the ankles, knees, hips, and lower back are aligned.

A loaded barbell or bar is then lifted off the ground to the level reaching the hip and then upwards. As a beginner, it is not recommended to perform this exercise haphazardly as it can easily lead to injury if done incorrectly. When starting out, this exercise should be performed under the supervision of an experienced trainer.

## Rows

Many people these days have issues with posture, which can lead to a host of problems down the road if left uncorrected. [Rows](#) are among the best exercises to do to help mitigate this issue. In rowing, it's important that your upper and lower body are in full coordination with each other.

This step will support the spine, helping the body develop better resting posture. Not only that, but a rowing machine can also greatly strengthen and support the legs.

## Final Thoughts

There we have it; strength training isn't as difficult as many see it. With proper knowledge and practice, weight training will help you achieve your goals in a sustainable and healthy manner.

Be sure not to over-exert yourself, or set false expectations that may lead to injury. By maintaining discipline and sticking to a dedicated regimen, you can not only improve your health, but potentially add years to your life in the process!