

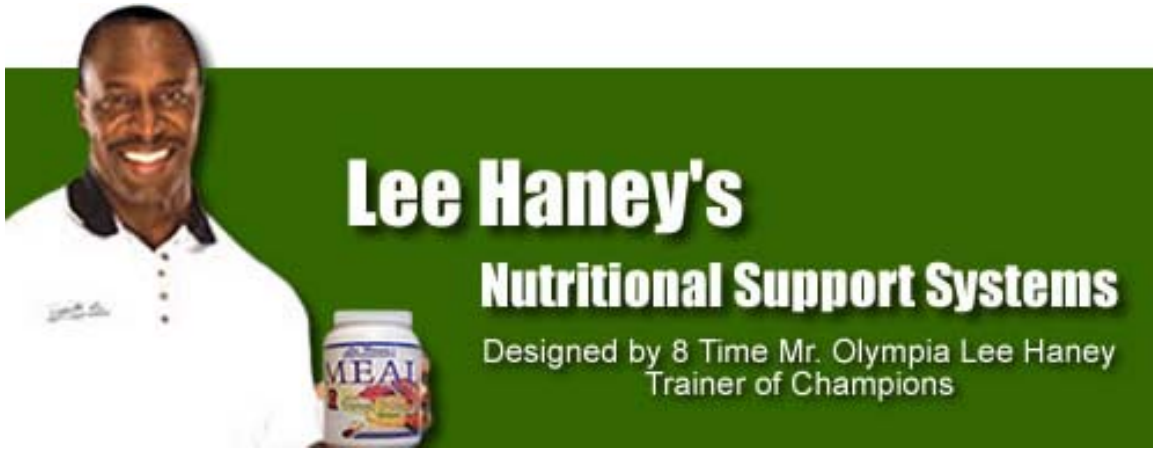


Weight Training Tips

BEFORE GETTING STARTED

The most effective way to train and get into shape is through good preparation and taking all necessary precautions to train safely; especially when lifting free weights.

- I highly recommend consulting your physician prior to beginning any of these training programs.
 - When you begin any training program, be sure to start off with a weight that you can control, one that is not too heavy for you to handle. Always begin with a lighter weight and gradually increase the amount of weight as you progress.
1. Motivation provides the energy needed until success is achieved. Success does not have to mean finishing first, but satisfaction that you've done your best and stayed focused toward your personal goals.
 2. Always warm up properly. This can be done by spending 7-10 minutes on the exercise bike, treadmill, or walking track. Also be careful when stretching. Don't overdo it, especially when the weather is cool.
 3. Muscle responds to resistance and stimulus. It doesn't know the difference between 100 lb. and 400 lb. So train the muscle by using proper form and technique. And keep the ego in check. When performing overhead pressing, rowing, or squatting movements, use a weight belt to protect the lower back.
 4. In order to stimulate muscle mass, basic, explosive training of the muscle groups must be performed. For example, chest-bench press, shoulder-military, biceps-barbell curls, etc. Be mindful that it doesn't take a ton of weight to stimulate a muscle to grow, just the correct stimulus.
 5. Many people use too heavy a weight during an exercise, resulting in imprecise, sloppy form, exercising their egos more than shocking muscles into growth.
 6. It is the quality, not the quantity. Short intense workouts are more beneficial. A constant paced 40-45 minute workout using moderate weight, resting 30-35 seconds or less between sets accomplishes more than the heavy low rep, slow moving 2 hour workouts seen too often in gyms across the country.



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7. It's smart to vary your training routine to keep the muscles stimulated.
8. Recuperation is key to results. Be sure to incorporate balanced rest periods into your training program. Remember training is approximately 25% of your fitness program. Nutrition, supplements, and proper rest are the crucial 75%.
9. It is permissible to miss a workout if you are physically under the weather. However, if you have had a long day, just cut back on the intensity and number of sets. For example, instead of doing four sets per exercise, only do two.
10. Put in perspective the philosophy, "no pain, no gain." The aim should be to train or stimulate, not annihilate. To train in pain could mean over-training or a possible injury.