

## WEIGHT TRAINING PRINCIPLES

### WARM-UP

To increase blood circulation to muscles in the arms and legs, loosen up your body with several minutes of light exercises (Jumping Jacks, Wing Stretches, Arm Circles, Pushups, Situps, and Running in Place) before you begin to workout.

**WEIGHT TRAINING BREAKS DOWN THE MUSCLE AND WITH PROPER REST  
STIMULATES THE MUSCLE TO GROW BIGGER AND STRONGER**

### NUMBER OF WORKOUTS PER WEEK

- Don't do the same exercise two days in a row. Allow one day of rest in between for muscle repair and growth
- If you lift weights every day, work the Upper Body muscles one day and the Leg muscles the next.
- If you lift weights every other day (3 workouts per week), follow a Monday/Wednesday/Friday or a Tuesday/Thursday/Saturday schedule. During each workout, alternate the Upper Body/Leg exercises.

**THE AMOUNT OF WEIGHT LIFTED IS NOT AS IMPORTANT AS THE WAY IT IS LIFTED.  
LIFTING AND BREATHING FORM IS EVERYTHING.**

### LIFTING FORM

- Do all repetitions in a slow, smooth manner. No twisting or jerking movements should be used.
- Concentrate on returning the weight to the starting position under control to a 1-2-3-4 count.

### PROPER BREATHING

- Do not hold your breath while you lift. Breathe during each repetition.
- Breathe in (**INHALE**) deeply through the nose before each repetition and breathe out (**EXHALE**) forcefully through the mouth as you start to do the lift.
- Stop after each lift and take a relaxation breath.
- Repeat the same breathing form each time you lift.

## SETTING UP A WEIGHT PROGRAM

### WEIGHT LIFTING TERMS

**Repetition** = doing an exercise once

**Set** = certain number of repetitions (reps) in a row, then stopping to rest.

Rest 2 minutes in between sets.

### STARTING WEIGHT

Use your body weight as a guide for determining the weight you use to start an exercise.

Dead lift, V-Squat, and Leg Press: Use 1/2 body weight to start.

All other exercises: Use 1/4 body weight to start.

- Perform one set for each exercise using your starting weight. Do as many reps as possible.
- If you cannot do at least 5 reps, the starting weight is too heavy. Subtract 10 lbs. the next workout.
- If you can do 12 reps or more, the starting weight is too light. Add 10 lbs. the next workout.
- Continue to do one set (as many reps as possible) with the new weight.
- Every time you can do at least 12 reps of the exercise, it is time to add more weight.