

## Resistance/Weight training

### MUSCULAR FITNESS:

- 2-3 days a week
- 1-2 sets of 8-12 repetitions
- To volitional fatigue
- Free weights, weight machines, elastic bands, calisthenics

### BENEFITS OF RESISTANCE/WEIGHT TRAINING:

- Increase muscle strength and endurance
- Increase muscle mass/improve metabolic efficiency. Lean muscle burns more calories sustaining and repairing itself than fat tissue.
- Maintain or increase bone density
- Prevent limitations in performance of every day tasks

## Tips for fitness and safety

- **Set goals.** Make sure you have a clear reason why you're doing each exercise and an overall goal for your program. Weight training for muscle toning and overall fitness is different from weight training for a particular sport or activity. Each requires a unique type of exercise tailored to your overall goal and fitness needs.
- **Breathe.** Your blood pressure can increase to dangerous levels if you hold your breath during weight training. Exhaling during the lift and just plain breathing freely during your weight training exercise can prevent this.
- **Seek balance.** Work all of your major muscles — abdominals, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way — front of the shoulder as well as back of the shoulder, for example.
- **Lift an appropriate amount of weight.** The amount of weight you lift should make your muscles feel tired after 10 to 15 repetitions. A weight that causes fatigue at 12 repetitions is an effective stimulus for muscle strength and toning.

Adapted from *Weight Training: Do's and don'ts of proper technique*

<http://www.mayoclinic.com/health/weight-training/SM00028>

Mayo Clinic Staff - November 23, 2005

- **Don't do too many sets of each exercise.** Completing one or two sets of each exercise to the point of fatigue is all you need to obtain benefits. Additional sets aren't necessary. They eat up your time and may contribute to overload injury.
- **Don't rush.** Don't jerk the weight up. Lift and lower the weight in a slow, controlled fashion. This helps you improve body stabilization, isolates the muscles you want to work more effectively, and doesn't let you cheat by relying on momentum to lift the weight.
- **Rest.** Give your body a day to recover between workouts of the same muscle group.
- **Be consistent.** Three workouts a week will build muscles and just two will maintain the strength you've gained.

**Weight Training Slide Show:**

<http://www.mayoclinic.com/health/weight-training/SM00041&slide=1>