



Strength training

Please check with your doctor before starting any exercise program.

Some tips to start...

- Be sure to warm up for at least a few minutes so that you avoid injury or muscle cramping.
- Each exercise movement is called a repetition and repetitions performed a specific number of times is a set. For example, you could perform one push-up movement (repetition) and perform 12 push-ups to complete one set.
- Use more repetitions of lower weight in a set if you would like to burn fat, or fewer repetitions of higher weight if you want to gain muscle.
- Repetitions should be completed at a steady and controlled pace.
- There should be rest time between each set; between 30-90 seconds is average.
- If you are using a gym, you can try using the machines- they often have guides located on them that will show you exercises you can do. You can also ask one of the staff there to teach you, they are trained and can support you.
- Start with a low amount of weight and work your way up to avoid injury, learn the basics and use good form.
- Give muscle groups at least a day in-between training to rest.
- Remember to drink plenty of water and give your body a rest day after strength training.

Here are some exercises that you can perform for strength

- **Back:** seated row machine, lat pull downs, dumbbell rows
- **Chest:** push-ups, bench press, pec deck machine
- **Biceps:** bicep curls, concentration curls, hammer curls
- **Triceps:** tricep extensions, dips, dumbbell kickbacks
- **Shoulders:** dumbbell presses, lateral raises, side raises
- **Lower Body:** squats, leg press, calf raises, leg extensions, leg curls
- **Abdominals:** crunches, reverse crunches, pelvic twists, oblique twists

