

FITNESS FOCUS

“Avoid Overtraining”

If you feel burnt out, weak, and/or sore, you are probably overtraining. Not providing your muscles with enough rest will often prevent you from making improvements. Training the wrong muscle groups on consecutive days will also counteract your good results. Doing too many sets and exercises per muscle group will also cause overtraining.

Remember that weightlifting, especially in an intense program, produces what's called "tissue microtrauma," those tiny tears in the muscles that temporarily decrease strength and cause varying degrees of muscle soreness. It is absolutely necessary to provide ample rest time between successive training sessions. Muscles generally require about 48 hours for the resting and rebuilding process before you work them again.



Another example of overtraining is doing duplicating movements of several similar exercises for one specific muscle group. It makes no sense to do three sets of Bench Presses with a barbell and then do three sets of Bench Presses with dumbbells or Push-ups.

Each of these exercises requires exactly the same movement and works the same specific muscle. Instead, it would make much more sense to do bench presses for overall middle chest (either barbell, dumbbell, or machine); do incline bench presses for upper chest; and do dips for lower-outer chest, for example.

Also, if you are getting to a point where you're spending too much time in the gym (which means you're probably doing too many sets or too many exercises in one day), you may want to consider cutting back on your exercises or sets. Your body can get to a point during a workout where your muscles start breaking themselves down, because the hormones or sometimes nutrients that assist in building are depleted. Most body builders try to keep their workouts **under 45 minutes**. If your goal is to lose weight, of course this is a different topic and you want to focus on cardio, but even cardio can have its own downfalls when you overtrain. So, to get your optimal strength or "size" results, don't spend **hours** in the gym!

Other than that, eat smart and get enough sleep. If you have any other questions, please ask your Nimkee Fitness personal trainers and we'll help you get an educated answer.