

# **“Introduction to Basic Strength Training”**

## **Why do people workout?**

1. To improve personal appearance.
2. To improve physical abilities.
3. To prevent injuries.
4. **To develop and maintain a healthy mind and body.**

## **Why is strength training so important?**

Muscles perform three important functions through contraction: (1) motion, (2) posture, (3) heat production.

1. **Motion** – Movements are associated with muscles, joints and bones. When these components are strong, they are less prone to injuries and have a better ability to recover from injuries. Also, there is improvement in endurance and the muscle does not become fatigued as easily.
2. **Posture** – The muscles contract to hold the body in an upright position while sitting and standing. The effect of this activity is called posture. Muscles provide for the shape of the body. Good posture facilitates healthy function of internal organs.
3. **Heat Production** – When muscles contract, heat is produced. The body needs heat to survive and this heat production requires energy. Muscle metabolism is a good method for burning excess fat. The more muscle an individual has, the more fat he or she can burn.

## **What is the minimum amount of time involved in strength training for wellness?**

30 minutes three times a week.

## **How much minimum time is needed for other exercises for total wellness?**

Flexibility – 10 / 15 minutes 3 times a week.  
Cardio – 20 / 30 minutes 3 times a week.

## **How much time a week is needed for a total wellness?**

Between 3 / 5 hours a week is all the time needed.

## **What does preventive medicine include?**

Exercise – Cardio Vascular / Aerobics  
Strength  
Flexibility  
Nutrition – Balanced Diet  
Education - People need to understand what preventive medicine is and why they need to exercise and watch what they eat.

## **How do you start your strength training program?**

1. Start your program with one set of 10 to 12 repetitions per exercise.
2. To determine the amount of weight to start with, begin with a very light weight. You should be able to perform the exercise very easily with the weight you have selected.
3. The goal of the first is to learn to perform the exercises correctly.
4. At the second session you can start to add more weight to each exercise.
5. By the fourth session your body should be ready to accept the stress of an optimal workout. This means that by the time you have completed the sixth rep of each exercise the muscles should start to become tired and by the eighth to twelfth rep the muscles should be fatigued (cannot do another rep safely). If you can complete more reps without fatigue, more weight needs to be added.
6. After the third or fourth week you will need to add more weight to most of the exercises. Now you need to make a decision of (1) add more weight or (2) stay at the same weight and add another set.
7. It is suggested that you add another set when you are fatiguing at 11 to 12 reps.

### What is a key to a successful strength training program?

One of the keys to a successful program is keeping accurate records. This is necessary to monitor progress toward individual goals.

### What are strength training guidelines?

1. Always warm up and cool down with stretching exercises.
2. Lift with your back flat to avoid injuries.
3. Never lower a weight faster than you can control the movement.
4. Do not take rapid breaths during or prior to lifting.
5. Never hold your breath.
6. **Never talk or distract a person while lifting weights.**
7. Train with a partner for safety and encouragement.
8. Never work out every day using the same muscles.
9. Use correct technique when lifting weights.
10. Train, don't strain.
11. Set goals and maintain records.
12. **Training hard is not nearly as important as training intelligently and consistently.**

### How should you breathe when you are working out – strength training?

1. The breath should never be held for a prolonged period of time when lifting weights.
2. Inhale during the movement in which the weights are lowered (negative contraction).
3. Exhale during the movement in which the weights are being lifted (positive contraction).
4. Avoid taking rapid breaths during or prior to lifting.
5. In most cases breathing naturally on demand as the intensity of the exercise increases will create the desired rhythm.

***“If you don't make time for **WELLNESS** you will have to make time for **ILLNESS**”***

***“GOOD HEALTH IS YOUR CHOICE”***