



# STRENGTH TRAINING TIPS & ADVICE

## **HOW DO I FIND MY STARTING WEIGHT WHEN LIFTING?**

Start your strength training exercise with a weight you can lift 8-10 times. Do a set to fatigue, immediately put the pin in the next lighter weight and do another set to fatigue, then do the same thing one more time. If you can do more than 10 reps on any of them, start with a heavier weight next time.

## **ARE RESISTANCE BANDS A GOOD OPTION FOR ME?**

Get on the resistance bandwagon! Resistance bands are easier and more flexible than barbells, dumbbells or even hand weights. Your weight training routine will benefit from adding at least one strength training exercise that uses a resistance band. Try doing squats while pulling on the resistance band wrapped around a doorknob (this weight training exercise strengthens the butt, thighs, back, chest, triceps and biceps).

## **WILL WOMEN GET HUGE BULGING MUSCLES WHEN THEY LIFT?**

Strong women really do stay young...with strength training. Women build up their muscles in response to weight training, but it is usually seen in the form of firmness and muscle definition. Very few women can build huge, bulging muscles through a weight training routine, even if they want to. They don't have the right hormones. But they'll increase their health and fitness levels, and look younger!

## **WHAT IS PROPER BREATHING TECHNIQUE?**

Just breathe! When doing your strength training exercise, always remember to breathe properly. Exhale on the contraction and inhale on the return. Example: in doing arm curls you would exhale as you curl the bar towards your body and inhale as you stretch your arm out, then return the bar back to the starting position. Establish a rhythm during your weight training routine.

## **WHY ARE MY MUSCLES SO SORE?**

In weight training, it happens when you try a new strength training exercise or one you haven't done for a while, or go up in weights too quickly. Avoid it by starting extra light with a new strength training exercise. If you're a beginner suffering from DOMS, it's best to skip a couple days in your weight training program and wait until it clears up before working out. If you're experienced and feel you can handle it, you can do a very light workout.

## **DO I NEED RECOVERY TIME BETWEEN WORKOUTS?**

When you're snoozing after your weight training program, you're actually working out. Your muscles grow when you're resting after your weight training workout, not during the strength training exercise itself. If you don't give yourself enough recovery time, you won't see results. This is why you should schedule your weight training routine so you train a muscle every other day or less often.

## **DO I NEED TO STRETCH AFTER STRENGTH TRAINING?**

Be kind to your body! To avoid strains, sprains, muscle tears, and general soreness while doing your weight training routine, be sure to stretch for at least five minutes. This warm-up will loosen muscles and get the circulation flowing. Try a shoulder rotation and arm rotation (which make your arms and shoulders more flexible for arm shoulder strength training exercise).