

WHY SHOULD WE NEVER SKIP LEG DAY

IT WILL HELP WITH YOUR BALANCE



Balance is important so that your body stays steady as you walk, sit, run, and do other physically demanding activities. To improve our stability, core work and straightening are fundamental.

The best way to build a strong foundation for your overall body coordination and mechanics is to prioritize compound leg exercises such as squats, deadlifts, or any primary movement that involves strengthening your body as a whole.

YOUR BACK WILL FEEL BETTER

Leg days not only allow us to strengthen our lower body muscles, they also let us stretch muscles that have tightened over time. Our back experiences a lot of muscle pain every day because of improper posture. Without thinking about it, we use the wrong posture while sitting on our chairs, lifting our backpacks, and even just using our smartphones. While we do this, our hip flexors eventually tighten to the point that your spine begins to hurt.

Hip flexors matter because those muscles near the top of your thighs are responsible for all lower body movement. During leg day, you can make your spine stop hurting by doing different hip flexor stretches. A bad back can make working out, even at the best gym in the Philippines, very painful and leave you injured.



EVERYDAY TASKS BECOMES EASIER



Your legs, butt, and thighs are some of the strongest muscles in your body. When we carry heavy loads at home, we don't use our back because it would lead to injury. Instead, we do a lot of lifting and squatting with our lower body. Strengthening our lower body will not only help make working out less painful, it will also make our everyday tasks easier to do as well.

IT WILL LOWER THE RISK OF HAMSTRING-RELATED INJURIES

Hamstring injuries are some of the most common injuries people receive while working out at a gym in Manila. This comes from them not exercising this muscle enough since it can be hard to target. But every good athlete needs to really focus on developing their hamstrings because this muscle is more prone to injury.

Leg days are the best time to give your all to your hamstrings. During those days, dedicate a space in your routine to:

- ☑ Leg curls
- ☑ Roman deadlifts
- ☑ Squatting on a Smith machine



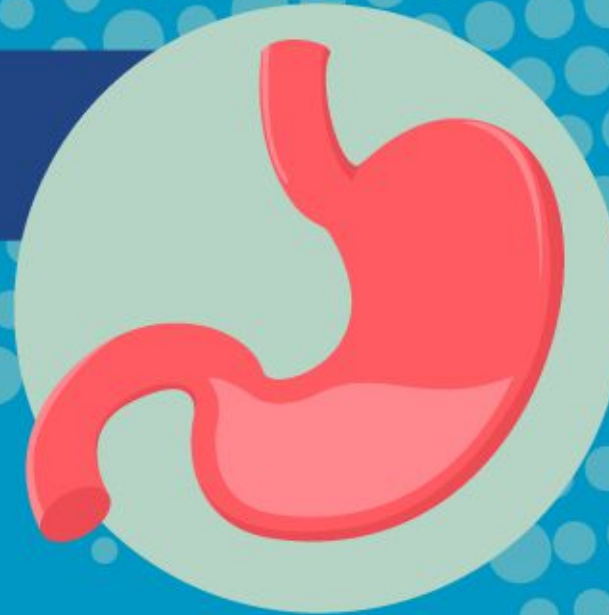
YOUR BODY WILL BECOME MORE FLEXIBLE



As an athlete, expanding your flexibility is super important. Flexibility gives you a wider range of motion, reduces the stiffness in your joints, and improves your performance. During leg day, increase your flexibility by doing exercise such as lateral shuffling at a gym in Manila.

YOUR METABOLISM INCREASES

If you're on a weight-loss journey, a fast metabolism will be your best friend because it can make you lose calories level even outside of the gym. When it comes to speeding up metabolism, some of the most efficient things you can do are strengthening exercises. Because strengthening exercises like the ones you do for leg day increase your body's muscle mass, you will end up burning much more calories.



KEY TAKEAWAY

Regular gym-goers avoid dedicating time to working out their lower body muscles. They think that having a leg day is not necessary, but doing so will hurt their performance in the long run. Not only do leg days keep you in tip-top shape, they also offer a host of benefits. First, your back and hamstrings are protected from muscle pain. Second, your flexibility, balance, and ability to carry things every day improve. Lastly, you can have an easier time maintaining your weight!

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