

Introduction to Muscle Strengthening Exercises

Muscle strengthening exercises are suitable for people of all ages and genders. They enable you to build muscular strength and endurance and have a more defined muscle tone.

Muscular strength	the maximum force/strength produced per muscular contraction
Muscular endurance	the longest duration or maximum repetitions for muscles to exert a submaximal force persistently

The term “muscle strengthening exercise” may bring to mind bodybuilders lifting dumbbells or using gym machines. In fact, there are many other types of exercise that can strengthen your muscles. You can make use of simple equipment or even your own body weight for muscle training at the office.



Muscle strengthening exercises	
<u>Muscle training exercises at the office</u>	<u>Muscle training exercises in the gym room</u>
<ul style="list-style-type: none"> • Bodyweight exercises (e.g. push-ups, lunges and planks) • Light weight training using simple objects (e.g. water bottles) • Resistance training using rubber bands 	<ul style="list-style-type: none"> • Free weight training (e.g. dumbbell, barbell and kettlebell training) • Machine training

Many people think that they do not need muscle strengthening exercises since they do not want to be too muscular. Most females are also reluctant to do such exercises as they do not want to have big, thick muscles. Actually, a person will only be as muscular as a bodybuilder if he or she undergoes intensive training and has special diets.

Working individuals should form the habit of doing muscle strengthening exercises for better muscle health and general well-being. Nevertheless, for individuals with chronic diseases or disabilities, they should consult family doctors or professionals in advance before choosing muscle training exercises of appropriate type and intensity, so as to avoid accidents and injuries.