



TYPICAL MISTAKES IN BODYBUILDING TRAINING ROUTINE

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Abstract

Each phase of bodybuilding training has some classical temptations and nobody is protected to mistakes. This article highlights the most frequent typical errors of bodybuilding practice, according to each level of performance, considering that the sooner these errors are recognized the sooner can be corrected.

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JEL classification: *I0, I00*

1. Introduction

A quote says that knowledge is power. In our case this means that more we know about bodybuilding training routine, the more likely chances are to succeed in reaching the personal goals..

The reverse is true as well. Research shows that one of the main reasons why people don't achieve their program goals is that they don't know what exactly they should do in gym. There are many ways to achieve the personal goals, but there are just as many (or maybe even more) pitfalls that can collapse the progress, because of bad technique, injury or lack of motivation.

Everybody in bodybuilding (the list starts with the beginners and is finished with the professionals) makes mistakes, mostly because a lack of knowledge. So it's obviously recommended to don't start any program without first gathering a bit of information about common mistakes could be done in gym. Because the quest for optimal training is life-long, it's essential to understand the basics from the beginning. These training mistakes are common to all level of performance, so anyone who would be able to recognize them could be a much smarter, happier and successful.

The tables of the most common blunders, classified according to the level of bodybuilders, could look like this:

Beginner's mistakes:

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| 1 | Doing too much and too fast |
| 2 | Adopting someone else's training program |
| 3 | Using too many isolation type exercises |

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*Intermediate's mistakes:*

| | |
|---|--|
| 1 | Practising with only one version of the movement |
| 2 | Keeping the same training program for long time |
| 3 | Having no flexibility for the rest period |

Advanced's mistakes:

| | |
|---|----------------------------|
| 1 | Ignoring the training plan |
| 2 | Ignoring the pains |
| 3 | Working out alone |

2. Content

Beginners – with the right approach in the beginning period the bodybuilders can achieve the fastest gains of their career, therefore it worth to make the most of this early period. Avoiding of this three mistakes is one of the keys to reach the goals of this level:

1. Doing too much and too fast – the main goal of a beginner is to build muscle (Manescu, C.O., 2013) but because of the typical enthusiasm at that period this can be very easy converted in a failure. If the bodybuilder spend more than 70-80 minutes of training in the gym each day, the training can quickly turn counterproductive, leaving him exhausted and disapointed. When the workout goes over the 50th minute the body starts producing bigger amounts of the catabolic hormone cortisol (Bompa, T., 2001). A certain amount of this is normal, but practising too much and too often will destroy the muscles tissue, negating all the good work done before. When the bodybuilder get more experienced, the capacity for hard work will definitely rise, but until then it's important to stay within this limits. Theory says to work out for no more than 45-60 minutes total, and no more than 30 minutes for a given body part. Nobody can maintain the intensity of a hard training session when the fatigue level is high, and there's no benefit to try this. Science actually proved that the muscle cells are damaged during training, but the growth occurs during the recovery period.

2. Adopting someone else's training program – this is one of the most common and frequent mistakes of the beginners. Most of them, having a lack of knowledges, think that the receipe of succes is to do what professionals are doing. There is nothing more wrong than this, because professionals don't come up with their routines accidentally. Through years of trial and error, they've discovered what moves work best for them. Their routines reflect a preference for some kind of equipment over others (dumbbells versus barbells, for instance), or an attempt to target weak and lagging areas. The program of professionals also reflect the amount of time they have available, their recuperative abilities and nutritional support, all of which vary based on individual circumstance. In addition, the large



volume of exercises, sets, repetitions in their plans reflects their advanced status, something a beginner should never try to copy. Theory says that working out program must be as individual as fingerprint is (Weider, J., 1991).

3. Using too many isolations (single-joint) type exercises – a top of beginner's wishes includes big biceps and chest muscles but their training program should be focus to build a foundation of strength and muscularity with classic movements like squats, deadlifts, presses and pushes. These compound exercises help to build muscles all over the body, because they demand that many muscle groups work in coordination. In addition, beginners can lift heavier weights when they do compound exercises (also called multi-joint) over single-joint moves. In response, the body experiences a greater natural hormonal reaction (testosterone and growth hormone) from heavy compound moves versus lighter-weight isolation exercises. One more benefit is that compound exercises help to develop better symmetry of body muscles.

