

Mayo Clinic Minute: Pushing too hard in the gym could lead to serious consequences

Video	Audio
	<p>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.</p>
<p>Chad Asplund, M.D. Sports Medicine Mayo Clinic</p>	<p>"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.</p>
	<p>And when a muscle is severely damaged, its fibers may break down and leak a protein into the bloodstream.</p>
	<p>"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."</p>
	<p>To prevent rhabdomyolysis, take a gradual approach to training and listen to your body.</p>
	<p>"If you feel like, 'I can't do another burpee,' then it's probably time to stop."</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>