

HOW TO GET STRONGER

Building strength is the basis for all other training goals. By becoming stronger, you are able to: build muscle, burn body fat, improve athletic performance, develop stronger bones, prevent injuries, and ultimately enhance your quality of life. Here are seven tips to follow to get stronger.

Focus on Compound Exercises

Compound exercises involve two or more joints, whereas isolation exercises involve a single joint. Examples of compound exercises are the bench press, squat, deadlift, and overhead press. Examples of isolation exercises are chest flies, bicep curls, leg extensions, and calf raises. Both types of exercises have their purposes in a well-designed strength training program, but the majority of your time should be spent on compound exercises – they recruit the largest amount of muscle mass and are best for building whole-body strength.

Work to Understand Each Movement

It is important to learn the form (how the body should move through the entire movement) of an exercise before attempting to add weight. By maintaining proper form, you can help prevent injury while targeting the correct muscles. An exercise like the squat is one of the best full-body movements, but when weight is added it becomes a relatively technical movement. Before graduating to a barbell back squat, learn how to do a bodyweight squat perfectly. Moreover, rather than striving to increase the weight you are squatting each workout, think about practicing the “art” of squatting and getting the lift to feel better with each workout. Strength gains will come a lot faster once you have perfected your technique!

Practice Functional Mobility

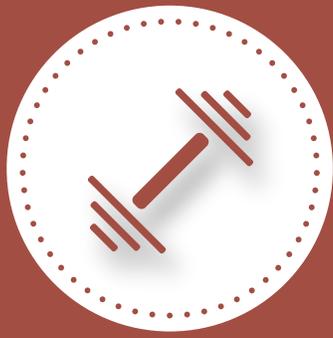
Before you begin your workout, “prime” the muscles you are about to work with functional mobility exercises. This will help you activate your central nervous system, encourage enhanced muscle recruitment patterns, and promote proper joint movement. It is important to select functional mobility exercises that specifically target your weak points and the muscles that are about to be used. Many people have tight hips from sitting a lot throughout the day, so before a squat workout, you might practice the 90/90 drill to cue your hips and engage your core.

Lift Heavy

Lifting heavy weights with low reps forces your nervous system to increase force production, ultimately helping you to increase the power and strength of your muscles without significantly adding bulk or size. This makes acts of daily life, like carrying groceries, moving boxes, and lifting your kids much easier. Aiming for 3-5 reps (where you feel like you could only lift an additional 1-2 rep with proper form). Note: it is imperative that you master tip #2 before lifting with heavy weights!

Focus on Progressive Overload

“Progressive overload” is a method of strength training that refers to gradually increasing the stress placed upon your musculoskeletal and nervous system over time. Skeletal muscle grows bigger and stronger in response to the training stimulus you place upon it, but for further gains, you need to continue making greater demands on it. The human body will not change unless it is forced to do so, so if you fall into a comfort zone and stop challenging your body, you will hit a plateau.



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Eat More

Strength training breaks down muscle tissue. During recovery, that tissue rebuilds stronger and bigger. Your body cannot create muscle out of nothing, so in order for your muscles to grow stronger and bigger, you must have the right kinds and amounts of nutrients in your body. To make the most gains in muscle-building and strength, you need to ensure that you are eating enough total calories and are consuming an adequate amount of protein.

Rest & Recover

As mentioned above, your muscle tissues rebuild during the recovery process. Make sure you are giving your muscles adequate time between workouts to recover. Moreover, ensure you are getting enough sleep. Saunas, cold therapy, and massage are all great forms of recovery, but there is no stronger recovery mode than simply getting enough sleep.

How You Can Use the InBody Scanner as a Tool to Get Stronger

The InBody Scanner is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. The InBody Scanner breaks down the muscle you have in each major segment of your body – trunk, right arm, left arm, right leg, and left leg. This can help you understand where your muscle is distributed throughout your body and what segments are stronger than others. This can help you determine which exercises to include in your workout program to work towards balanced, full-body strength.