Intermediates – the problem of the intermediates is that in many cases they got stuck in the same routine, so they can't have any progress for months or years. Doing the same old program usually means same old results. To this level the workout shouldn't be followed to the letter but must be a guarantee that it keeps moving forward the progress gained at the first stage. The top three common mistakes of intermediates are:

1. Practising with only one version of movement – is a typical mistake that stops growth because the muscle is stimulated from a single angle. A solid base of muscularity means to know how to perform the correct moves, but once the base is formed is becoming important to experience the full range of variations of classic movements. This means to train the target muscle at slightly different angles, all these variations stimulating other fibers and helping to build a thicker and denser muscle that later will bring more strength, size and balance. The most obvious way to grow is by mastering barbell, dumbbell, cables or machine moves. Some exercises can be done on every one of these implements, each providing a slightly different growth stimulus.

2. Keeping the same training program for long time – this is other common mistake of intermediates, mainly caused by the fact that everybody has their favorite exercises. Priority for preferences could be ok until a point, but the moment of not getting results means necessity to make changes. This could be exercise selection, but it could also be exercise order, sets, repetitions, weight, intensity technique or even the overall plan of the training. Instituting these changes to the workout has the added benefit that it helps keep the mentally fresh as well.

3. Having no flexibility for the rest period – is a mistake that shouldn't be ignored. Many intermediate bodybuilders take either a 1,5 minute or a 2 minute break between sets, and over time they keep the same guideline. But there are a



number of reasons why the rest periods should be adjusted depending on the circumstances. Some examples could be: to rest longer for a more complete recovery at the beginning of the workout when there are heaviest sets; to rest longer when program requests back or leg focused work to allow the breathing and heart rate to return to normal; to rest shorter toward the end of the workout, when is training for a muscle pump rather than strength; to rest significantly shorter on smaller body parts like arms, abdomen, or calves, which tend to recover more quickly; to rest shorter to implement advanced techniques like supersets or rest-pause, which can encourage superior muscle gains.

Advanced – if for beginners and sometimes maybe even for some intermediates the gains come relatively quickly, when somebody is training for longer time then more difficult the progress is coming. Switching up exercises or rearranging the training program can help for a while, but many advanced lifters find they have no choice but to entirely rethink their approach.

1. Ignoring the training plan – one of the Weider's training principles is the so called "listening to body principle". That means sometimes the advanced bodybuilders can simply train giving priority to the muscles they felt to train in that moment. Unfortunately this can become very easy a trap, being one of the mistakes of advanced level athletes. Listening to the body becomes more important the more advanced bodybuilder become. Rather than worrying about repetitions and sets all the time he will be focus instead on feeling the muscle work and generating a pump.

2. Ignoring the pains – along daily heavy weights liftings, the advanced bodybuilders also know about sore joints and diferent type of aches. The repetitive nature of bodybuilding makes such nuisances a matter of everyday life. The longer and heavier a bodybuilder train, the more common these occurrences become. That means that all the things skipped as a beginner, including warming up or stretching exercises, become even more critical when is necessary to lift relatively pain-free for years to come. In addition, the advanced bodybuilder must know the difference between "good" and "bad" pain, when to pull back, and when to push through. Joint aches related to repetitive motion are common, and they can get much worse if there are not treated properly. Ignoring this kind of pains is a frequent mistake of the advanced bodybuilders, so they run the risk of setting the training back a month or two in order to rest after an injury.

3. Working out alone – the last mistake of advanced bodybuilders is to work out alone. Researches confirms that in the presence of another person, weightlifters have the ability to push more weight or do more repetitions than likely alone. A responsive and motivating lifting partner can push well to pass the previous limits and help to make gains that otherwise wouldn't be achieved. Having a partner is priceless on the heaviest sets when is necessary a watchful eye to spot the execution, and especially when attempt advanced training techniques such as forced repetitions, rest pause, dropsets, or negatives. The toolbox of exercises and



advanced training techniques increases exponentially with a solid training partner.

3. Conclusions

There are some counterproductive workout habits and behaviors in which many unknowingly partake of on a daily basis, things that people have been doing wrong for years but simply never took the time to examine in details. These are typical mistakes that anyone can make them in the gym, mistakes that can finally lead to a frustrating lack of progress. They are very common to all level of performance, but simple attention to some details could make anyone to be able to recognize them and to avoid to fail.

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