

## **The 7 Most Common Strength Training Myths**

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### **1. You must lift heavy weight to become stronger.**

Strength is the ability to produce force.  $\text{Force} = \text{Mass} \times \text{Acceleration}$ . Physical strength can come from one of two methods: lifting heavy weight or lifting a lighter weight with greater acceleration. You can be very strong without being big.

### **2. The more you lift, the stronger you will become.**

During the first twenty weeks, you will gain the most strength; yet see the least change in your body. Your body learns how to move the load with greater ease. As you continue to train, your strength gains will gradually diminish. The key to continuing to make changes in your body is to alternate your training routines at least every 3-4 months. This will reduce the plateau effect.

### **3. Strength training will make you big and bulky.**

Bodybuilding and strength training are entirely different. Building strength means building a capacity or reserve. You will see changes in your body from strength training; things like increased tone, improved shape and a slight increase in size. To get big and bulky requires a nearly full time effort.

### **4. You must stretch before you weight train to prevent injury.**

To reduce your risk of injury, monitor your form, load and speed. This is how people hurt themselves—moving too fast, too much or with poor form. The research on stretching and injury prevention shows no relationship.

### **5. No pain. No gain.**

Muscle pain from a workout represents a workout that was too hard. It is not from lactic acid build up. The pain is from small tears in the tissue with resulting increase in fluid. After a few days the tissue heals and the pain subsides. Try this phrase instead: Pain- No Gain.

### **6. A great workout takes 90-120 minutes.**

You can achieve significant increases in strength in as little as 20 minutes per session. Three to four drills using large muscles will yield a tremendous return on your investment. The key is to know how to alter the force, speed, position, and duration to achieve the maximum benefit from your training.

### **7. If I lift weights today, my muscles will be bigger by next week.**

Muscles change size very slowly. After 5 months of consistent training, you can expect about a 12% increase in size yet a 100% increase in strength. Your body makes you work for anything including changing the size of your muscles.

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