

Introduction to Muscle Strengthening Exercise

Muscle strengthening exercise is suitable for both sexes and people of all ages. It can increase muscle power and endurance and add an aesthetic touch to muscle tone.

Muscular strength	the maximum force/strength produced per muscular contraction
Muscular endurance	the longest duration or maximum repetition for muscle to exert a submaximal force persistently

When we speak of muscle strengthening exercise, we may think of some “beefcakes” lifting dumbbells or working out on heavy machines in gyms. The fact is, many other types of exercise can also strengthen your muscles; using simple equipment or even without any, you can use your own body weight for muscle training in office or home.



Many people think they don't need muscle training exercise as they don't want to look like “beefcakes”. Ladies resist the idea even more as they don't want their muscles to get thick and coarse. The fact is, it takes a lot of intensive training at great intensity and a special diet to look like a bodybuilder.

Muscle strengthening exercise	
Muscle training exercises at office or home	Muscle training exercises in gym room
<ul style="list-style-type: none"> bodyweight exercise (e.g. push-up, leg rising, etc.) light weight lifting using simple objects (e.g. water bottle, staples, etc.) training using rubber bands 	<ul style="list-style-type: none"> free-weight training (e.g. dumbbell, barbell training exercises, etc.) fixed-weight training (machine training)

In short, muscle training exercise is suitable for both sexes and people of all ages. Office workers should form the habit of doing muscle strengthening exercise for better muscle health and health in general. Nevertheless, as for those with chronic diseases or disabilities, they should consult their family doctors or professionals first, and then choose the suitable type and intensity of muscle training exercise for themselves, for fear of accidents and injuries.