

Principles of Weight Training

There are some basis of setting a weight training program. Always start slowly, start with single sets, use the correct weight amount, give the muscles to rest and recovery at least 48 hours. There are four basic principle which is the basis of most of the weight resistance or training program.

1. Overload principles: Muscular strength is the most effectively developed when the muscles or muscles group is overloaded. Overload is a process through which, with time to time load resistance is increase on a regular basis. The use of resistance that overloads the muscles stimulates the physiological adaptations that lead to increased muscular strength and development of muscles.

2. Principles of Progressive Resistance: In a weight training program, the workload must be periodically to continue muscle overload. A gradual increase in resistance and repetitions will always helpful for improvement of strength and endurance. It is very important to understand the muscles must encounter progressively increasing overloads. The load should increase week by week in a progressive manner.

3. The Principle of Arrangement of Exercise: A weight training program must include exercises for all major muscles groups. The weight resistance program must be designed in such a way that the larger muscles group are exercised before the smaller ones. Smaller muscles always get fatigue before large muscles group so it important to always give such exercise which are helpful for all groups of muscles.

4. Principles of Specificity: The development of muscular fitness is specific to the muscles group that is exercised, the type of contraction and training intensity. Weight training program is always focused on specific muscles group and on specific part of the body. Strength and muscles development program must based on the particular sports and the necessities of sports.