

## BASIC WEIGHT TRAINING PROGRAM

Welcome newcomers! Here is a basic program for you to follow for the first 4-6 weeks in the weight room. It will allow your body to increase endurance, flexibility, and strength while you become acquainted with the weight room. You will also see great change without being overwhelmed with too many exercises.

- ❖ Do this program 2-3 times per week, with at least one day of rest in between sessions.
- ❖ Start with a 5-10 minute warm up.

<b>Exercise</b>	<b>Major Muscle Group(s) Worked</b>	<b>Technique Reminders</b>
LEG PRESS (#9)	Quadriceps Glutes	90 degree angle at the knee Feet shoulder width apart Toes slightly out Knees never go beyond toes
CHEST PRESS (#2)	Chest Triceps Anterior shoulders	Align handles at chest level 90 degree angle at elbow Elbows lower than shoulders Wrists straight
HAMSTRING CURL (#10)	Hamstrings	Align knee with axis Relax ankles Bring heels close to buttocks
SEATED ROW (#21)	Lats, Biceps Posterior shoulders Rhomboids Trapezius	Sit up straight Squeeze shoulder blades Elbows in Keep chest on the pad
LOW BACK EXTENSION (#5)	Lower back	Align hip joint with axis Go back slightly beyond vertical
ABDOMINAL CRUNCH (#22)	Abdominals	Concentrate on abs Elbows out Chin off chest

General guidelines for weight training:

- Do 2 sets of 12-15 repetitions
  - Rest about one minute in between sets
  - Never lock out joints
  - Use slow and controlled movements
  - Breathe normally
  - Do not allow the weight stack to hit
  - Always have neutral spine alignment
  - Never allow the muscle to relax during a set
  - Concentrate on perfect form
  - Progress by increasing weight once you can do the 15 repetitions easily with perfect form
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- ❖ 20+ minutes of cardiovascular activity (or you can do this before lifting)
  - ❖ Cool down 5-10 minutes until heart rate is below 100 beats per minute
  - ❖ Stretch!!! (all muscle groups, 20+ second hold, no bouncing)

Please ask a trainer for assistance if you have any questions. We're here to help.

HAVE A GREAT WORKOUT!