Pushing too hard in the gym could lead to serious consequences

Video

Audio

Pushing yourself past your limit while doing endurance training or excessive weightlifting may make you feel a sense of accomplishment. However, doing so can lead to a serious condition called rhabdomyolysis.

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"Typically, in the strength training adaptation phase, you do create a little bit of injury to the muscle. Rhabdo happens when you create more injury to the muscle than your body can adapt to.

And when a muscle is severely damaged, its fibers may break down and leak a protein into the bloodstream.

"Rhabdo can cause kidney failure. It can cause multiorgan system failure. And it can become a big cascade where people can get really, really sick and people can even die from rhabdo."

To prevent rhabdomyolysis, take a gradual approach to training and listen to your body.

"If you feel like, 'I can't do another burpee,' then it's probably time to stop."

For the Mayo Clinic News Network, I'm DeeDee Stiepan.