

Should Women Strength Train

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=P1_W4HG62ZU](https://www.youtube.com/watch?v=P1_W4HG62ZU)
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SUMMARY

The discussion focuses on the importance of strength training alongside yoga, particularly for women, who often believe yoga alone is insufficient for building strength. The speakers emphasize a gradual approach to strength training to avoid injury and ensure sustainability.

- *There is a growing belief that yoga alone may not build sufficient strength, especially for women.*
- *Strength training is important and can be integrated with yoga practices.*
- *Certain yoga poses, like Surya Namaskar, can help build strength effectively.*
- *A gradual approach to strength training is recommended to prevent pain and injury.*
- *Many beginners experience discomfort when starting strength training, leading to discouragement.*
- *Starting with simple and slow exercises can help build a sustainable routine.*

Speaker 1: you know there also seeing this whole crisis of you know people loving yoga, but people believing that yoga is not going to help you build mass, then, then all of that and you need especially for women, because that is such a big market for you and a woman needs to do more strength training in all of that so do you try to include that

Speaker 2: do that we already do that and

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super strength bad, but yes what I agree to is that strength training is important, sometimes with it is easier so I'm not against that, but I am saying that a lot of

Speaker 2: times when you start strength training on day, one day to their so much pain that you can continue so it's always a good idea to start gradually with a slow, something and do less and then gradually increase and do more this is what the problem is a lot of times when you say that strength training
1, 2, 3 to it's

Speaker 2: always a good idea to keep it simple and slow and then gradually increased

Speaker 1: amazing