

Basketball players, swimmers and other athletes should not train with weights.

Written by

DATE_FORMAT_LC2 -



Basketball players, swimmers and other athletes should not train with weights.

The proper weight training program improves the performance in any sport because your muscles will gain power, strength and endurance. In general, things are easier with a trained body. It has also been proven in studies that people who exclusively train with weights and never stretch are more flexible than inactive people who do not train.