Weight training Do's & Don'ts

**DO's**

**Lift an appropriate amount of weight.**
Start with a weight you can lift comfortably 12 to 15 times continuously.

**Use proper form**
When lifting weights, move through the full range of motion in your joints. Better form means less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight. Proper form matters even when you pick up and replace your weights on the weight racks.

**Breathe**
Don't hold your breath while you're lifting weights. Breathe out as you lift the weight and breathe in as you lower the weight.

**Rest**
Avoid exercising the same muscles two days in a row. Try to plan daily sessions for specific muscle groups. For example, work your arms and shoulders on Monday, your legs on Tuesday, and so on. Reserve at least one day a week to recover. Make sure to get enough sleep each day.

**DON'Ts**

**Don’t skip the warmup**
Cold muscles are more prone to injury than warm muscles. Before you lift weights, warm up with 5 to 10 minutes with brisk walking or other cardio exercises.

**Don’t rush**
Taking it slow helps you isolate the muscles you want to work and keeps you from relying on force to lift the weight. Rest for about one minute between each exercise.

**Don’t ignore pain**
If an exercise causes pain, stop. Try the exercise again in a few days or try it with less weight.

**Don’t forget your shoes**
Shoes that protect your feet and provide good traction can keep you from slipping or injuring your feet while lifting weights. Wear flat shoes when doing squats and cushioned shoes for running.