




# BENEFITS OF STRENGTH TRAINING

- 
- It can provide significant functional benefits and improvement in overall health and well-being.
  - It also increases bone, muscle, tendon, and ligament strength and toughness.
  - It improves joint function
  - It reduces potential for injury, increases bone density, increases metabolism, increases fitness and improves cardiac function.

# The Basics Of Strength Training

**Liyong Dong**



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