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### Training for Muscular Strength

Exercise is a medicine and resistance training in particular is one of the most important medicine in controlling certain types of diseases, i.e., obesity, joint pains, muscle weakness, neuro-muscular coordination, etc. Muscular strength is an important component of fitness that is necessary for best possible health and to maintain quality of life. Playing with weights is very beneficial and can help us throughout the aging process. As we age, our muscles become weaker and our risk of developing health issues increases. Strength training boost-up our metabolism, causing us to burn more calories hours after the training session. The term muscular strength includes a variety of training modalities, including body weight exercises, elastic bands, plyometric exercises for (upper and lower body), multi machines, free weight machines and hydraulic machines (Kaukab Azeem, 2013). Muscular strength refers to the amount of force a muscle can produce with a single maximal effort. Size of muscle cells and the ability of nerves to activate them are related to muscle strength, (Jennifer R. Scott, Dec 2014). (Kaukab Azeem, 2014) investigate an study on untrained males, for 12 weeks, 2 days TR, 2 sets x 5 exercises for upper body, and improved from pre to post test by percentages; . High pulley 67%, Incline chest press 58%, Sitting shoulder press 65.47, Sitting triceps extensions 58.63, Preacher curls 65.56 respectively. Benefits of resistance training: Positive effect on 640+ muscles, Improves muscles tone and burn more calories 24hrs in a day, even during rest or sleep, Decreases resting blood pressure, Increases blood level cholesterol (good cholesterol), Increases the efficiency of heart, Improves personality, Improves body composition, Prevents injuries, Improves performance in physical activities. There are various types of training and each type of training is unique in changing body composition, increasing strength, increasing power, increasing motor performance, and hypertrophy of the muscles. Training is advised as per the level of an individual and purpose of the goal. Moreover training is based on the frequency, volume and intensity which are one of the important aspects of the training.

**Key words:** Fitness, Health, Strength, Training

### Biography

Kaukab Azeem is currently a Faculty at King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia. He has strong expertise in lecturing fitness/ health education, nutrition, sport activities, weight training, and other health & physical education courses. He has produced many outstanding bodybuilders of national and international reputation, trained many top sportsmen as a fitness coach. He has strong background in fitness & bodybuilding as a former bodybuilder and was an International fitness & bodybuilding (AFBF) Coach/Judge & a university chief coach. His research work has a focus on strength training, aerobics, fitness performance, and changes in body composition. He is also serving as a supervisor for students MPhil and PhD program. He has published numerous papers in scientific journals, and also attended more than 30 international conferences around the globe including pre-Olympic congress in China 2008 and London 2012.

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