

The coach called the fitness soda that prevented the muscle mass after 40 years

You can regularly perform strength exercises, but make mistakes that negate all the progress. Luke Johnson, a certified personal coach of Hero Movement, spoke more about them.

Execution of the same approaches and repetitions. Our bodies react best to training when it changes a little. This can be an increase in the load, a slowdown in the pace, a reduction in rest time, a change in the range of repetitions.

Priority of quantity over quality. Constant work at the limit can have unpleasant health consequences. Better, first of all, pay attention to technology, restoration, gradual progress.

Passing the little things. Significantly influence how we move and how long we train can stabilize the shoulders, work on mobility, auxiliary movements.



SHUTTERSTOCK

Lack of plan or structure. Prudence can be of great importance for the effectiveness of

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training.

Incorrect or insufficient recovery. It is during the rest between classes that the body is truly restored. Pay attention to nutrition and struggle with stress.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.