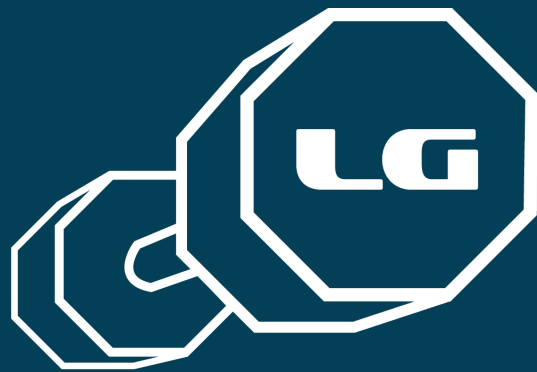# L.G. Fitness' Basic Weight Lifting Guide

RESISTANCE TRAINING FOR EVERYONE

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Benefits of Weight Lifting

- **Strength**--resistance training makes you stronger
- **Increased BMR**--muscle burns calories even at rest
- **Muscle/"Toning"**--muscle mass creates the appearance many men and women want
- **Lower Injury Risk**--strength through full range of motion protects joints and controls movement
- **Improved Aging**--increased bone density, lean mass preservation, lowered fall risk, etc
- **Improved Heart Health**--strength training can improve various heart health markers
- **Increases Insulin Sensitivity**--can reduce blood sugar and make tissues more sensitive to insulin
- **Mobility and Flexibility**--strength training through a full range of motion increases that range
- **Brain Health**--regular exercise can help cognitive function and slow age-related decline
- **Mental Health**--regular exercise helps many conditions, and releases endorphins
- **Self-Image**--strength training can improve appearance, but it also improves appreciation for what your body is capable of doing

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Women and Weights

If you're a woman, you may be worried about lifting weights for various reasons. If you're a man, take notes.

Although women are in the free weight room of the gym more than they used to be, it's still usually more dominated by men, which can be intimidating. Sometimes men even offer unsolicited opinions and "advice" that women don't need or want. If you're a woman, you have the right to be there, to take up space, and to ignore unqualified and unsolicited advice and opinions.

Women are often still told not to lift heavy because they'll get "bulky," and that they should just do cardio to lose weight and get "toned." The truth is, resistance training will do more for that "toned" look than cardio. Although they can still build muscle, women's genetics and hormones limit their ability to put on as much muscle mass as men, so it won't happen by accident.

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Movement Patterns
And Examples

Knee Dominant
- Squat
- Lunge
- Leg Extensions

Hip Dominant
- Deadlift
- Bridge
- Abduction

Vertical Push
- Shoulder Press
- Dips
- Incline Press

Horizontal Push
- Bench Press
- Pushups
- Skullcrushers

Vertical Pull
- Pull/Chin Ups
- Lat Pulldowns
- Bicep Curls

Horizontal Pull
- Bent-Over Row
- Rear Delt Flyes
- Inverted Row

Core Strength/Stability
- Shoulder Taps
- Suitcase Carries
- Dead Bugs
- Planks
- Back Extensions
- Stir-The-Pot

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Creating a Program

Pick a Frequency
How many days a week can you realistically workout?

Use all the Movement Patterns
Try to hit them all through the course of each week, splitting them up however you prefer. You can change which variations you use every 4+ weeks.

Start with the Big Lifts and Then Get Smaller
After warming up, start a workout with a big compound lift like squat, deadlift, bench press, or barbell row. Then do complimentary and unilateral lifts, like split squats or seated cable rows. Finish with accessory lifts, like calf raises or bicep curls.

Use Sets and Repetitions (Reps)
A set is a group of repetitions. A repetition is one whole movement, i.e. one squat. Do 3-5 sets per exercise, with a rest between each set. Use 8-12 reps for most exercises, 3-5 reps if you go really heavy on a big lift, and 10-20 reps for things like core work.

Progressive Overload

Progress is not made by always doing the same thing and never making it more challenging.

Progressive overload is increasing the demands placed on our body during exercise over time, so that we adapt to get stronger and better. While this process becomes much slower and changes are smaller once we've been training for a while, it should never end.

This can be done through many factors, including increasing weight, frequency, volume, or time under tension; improved technique or range of motion; and more. Track your workouts to help you see progress.

When working on increasing weight, pick a weight that is challenging to do. For example, it's hard to finish 3 sets of 8 reps. Once you can do 12 reps at that weight, increase the weight and decrease the reps again.

Never continue a set passed technique failure.

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