

## **Significance Of Balanced Resistance Training**

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Daily physical activities and even more so in most sports, humans tend to involve more of his or her dominant side in performing a task. It is a natural biomechanical nature to execute most movement skills in sports on a person's dominant side, which over time leads to an over-development of strength and size of a particular side or site over the opposing pair. The issue can be clearly seen in sports like tennis and badminton to name a few. Resistance training (RT) has been recognized to be of paramount importance to check this problem especially at the preventive stage. Correct manipulation of the associated training variables, and especially choosing the correct exercise will help develop a strong and balanced body. Of importance is to ensure the correct ratio of strength between agonist(s) to antagonist(s) and synergist(s), correct ratio of strength between all the body parts, and for the body to have a symmetrically balanced size, not just for esthetic value but more important, for prevention of injuries and to maximize performance potential.