



Resistance Training

Resistance training can be intimidating, especially for a beginner. The more equipped you are with knowing the basics of weight training, the more confident you will be with starting your program. Gaining muscle does not have to take hours of working out in the gym. If you maximize your time, you can work out for as little as 30 minutes per session and still get the results you are looking for!

Benefits

- Increase strength
- Tone muscles
- Decrease fat
- Decrease muscle loss (due to aging or inactivity)
- Improve quality of life
- Strengthen bones

Major Muscle Groups

- Chest (pectoralis)
- Back (latissimus dorsi, trapezius and rhomboids)
- Front of arm (biceps)
- Back of arm (triceps)
- Shoulders (deltoids)
- Abdominals and obliques
- Front of thigh (quadriceps)
- Back of thigh (hamstrings)
- Calves (gastrocnemius)

Getting Started

1. For the first 4-6 weeks of training, choose a weight that will allow you to complete 12-15 repetitions with minimal fatigue.
2. Start with large muscle groups first.
3. Lift the weights slowly to maximize the effectiveness and decrease risk for injury. Your muscles and their stabilizers (tendons and ligaments) need to adapt to the training.
4. Make sure to use proper form and technique for the exercise. If you cannot use the correct form while lifting a weight, chances are, the weight is too heavy!
5. There is plenty of time to increase weight in the future. Your body will benefit more when you lift weights correctly.

Progressing

Choose a weight or resistance in which you feel fatigue between 8-12 repetitions. If you cannot perform 8 repetitions of an exercise, the resistance is too great and may need to be decreased. If you can perform more than 12 repetitions, the resistance may need to be increased. Adequate resistance is needed for muscles to continue growing. Changing the exercises performed can also enhance muscle growth. Below is a chart that is a good guide for developing a workout routine with correct sets, repetitions, and rest periods to meet your goal.

Goal:	Sets	Repetitions	Resistance (1 rep maximum)	Rest between sets
Health/Fitness	1-3	10-15	60-80%	30-60 secs
Endurance/Body Toning	1-3	15-20	50-60%	30-60 secs
Muscle Size	3-6	8-10	80%	1-3 mins
Strength	3-6	6-8	85%	3-5 mins
Power	3-6	2-4	80-90%	3-6 mins

Machines vs Free Weights

Machines are designed to provide an easy, safe, stable way of isolating muscles during exercise. While this can be beneficial, muscles typically work together to create movement. Isolating muscles during workouts can lead to muscular imbalances over time, leaving the body prone to injury.

Free weights allow you to engage the stabilizing muscles and tendons that may not be trained using weight machines. Free weights also require more energy than machines, which could potentially lead to more calories burned. The downfall of free weights is that proper form may not be used, which can also lead to imbalances and injury.

It may be beneficial for beginners to start with weight machines to learn proper form before using free weights. Weight machines can then still be used to provide variety and challenge for the muscles.

Hypertrophy Workout (Weekly Body Part Split)

Legs

4x10-12 Back Squats
3x20 Weighted Walking Lunges
3x12 each leg Bulgarian Split Squats
3x10 GHR ssw/Stability Ball Tucks
6x10 Weighted Calves
Finish with Abs

Chest & Triceps

4x10-12 Dumbbell Bench Press
3x10 Incline Barbell Bench Press
3x10 Cable Chest Flys
4x10 Push Ups ssw/Stability Ball Pikes
3x12 Tricep Push Ups
3x10 Tricep Pushdowns
Finish with Abs

Body Toning Workout

Warm Up: 5 minute walk or jog

20 Minute Circuit – 3 sets

- Body weight squats – 15 reps
- Forward walking lunges – 15 reps, each leg
- Push-Ups – 15 reps
- Leg/Arm Lift Plank – 15 reps each
- Supermans – 15 reps
- Crunches – 15 reps
- Toe Touches – 15 reps

1 minute rest

Back & Biceps

*4x12 Romanian Deadlifts
*4x10 Chin Ups
*3x12 Dumbbell Bent Over Rows
*3x10 Dumbbell Shrugs ssw/Rope Pull Throughs
*3x10 Bicep Curls
*Finish with Abs

Shoulders

*4x12 Dumbbell Overhead Press
*4x10 Wide Grip Pull Ups ssw/ Push Ups
*3x10 Lateral Raises ssw/Quarter Laterals
*3x10 Rear Delt Flys
*3x10 Cable Face Pulls
*Finish with Abs

Did You Know?

Full body workouts can be just as effective for building muscle as isolating single muscle groups!

These workouts save time as well as boost your metabolism to keep calories burning long after leaving the gym!

Resources

recsports.osu.edu
bodybuilding.com/exercises
exrx.net
acefitness.org/acefit/exercise-by-bodypart