

NEW TO RESISTANCE TRAINING?

8 THINGS YOU SHOULD KNOW BEFORE YOU START!

1) Sets And Reps

Reps- Repetition of an exercise

Sets-Completing multiple repetitions of an exercise in a row

3-6 sets of 4-10 reps is excellent for muscle growth.

2) Rest

Rest between sets is important for muscle recovery. Resting 30-90 seconds between sets allows for a better workout session.



3) Target Different Muscle Groups

Training a muscle group 2-3 times a week will give the muscle group enough time to recover. Recovery is important as it allows the muscle group to repair and grow.

Month				Year		
Mon	Tue	Wed	Thu	Fri	Sat	Sun

4) Weighted Exercise

Using equipment is an excellent way to build muscle. Dumbbells', Barbells, and Machines are great resistance training equipment that can be found at gyms.



5) Calisthenics

Calisthenics is exercise using bodyweight. Calisthenics can be done anywhere and is completely free. Bodyweight exercises are great for building muscle and endurance.



6) Perform Correct Form

Performing an exercise correctly is important to avoid injury. When not sure of the proper form, search for a video to demonstrate.



7) Start Small

When we first start with an exercise, we want to make sure the exercise is performed correctly, By starting with a small weight load, we can perform the exercise with great form.

8) Progressive Overload

As we workout more, we get stronger. Increase the weight by 5lbs if you can do 2-3 more reps after the final set.

