

Benefits of Weight Training Program in Sports and Games

In training program weight training is one of the important and essential part. As we know that weight training program is one of the vital program which help the sports person to develop their strength and power.

1. It helps to increase physical work capacity.
2. It improves the ability to perform all types of activities. A person can work harder and longer with the proper weight training program.
3. It helps to improve bone density, which is one of the reason of maintain the strength in a longer period of time.
4. It helps to promote fat free body mass, which protect a person from hypokinetic disease.
5. It helps increases the strength of connective tissue, muscles and tendons. This lead to improve motor performance and decreased injury risk.
6. It helps to manage the weight.
7. Stronger muscles improve posture, provide better support of joint.
8. Stronger muscles improve performance in a variety of sports and games.
6. It improve the quality of life.