



STRENGTH TRAINING

Exercise comes in many forms and it is important to have a variety of healthy practices to create a well-defined wellness program.

Strength training has many benefits, including increased metabolism, and improved bone density. Members may also gain flexibility and improve range of motion by continuously stretching and stressing the muscles.

Strength training, although usually associated with the lifting of weights can also be achieved through resistance workouts. Cable and free weights use gravity to create the tension during muscle constriction. Resistance training, on the other hand, can be achieved with bands and equipment that uses your own strength to create tension. This is a very safe way to start a new program or rehab from a previous injury or surgery.

In our weight room, you will find cable machines, dumb bells and bar bells. These pieces of equipment may initially seem intimidating to the new member. It is for this reason our personnel want to help you set up your routine. We work with all members who are new to weight training to help them understand proper lifting techniques, learn exercises the will benefit them and share safety tips. Our intent is to make you comfortable with the weight room and ensure you get the most benefit out of your workout!

Many times we find that individuals need external motivation. Tri Fitness also offers many classes that incorporate conditioning and strength training in a fun, energetic environment.

Tri Fitness encourages all patients who are completing their rehabilitation to continue their exercise regiment to ensure their progress is maintained.

There are many options. We can help you sort it all out. **Start today!**