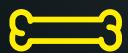
EFFECTS OF STRENGTH TRAINING



Scorch Calories

Lifting weights boosts your resting metabolism allowing you to burn calories even hours after your workout.



Prevents Injury

With stronger muscles comes stronger ligaments and tendons too, lessoning the possibility of tears and injuries in other sports.



Resilient Bones

Prevents the natural decline in muscle and bone density, decreasing your risk of fractures and osteoporosis that come with age.



Mood Boosting

Feel good endorphins are released during and after training, immediately increasing your overall mood.



Maximise Energy

Enables your body to function at its peak by adapting with deeper sleep cycles and an enhanced metabolism getting the most energy out of your food.



Peak Performance

Increases your ability to generate power by working fast-twitch muscles, making you more agile in other sports.