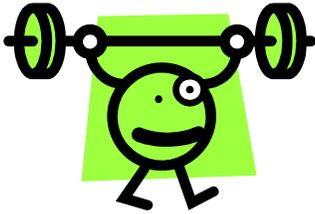


Training with Weights



Training with weights is exactly like another skill that you learn in the gym. There is a **correct way** to do it and a **wrong way**. If you use weights the **wrong way** there is a very good chance that you will:

- waste your time completely; and
- **injure** yourself or someone else!

Strength training terms

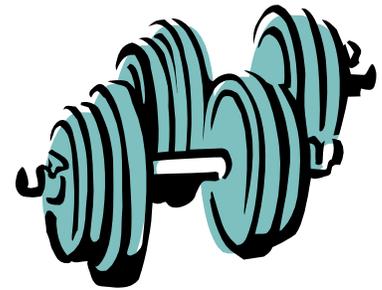
Exercise: Specific ways to use the weights to challenge different muscle groups.

Form: Each exercise has a specific shape designed to maximize safety and muscle strength gains.

Rep / Repetition: A single cycle of lifting and lowering a weight in a controlled manner, moving through the form of the exercise.

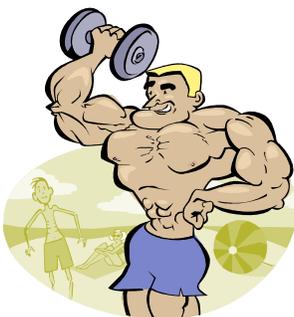
Set: Several repetitions performed one after another with no break between them with the number of reps per set and sets per exercise depending on the goal of the individual. A set should make the muscles feel fatigued/tired.

Tempo: The speed with which an exercise is performed.



Realization of training goals

- You should use **1 to 3 sets** of exercises on each muscle group.
- Sets of **1 to 5 reps** primarily develop **strength**, with more impact on **muscle size** and none on endurance.
- Sets of **6 to 12 reps** develop a balance of **strength, muscle size and anaerobic endurance**.
- Sets of **13 to 20 reps** develop **anaerobic endurance**, with some increases to muscle size and limited impact on strength.
- Sets of **20+** repetitions do still enhance the anaerobic system, but usually at a rate through which it can consistently remove the lactic acid generated from it.



Muscle groups to train

- **Upper body** - Front and back of arms; shoulders; chest and upper back;
Use: Bicep Curls; Tricep Extension; Shoulder Press or Bent Over Row.
- **Torso** - Abdominals; sides of torso (obliques) and lower back;
Use: Abdominal Curls; Bird-Dogs or Sideplank.
- **Legs** - Front and backs of thighs; calf muscles and buttocks.
Use: Squats; Lunges or Heel Raises.

Weight training 'do's'

- **Lift the right weight.** Start with a weight that you can lift comfortably 12 or 15 times. 12 repetitions of the same exercise will build strength just as efficiently as using a larger weight less times.
- **Use the correct form.** Learn to do the exercise properly and with the right body shape. If you are not using the same body shape at the end of your repetitions, then the weight you are using is too heavy or you are doing too many repetitions. Change one or the other. During the exercise your spine should be straight. Do not hyperextend your spine. When picking up weights or putting them down, bend and use your legs not your back.
- **Breathe while you lift.** Breathe out as you lift the weight and breathe in as you lower it. Do not hold your breath as you will only increase your blood pressure, perhaps putting you in danger.
- **Exercise all major muscle groups.** Try and work all your major muscle groups, arms, shoulders, chest, back, abdominals and legs. Balance the way you work with the weights so that you exercise the chest muscles, then your back muscles; exercise the front of the shoulder, then the back.
- **Use a Spotter.** When using heavy weights or doing bench presses, use a spotter. A spotter should be able catch the weight or bar if it becomes too heavy or if you are struggling.
- **Rest.** Work all of the muscle groups two or three times a week - not every day. Alternatively, you can work one set of muscles one day, another set the following day and a third set on the day after that. You can then repeat the process so you avoid working the same muscles every day. This allows the muscles to rest before they are pushed again.



Weight training 'don'ts'



- **Don't skip warm-up.** Cold muscles are prone injury. Before you lift weights, make sure that you warm-up properly. You can do your normal warm-up in the gym and then do a weight training session or you can do all or part of training session, which would include warm-up, and then do a weights session.
- **Don't rush.** Move the weight in an unhurried, controlled manner. Taking it slowly helps you to isolate the muscles that you want to work and stops you using momentum to lift and move the weight.
- **Don't overdo.** For most people completing one set of exercises to the point of being fatigued is usually enough. Additional sets may waste your time and contribute to overload injury. Your coach may tell you to do '3 sets of 12' but make sure you rest between goes and keep the right body shape right through to the last repetition.
- **Don't ignore pain.** If an exercise causes pain - STOP! You can try it again in a few days, perhaps using a lower weight. If pain persists tell your coach and see a doctor.