

5 BEGINNER GOALS FOR RESISTANCE TRAINING

STABILIZATION

Resistance training assists in the development of good stability around the joints and sufficient muscular endurance to produce good movement with a healthy range of motion.



MUSCULAR ENDURANCE



This increases your capacity to generate and sustain force over extended durations, promoting prolonged performance and resilience during physical activities.

HYPERTROPHY

Resistance training leads to the augmentation of muscle mass, fostering noticeable increases in muscular size and volume.



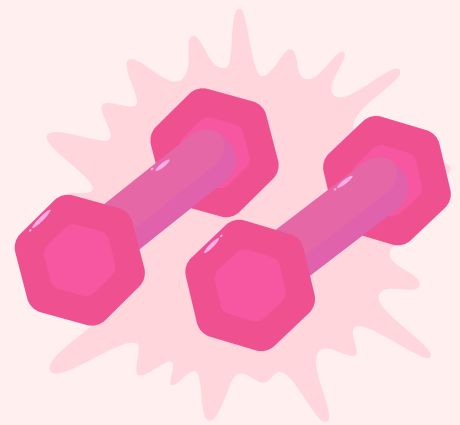
STRENGTH



Adding resistance training into your routine can increase the ability of your muscles to overcome external force can lead to lifting progressively heavier loads.

POWER

The ability to produce the greatest possible force in the shortest amount of time (explosive movement) is enhanced by resistance training.



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This article is adapted from: Mahaffey K. Resistance training exercises & concepts you should use. National Academy of Sports Medicine (NASM). Accessed April 5, 2024. <https://blog.nasm.org/resistance-training>.

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