



# **Strength Training Machine:How To Stay Motivated At Strength Training With & Without A Strength Training Machine**

*Jason Scotts*

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Strength training is one of the most important aspects of any fitness program. You should be involved in a strength-training program if you have any of the following goals: - Weight loss - Better overall fitness - More strength and muscle tone - Improved performance at sports or other activities - Better bone health All of the above can be gained by incorporating strength training into your every day life. The types of people who use strength training have changed somewhat over the years. It's not only young males interested in sports or bodybuilding but people from all ages, of both sexes wanting to achieve a whole manner of different goals. Whatever your reasons for including strength training into your program you can guarantee the following benefits: Speed Up Your Metabolism Strength training has been shown to speed up your metabolism more effectively than any other form of exercise, such as aerobics or cardiovascular exercise. This doesn't mean you shouldn't do these types of exercise though. However, if you want to lose weight you should realize lifting weights or doing some other form of strength training is vital to your success! Weight loss is only one potential benefit of strength training.

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