



<http://weight-lifting-guide.com>

Weight Lifting For Women

Its Not Just For Men

There is not alot of dedicated information on weight lifting for women on the internet. The next few pages are completely dedicated for women who are interested in fitness, weight lifting and generally trying to look their best.

Whether your goals are Fat Loss, Muscle Building, Toning or just generally getting fitter then there is a routine to suit you.

Most of the other information on this site applies to women and there is no reason why you could not copy some of the other routines on this site.

Weight lifting for women can provide you with a whole host of benefits such as:



Increased Bone Density

Weight lifting, being one of the best weight bearing exercises you can do, will increase your bone density and help ward off osteoporosis or stress fractures in the future.

Many people think running and other cardio exercises are the best exercise for increasing bone density, but this isn't necessarily true. If the truth is told, running actually promotes muscle breakdown in the body, while weight lifting, being an anabolic process, helps to promote the building of tissues.

Therefore, weight lifting for women is going to be much better at preserving your bone mass, not to mention it's far less impact than going for an hour run.

Decreased Frequency of Injuries

When you strength train, not only are your muscles going to get stronger, but you'll also work the ligaments and tendons that are connecting bones, muscles, and other tissues, thus reducing the chance they become injured when participating in other physical activities.

Since weight lifting for women will really hit all those deep tendons and ligaments, it's the best injury prevention out there.



Reduction of Health Related Risks

Numerous studies have demonstrated that regular weight training can have a positive effect on health by showing reductions in the rate of insulin resistance, blood pressure, diabetes, heart disease, and even cancer.

Prevention of Fat Gain

The more you weight lift, the higher your metabolism will be, thus the more food you can eat while maintaining your weight. Weight lifting for women will actually promote a massive calorie burning effect after your workout which can last up to an hour, so you really can burn calories whilst sitting on your ass.

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