

Are you weight training safely?

Weight training is an invaluable way to improve flexibility, create balance in the body, and of course, build strength. Proper form is vital for weight training, and it's often the difference between an effective workout and a nasty injury. See if you're training safely with our quiz!

1. Is your weight training routine:

- a) Prescribed by a professional
- b) Recommended by a friend that wants to become a trainer
- c) Your own program
- d) Improvised

2. When weight training, your breathing is:

- a) Always controlled
- b) Generally controlled
- c) Not something you think about
- d) You hold your breath

3. When weight training, your movement is:

- a) Loose
- b) Jerky and uncontrolled
- c) Smooth, controlled
- d) Not something you think about

4. When exercising with weights, your posture is:

- a) Always aligned
- b) Usually aligned
- c) Often unaligned
- d) Not something you think about

Answer Key:

Now that you've completed our 'Are you weight training safely' quiz, take a peek at the comments we've included under the response you choose for each question.

1. Is your weight training routine:

a) Prescribed by a professional.

Answer:

This is the ideal response. Kinesiologists, physiotherapists, doctors and experienced personal trainers will help you make a safe, efficient routine. They'll also accommodate for any injuries or physical health conditions.

b) Recommended by a friend that wants to become a trainer

Answer:

Your friend is not going to have the experience and education to put together a safe exercise routine in the same way that a healthcare professional would.

c) Your own program

Answer:

Most people aren't as knowledgeable on anatomy as personal trainers or healthcare professionals. You may be missing out on aspects of a well-rounded routine without assistance.

d) Improvised

Answer:

You'll see faster and more effective results by creating a plan ahead of time, especially if it's developed by professionals.

2. When weight training, your breathing is:

a) Always controlled

Answer:

This is the ideal response. By properly breathing during exercise, you won't fatigue as quickly, you'll get oxygen to your muscles and you'll keep your blood pressure at a safe level.

b) Generally controlled

Answer:

When you breathe correctly and with control, you'll find it much easier to finish that set safely.

c) Not something you think about

Answer:

Proper breathing should be at the top of your mind while weight training. Without it, you'll tire more quickly, and risk increasing your blood pressure to unsafe levels.

d) You hold your breath

Answer:

Holding your breath while training will lead to faster fatigue. You also run the risk of dizziness and high blood pressure, often leading to injury.

3. When weight training, your movement is:

a) Loose

Answer:

Your exercises will be more effective and you'll be less prone to injury with smooth, controlled movement.

b) Jerky and uncontrolled

Answer:

In order to prevent injury, it's always better to do fewer controlled repetitions than more repetitions with jerky, uncontrolled movement.

c) Smooth, controlled

Answer:

This is the ideal response. Control is the name of the game for weight training. Focus on smooth motion and alignment, and you'll get a better workout and avoid injury.

d) Not something you think about

Answer:

It's absolutely vital that you focus on control. Uncontrolled movement is one of the most common causes of weight-room injury.

4. When exercising with weights, your posture is:

a) Always aligned

Answer:

This is the ideal response. Body alignment is crucial to supporting your body, and ensures you don't injure yourself during a training session.

b) Usually aligned

Answer:

As fatigue sets in, you might find your body out of alignment. If you're too tired to stay aligned, it's better to stop early than risk injury.

c) Often unaligned

Answer:

If the muscles you're exercising aren't supported by the rest of your body by proper posture and alignment, it's likely you'll injure yourself.

d) Not something you think about

Answer:

Good posture is vital - without it, you'll fatigue sooner at best, or injure yourself at worst.

As you can see, there's more to safe weight-training than first meets the eye. If you're still wondering about how to incorporate proper motion, breathing, and posture into your weight-training, we can help - contact us today!