

## Strength Training 101

Strength training doesn't need to be scary or overcomplicated!

It really comes down to two things:

**Movement of any weight:** Doing ANY exercise that pushes your muscles outside of their comfort zone, forcing them to rebuild stronger to prepare the next challenge.

**Progressive Overload:** doing slightly more than last time (lift heavier weight or do 1 more rep) consistently. Your muscles will constantly have to adapt and rebuild themselves stronger.

This means if you drop down and do ONE knee push-up right now, technically you've done a strength training workout.

It also means if you then do TWO knee push-ups tomorrow, then you are officially following a strength training routine.

In other words, YOU CAN DO THIS.

Here are a few different types of strength training:

### BODYWEIGHT TRAINING

Bodyweight training is simply doing an exercise in which your own body is the "weight" you are "lifting."

This is the BEST place for anybody – regardless of weight or age – to start their strength training journey.

Why is this the best place to start? Two big reasons:

#1) You always have your body with you (unless you are a ghost, in which case, this is awkward). This means you can work out ANYWHERE with bodyweight training.

#2) Moving your body is the most "human" thing ever! By learning to push and pull and hang and squat and lunge, you are doing what your body is literally designed to do. By getting strong with bodyweight movements, you're making yourself antifragile and less injury prone.

#### Bodyweight Workout (Do 3 Circuits):

- 20 Bodyweight squats
- 10 Push-ups
- 10 Walking lunges (each leg)
- 10 Dumbbell rows (use a milk jug or other weight)
- 15 second Plank
- 30 Jumping jacks

### DUMBBELL TRAINING

Dumbbells are a great first step into the world of weight training and strength training:

Most gyms will have dumbbells, even if it's a basic gym in your apartment complex.

A set of dumbbells doesn't take up a lot of room, which means you can have a pair at home without a large footprint.

Dumbbells make it easy to add difficulty to a bodyweight movement: holding dumbbells while doing lunges, for example.

JUNE 24, 2019

Join July's Habit's 101

Accountability Group

Get 7-8 Hours of Sleep



Stay Hydrated – ½ our Body Weight in Ounces



30 Min of Activity Daily



Mindful Eating



Practice Self-Care



\$25 Register @  
[beyondpersonaltraining.org](http://beyondpersonaltraining.org)

Dumbbell exercises can be less intimidating than barbell training for some and are a step towards barbell training.

Dumbbells have an added stabilization challenge and will point out muscle imbalances pretty easily.

You can scale easily. Once the 10-pound weights become too easy, pick up the 15-pound ones!



**Do 20 reps of each exercise**

**Minimal rest interval between exercises**

Dumbbell Pushup - Renegade Row - Burpee

Squat Jumps

Dumbbell Split Squat Thrusters

Plank Jacks

Dumbbell Sumo High Pull

High to Low Plank

Rest 1-2 minutes after each round. Repeat x 3-4 rounds

## KETTLEBELL TRAINING

A kettlebell is essentially a cannonball with a handle on it. They come in any weight imaginable, they don't take up a lot of room, and can be used in dozens of ways for a great compact workout.

Although there are "adjustable kettlebells," you'll most likely be working with a single kettlebell, and then adjusting your movements for "progressive overload" (making the workout slightly more difficult each time). If you are a member at a gym, they'll probably have multiple kettlebells that you can use to level up.

**COMPLETE THE FOLLOWING CIRCUIT 3 TIMES:**

8 Halos (each side)

10 Goblet Squats

8 Overhead Presses (each side)

15 Kettlebell Swings

8 Bent Over Rows (each side)

6 Front Rack Reverse Lunge (per side)



## BARBELL TRAINING

Male or female, young or old, if your goal is to get strong quickly, use 20 seconds of courage and get comfortable training with a barbell.

"Progressive overload" is easy – you simply add weights to either side of the bar, allowing you to progressively lift more and more weight each week.

It's much easier to go heavy safely – especially for lower body movements like the squat and the deadlift.

The biggest downside to barbell training is that in order to train at home, you need to have purchased a squat rack, a barbell, a bench, and enough weights for your house or garage (which can be an expensive investment, especially when starting out!).



**Barbell Full Body**

Straight sets with 30-60 seconds rest between each set

Set #1 - 12 reps, Set #2 – 10 reps, Set #3 – 6 to 8 reps

Back Squats

Romanian Deadlift

Bent Over Row

Bench Press

Thruster (Front Squat w/ Shoulder Press)

Lunge

**So, what's the best workout program to start as a beginner? Realistically, it's the one that you will actually do.**

Barbell training might be optimal in terms of building pure strength quickly, but if you don't see yourself actually getting to the gym regularly – or you're too self-conscious to enter the free weight section – then start with bodyweight training.

