

Title:

Should you use weights when you go to the gym?

Word Count:

316

Summary:

In any gym, you are going to find that the main features are two things: weights and weight ma

Keywords:

gym, weights, treadmill

Article Body:

In any gym, you are going to find that the main features are two things: weights and weight ma

The simplest way to weight train is to simply get the weights and lift them up, crouching down

However, this kind of exercise tends to only exercise the same few muscles of your body over a

Weight machines work in all sorts of different ways, but generally use either fluid or springs

Each different weight machine is designed to train a different set of muscles in your body, wh

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