

Do not neglect stretching exercises

Written by

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Weight training and stretching exercises go together and should always be combined. Trained muscles should be stretched regularly to keep them elastic and flexible in order to prevent muscle stiffness. The best schedule should be to stretch them after each weight training session and regularly during the week; but never before the weight training session. Old school training theories emphasized the stretching of the muscles as a routine warm up exercise. Studies have shown that if we stretch them as a warm up prior to a weight training session, they will lose overall strength and power.