Conversely, bodyweight training might seem convenient and easy to start now, but if you can't motivate yourself to work out at home, you might be better off joining a gym.

ANY strength training workout will help you reach nearly any goal provided you do two things:

Eat correctly for your goals too. How you eat will account for 80-90% of your success or failure when it comes to fat loss or adding muscle.

Increase the difficulty of your workouts. Doing 1 more bodyweight squat, lifting 5 more pounds, or completing your circuit 10 seconds faster than last workout. By forcing your body to constantly adapt, your muscles will never get complacent and have to keep burning extra calories and rebuilding themselves stronger.

## Summer Smoothies

### Grape-Berry Protein Smoothie



- 1 teaspoon dry chia seeds
- 2 scoops vanilla protein powder
- 1 ½ cups seedless red or purple grapes
- 1/2 cup blueberries
- 1 teaspoon flaxseed oil
- 1/2 cup water

### Orange Creamsicle Protein Smoothie



- 2 scoops vanilla protein powder
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 3 ounces frozen orange juice concentrate
- 1/2 frozen banana
- 1 tsp honey
- 3-5 ice cubes
- 1 teaspoon orange zest (optional)

### Peachy Green Protein Smoothie



- 2 scoops vanilla protein powder
- 1 cup unsweetened almond milk
- 1 cup frozen peaches
- 1/2 cup frozen pineapple
- 1/2 banana
- 2 cups kale
- 1 tablespoon ground flaxseed

### Key Lime Pie Protein Shake



- 2 scoops vanilla protein powder
- 1 cup unsweetened almond milk
- 1 frozen banana
- 1 tablespoon key lime juice
- Zest of one key lime
- 1/2 teaspoon maple syrup
- 1 cup ice cubes
- 1 tablespoon nonfat plain Greek yogurt
- 1 tablespoon crushed graham crackers

# July's Wellness Series

## Back, Core & Pelvic Floor - Monday July 1<sup>st</sup> @ 6:30 pm



This workshop is perfect for those with core weakness, diastasis recti, pelvic floor issues, urine leaking, or any other core related issue.

In this workshop you will learn:

Alignment + self-assessment

How to do core exercises so they benefit you

How to assess your spine, breath, pelvic floor and core

The art of breathing + tools and strategies for re-patterning breath

A thorough breakdown of common core exercises + common cheats

Many laughs + community feeling

## Meal Prep 101 - Monday July 8<sup>th</sup> @ 6:30pm



What is Meal Prepping?

Why Meal Prep?

Who is Meal Prepping For?

What Can You Meal Prep?

How Long Do My Meal Preps Stay "Good"?

How to Start Meal Prepping?

Meal Prep Formulas

Meal Prep Containers

Go To Meal Prep Recipes

## Ditch the Diet - Monday July 15<sup>th</sup> @ 6:30pm



The History of Diets

Why Diets Don't Work

Why it's Not Your Fault

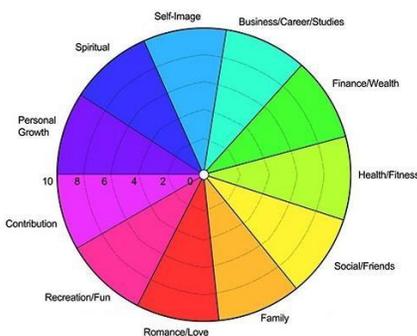
Diet Myths

Mindful & Intuitive Eating

Understanding & Managing Food Cravings

The Cost of Dieting

## Finding Balance - Monday July 22<sup>nd</sup> @ 6:30pm



Business, Career & Studies: Is your career where you want it to be by now?

Finance & Wealth: Are you earning enough income to satisfy your current needs?

Health & Fitness: How physically healthy are you?

Social & Friends: Are you engaging friends and socializing to your satisfaction levels?

Family: Is your family supportive of you? Are you supportive of your family?

Love: Do you feel loved? How often are you expressing love to others?

Recreation & Fun: Are you enjoying your life and making it fun?

Personal Growth: How focused are you on personal growth? Are you satisfied with your direction?

Spiritual: How connected are you to the inner and outer world?

All classes held in the Elite Yoga Studio, Suite 202.  
Register online @ [beyondpersonaltraining.org](http://beyondpersonaltraining.org) - \$25 per class