

## **Strength Training 101**

- Warm-up 5 to 10 minutes at the start of each workout, lighter resistance.
- Always exhale when exerting force.
- Build-up to 2 to 3 sets for each muscle group
- Rest for at least 30 seconds to 2 minutes between each set.
- Concentrate more on form and technique, than weight.
- Always stretch and cool-down at end of each workout.
- Get an ok from a physician before starting any exercise program.
- Make sure to have fun!

## **Signs of Overtraining**

- Decreased performance
- Loss of coordination
- Prolonged recovery
- Elevated morning
- Elevated heart rate
- Headaches
- Loss of appetite
- Muscle soreness and tenderness
- Gastrointestinal disturbances
- Decreased ability to ward off infection
- Increased incidence of musculoskeletal injuries
- Disturbed sleep patterns

## **Benefits of Strength Training**

- Builds muscle
- Burns body fat
- Improved sleep patterns
- Improved (lower) resting heart rate
- Improved flexibility
- Improved glucose tolerance and insulin sensitivity
- Improved strength, balance, and functional ability in older adults
- Increased metabolism, energy & endurance
- Increased muscular strength
- Increased relaxation
- Increased body density
- Increased weight loss
- Positive changes in blood cholesterol
- Potentially decreases resting systolic and diastolic blood pressure
- Decreases risk of heart attack, stroke, diabetes, or cancer
- Promotes lean body mass
- Reduced injuries
- Reduced soreness

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- Reduced stress

### **Types of Strength Training Exercises**

- Calisthenics (push ups, crunches, pull ups)
- Free Weights
- Machines
- Tubing and Bands

### **Core Training**

- “Core” represents the central part of the body, the torso and hips.
- Core is the powerhouse of the body.
- Even though the abdominal muscles are an important part of the core, core training is not about abdominal conditioning.
- The abdominals should never be totally isolated in training because they are never totally isolated in movement.
- Abdominal muscles work in coordination with hip muscles and back muscles during activity.

**Basic Training:** choose 3 aerobic exercises, 3-5 days per week for functional exercises and 2-3 non-consecutive strength training days (for week 9+).

**Beginners:** choose 3 alternate days per week for strength training, 6 days for functional exercises and 6 days per week for aerobic. Your 6th day will be a double aerobic day.

**Intermediates:** choose 3 alternate days per week for strength training, 6 days for functional exercises and 6 days per week for aerobic. Your 6th day will be a double aerobic day.

**Advanced:** choose 3 or 4 alternate days per week (depending on the first day you select) for strength training, 6 days for functional exercises and 6 days per week for aerobic. Your 6th day will be a double aerobic day.