



## 5 benefits of strength training

If there exists a [fitness training program](#) that gets you stronger, fitter and helps you fight chronic diseases and protects muscle mass, bone health while keeping off your weight, then it is Strength training. [Strength trainings](#) is also called resistance training or weight training which involves challenging physical exercises like [Crossfit Program](#).

### **CrossFit Program:**

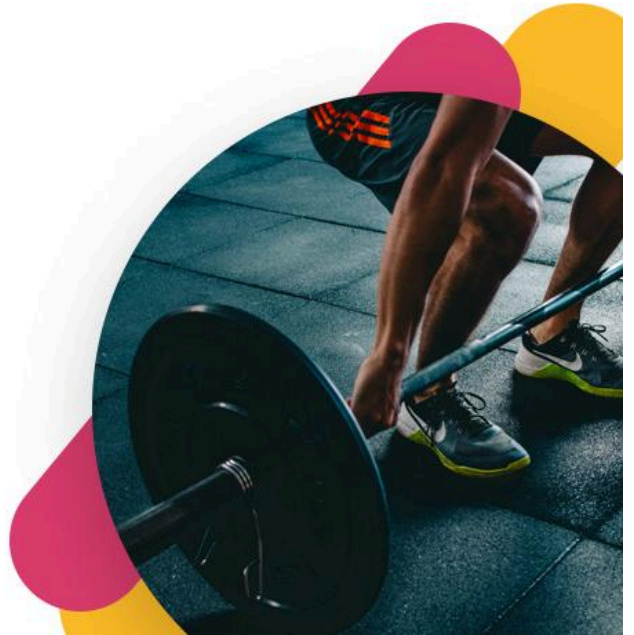
As said already, strength training provides numerous benefits for ones' who are training regularly. It doesn't just make you look and feel striking but provides you with many exciting advantages over time. To make it more understandable for you, we have discussed 5 top benefits of strength training below.

The main reason behind why strength training has become so popular and one of the most recommended is that it brings a bag of benefits all at once to people of any age and intensifies them with enough strength. So that one can carry their everyday activities that involve weights pretty easily.

### **Five Benefits of Strength Training(Crossfit Program):**

## 5 benefits of strength training

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The strength training involves free-weights, your own bodyweight, resistance bands, and weight machines to work on, the muscle groups of your body adapt to these weights and grow stronger day-by-day. Thus the strength you gained lets you and supports you lift heavier objects much easier. So, even after a less number of classes, you will find the heavy objects, light. And yes, you grow stronger quickly.

### **Burns Calories All the Day**

Just imagine that you are losing weight while you are watching TV. How does that feel?

Impossible?

You are wrong.

You should be a strength training zealot. Yes! If you practice strength training regularly as advised by your coach and follow a proper diet, you could burn calories all day long. The boosting metabolism lets you burn calories and get you lean muscles and thereby you lose pounds.

Strength training helps in weight loss and it is just a bonus.

## **Strengthens your Bones:**

Bone health is important to keep yourself healthy, especially women. Weak bones might result in the risk of osteoporosis which also leads to severe back pain, fragile bones.

Strength training helps in increasing bone density and also strengthens your ligaments and tendons.

## **Reduces Anxiety, Enhances Mood & Energy Level**

Well, you gain these with almost every [fitness training program](#). Still, strength training along with regular moderate or low-intensity workouts raises the levels of endorphins, thus improving your energy levels and helps you fight anxiety and depression.

## **Lowers Risk of Diseases & Prevents Injuries**

[Strength training](#) (Crossfit Program) strengthens your muscles, bone density thus making you much stronger. Hence you have lower chances of falling and injuries. Moreover, the increased strength and bone health keep you resistant to falls, pains or any viruses. As with the increased metabolism rate, your immune system also gets stronger.

As the strength training or weight training helps you cut abdominal fat, your cardiovascular organs function properly due to the smooth flow of blood and make you less prone to heart diseases. According to some studies, it even proved that strength training reduces the risk of cancer and diabetes.

## **Bottom Line**

Apart from the above major advantages of strength training, you can experience better sleep, mood, flexibility, mobility and great mental health.

However, if you are a beginner don't start with a 20-pound weight for a long time. It is better to test your ability first and then get started, be it 5 pounds or 10 pounds. Also, make sure you give enough rest to your body to recover. It is also because you burn calories when you rest. 15-45 minutes of workout twice a week is enough and anything more than it might overload your body and cause injuries.

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