

Like

FitLifeBalance

Yoga and Strength Training Works



For several years I battled as to whether I was a Yoga Teacher or an Exercise Coach, somehow believing that I couldn't be both.

My own training and practice jumped around in much the same way. Skipping from Yoga to Strength Training and back again, I was never entirely happy with where I landed.

Today I am sold on the fact that these two disciplines compliment each other perfectly, and wanted to share with you some of the benefits you might experience by bringing Strength Training and Yoga into your life.

Stiffness

Have you ever noticed that during extended periods of gym work, your body feels stiffer, you notice more clicks and cracks, and you have reduced range of movement? Regular Yoga stretches, interspersed between your training sessions, can be a great way of avoiding these sensations.

Injury

Do you find yourself constantly plagued by injury as you go about your training sessions? Yoga helps to lengthen out your muscles, which in a strength training session are often being put repetitively through the same short-range lifts. Yoga also improves the range of motion at a joint and balances out the single plane of motion lifts that strength training involves.

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Stress

Are you living in a high state of stress? Continually pushing your body to the next level, with a vigorous strength training session, which might in fact add to this stress, all be it in a controlled way. Yoga has been scientifically proven to rid the body of unwanted stress and have you feeling more relaxed.

Muscle Shape

If you are someone who struggles to put on weight, who is particularly thin and who would like to develop some muscle size, there will come a point where a strength training programme is the way forward. Yoga will be enough to do this Initially, but after a while, your strength gains will plateau unless you start adding additional weight to your movements.

Recovery

Yoga helps hugely in the recovery of muscles following a Strength Training session, meaning that not only will your next training session be more productive, but your body will feel so much better in-between.

Let me know how you go

So, who's for being able to get stronger and move better?

I would love to hear how you get on combining this incredible blend of Yoga and Strength Training

Feel free to message me on Facebook, contact me [via my website](#) or email me at lisa.fairclough.com

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