Be Safe, Prevent Injury

Nobody enjoys getting injured. For those who engage in weight training, especially heavy weight training, a number of precautions need to be made in order to preserve a healthy body. The following activities can prove to be beneficial to reduce the likelihood of injury:

-Perform one or more warm-up sets with relatively light weights to stimulate blood flow to the muscles effecting the upcoming movements.

- Use relatively light weights wehn introducing new exercises or after a layoff of 2 or more weeks.

- Do not ignore pain in or around the joints. "Working through" pain can lead to chronic injury.

- Never attempt maximal lifts without proper warm-up and preparation (i.e. stretching, lighter lifts)

- Postworkout icing of superficial joints under heavy stress may aid in recuperation.

- Avoid bouncing or ballistic lifting motions. Try to execute the lift in a smooth, controlled fashion.

Source: Baechle & Earle: *Essentials of Strength Training and Conditioning*