

## ***Proper Lifting Technique***

The technique incorporated into lifting weights is the most important part of weight training. Improper technique can be responsible for everything from unintentionally exercising the wrong set of muscles to an injury requiring surgery and possibly years of recovery. Tears can occur in muscles, tendons, and ligaments. Joints can be damaged with possible chronic implications. Technique can be learned from reading exercise magazines or books specifically geared to weight room technique. However, in most cases, a few initial trips to the weight room with a Certified Personal Trainer can be extremely helpful to get you started on the proper exercises with respect to your goals and instruct you on proper technique. Starting a workout program without a trainer is like going to school without a teacher.

The following guidelines should be followed when lifting weights:

- Lift Weights from the floor with legs and not the back.
- Use a smooth full range of motion.
- Don't jerk the weights.
- Don't lock the knees (keep them slightly bent).
- Don't put pressure on the teeth, the enamel can crack.
- Keep back alignment, don't hyper extend or flex the back.
- Don't chat with your buddy, concentrate on the task.
- Un-oxygenated muscles can cramp, breathe on exertion.

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