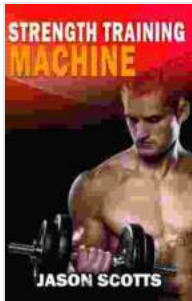


# How to Stay Motivated to Strength Train Without Losing Steam



## Strength Training Machine:How To Stay Motivated At Strength Training With & Without A Strength Training Machine by Jason Scotts

★★★★☆ 4.1 out of 5

Language : English  
File size : 125 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 52 pages



Strength training is one of the best things you can do for your overall health and fitness. It can help you build muscle, burn fat, improve your balance and coordination, and reduce your risk of chronic diseases like heart disease, stroke, and diabetes. But staying motivated to strength train can be difficult, especially if you're new to it or if you've hit a plateau.

If you're struggling to stay motivated to strength train, don't worry. You're not alone. Here are some tips to help you get back on track and reach your fitness goals:

### 1. Set realistic goals

One of the biggest reasons people get discouraged with strength training is because they set unrealistic goals for themselves. If you're new to strength

training, don't expect to be able to lift heavy weights right away. Start with a weight that is challenging but achievable, and gradually increase the weight as you get stronger.

## **2. Find an activity you enjoy**

If you don't enjoy strength training, you're less likely to stick with it. There are many different ways to strength train, so find an activity that you find fun and challenging. If you like working out with a group, try a strength training class. If you prefer to work out on your own, there are many bodyweight exercises that you can do at home.

## **3. Make it a habit**

The key to staying motivated to strength train is to make it a habit. Schedule time for strength training in your week, and stick to it. Even if you don't feel like working out, force yourself to do it. Once you get started, you'll be glad you did.

## **4. Set small goals**

Don't try to do too much too soon. If you're just starting out, set small goals for yourself. For example, you could aim to strength train for 30 minutes, three times per week. As you get stronger, you can gradually increase the duration and intensity of your workouts.

## **5. Find a support system**

Having a support system can help you stay motivated to strength train. Join a gym or fitness class, or find a friend or family member who is also interested in strength training. Having someone to work out with can help you stay accountable and motivated.

## 6. Reward yourself

Reward yourself for reaching your goals. When you reach a milestone, such as lifting a certain amount of weight or completing a certain number of workouts, reward yourself with something you enjoy. This will help you stay motivated and make strength training more enjoyable.

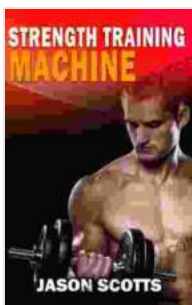
## 7. Don't be afraid to take breaks

It's important to listen to your body and take breaks when you need them. If you're feeling tired or sore, don't push yourself too hard. Take a few days off from strength training and come back when you're feeling refreshed.

## 8. Stay positive

Staying motivated to strength train can be difficult, but it's important to stay positive. Don't get discouraged if you have a setback. Just pick yourself up and keep going. With time and effort, you will reach your fitness goals.

Strength training is a great way to improve your overall health and fitness. By following these tips, you can stay motivated and reach your fitness goals.



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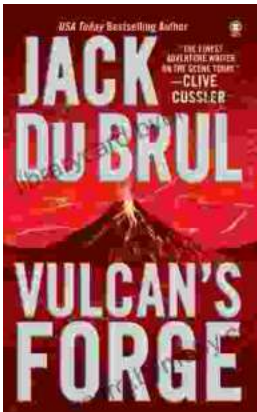
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