How to get stronger without getting hurt

Many gym injuries come from four common mistakes. You can avoid all four.

Lifting is safe when you do it properly. Many injuries come from four common mistakes.

Starting too heavy

Muscles get stronger faster than tendons. Give them time. Pick a weight you can lift with two or three reps left in the tank.

Adding weight too soon

Get the movement right while it is light. Then add weight.

Skipping the warm-up

Take five minutes. A little easy cardio, then two or three lighter sets of your first exercise. Long stretching is not a warm-up.

Never easing off

Take an easier week now and then: half the sets, a bit lighter. It lets your body catch up.

One more thing

Film a set from the side. Most mistakes are easy to see. Not sure how a move should look? See Exercise videos.

SOURCES

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