

Beware: Do not overdo it

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Train no more than 3 times per week on cardio and 2 days with weights

Highly motivated beginners tend to want to do too much in a short period of time when they start exercising, and usually end up overtraining their bodies. Overtraining is counterproductive because it stresses the body and that has a negative effect on our metabolism. As a result the body gets weak, loses muscle mass, and stores calories in fat cells. Beginners should, therefore, begin gently at a slower pace and increase the training with time as the body adapts. Everybody has a limit. Try to listen to your own body and stop exercising whenever you feel stressed.

The ideal training should be 30- to 60-minute sessions 3 times a week, and twice a week for weight training.