

# WEIGHT-TRAINING WORKOUT



NAME \_\_\_\_\_ DATE \_\_\_\_\_

### **Step 1: Develop a Positive Mind-Set**

Schedule to resistance train around 2-3 times a week. Make it an important aspect of your life.

### **Step 2: Warm Up**

Spend time walking, jogging, or rowing (any aerobic activity) before lifting any weights. This allows muscles to be warmed and ready for a resistance training workout.

### **Step 3: Perform Desirable Activity**

Go through your personal weight-training techniques. Make sure you exercise all the major muscle groups. It is desirable to seek the assistance of a certified fitness trainer.

### **Step 4: Cool Down**

After your workout, it is recommended to spend time in light aerobic activity. This gives your body a chance to recover from strenuous lifting by allowing body toxins to be released from the muscles.

## **CHECKLIST: WEIGHT-TRAINING GENERAL RULES**

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- \_\_\_ Train with a buddy (particularly if using free weights).
- \_\_\_ Warm up the entire body with a few minutes of total body movement.
- \_\_\_ Do stretches specific for weight trainers.
- \_\_\_ Do 8 to 12 repetitions of each lift.
- \_\_\_ Do two sets of each resistance exercise.
- \_\_\_ Train the entire body, usually starting with larger muscle groups.
- \_\_\_ Concentrate on the weakest muscles.
- \_\_\_ Always use proper form (no twisting, lurching, lunging, or arching).
- \_\_\_ Exhale on exertion and inhale during the relaxation phase.
- \_\_\_ Allow muscles 48 hours to recover sufficiently.
- \_\_\_ Do not let more than 4 days pass to prevent muscle atrophy.
- \_\_\_ Schedule aerobic workouts on alternate days.

**MUSCLES OF THE BODY: ANTERIOR AND POSTERIOR VIEW**

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