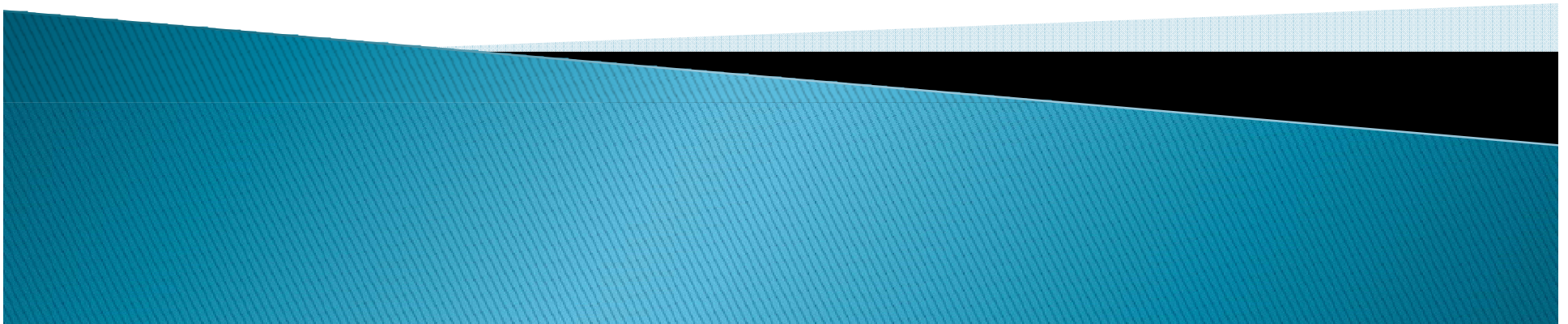


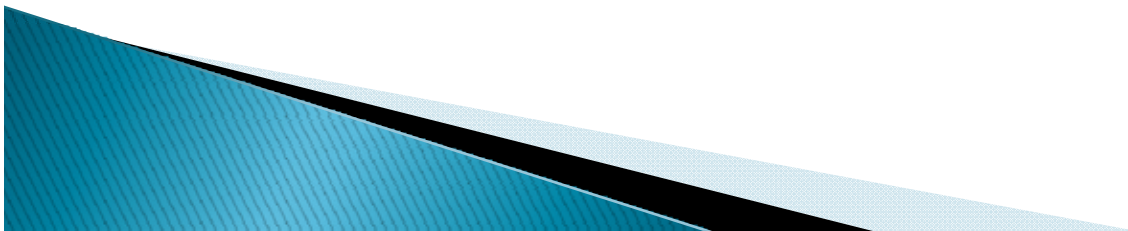
Weight Training: Where To Get Started

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Program



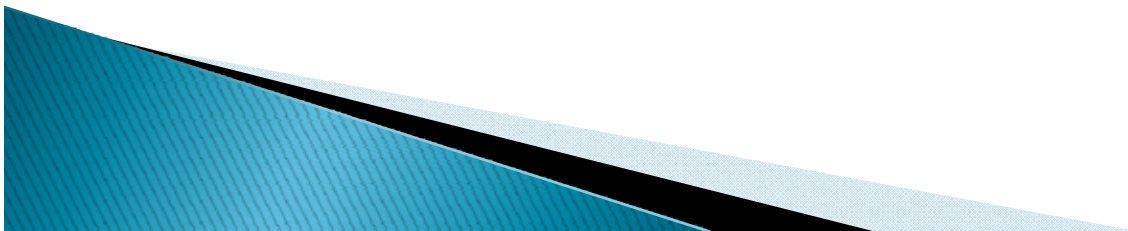
Overview

- 1) Why is weight training important to everyone?
- 2) Weight Training Myths
- 3) Where to get started: Machine exercises or Free weights
- 4) Setting up a program: Sets, Repetitions, Exercises, Rest Periods, and Days per week
- 5) Warm up to a weight lifting program



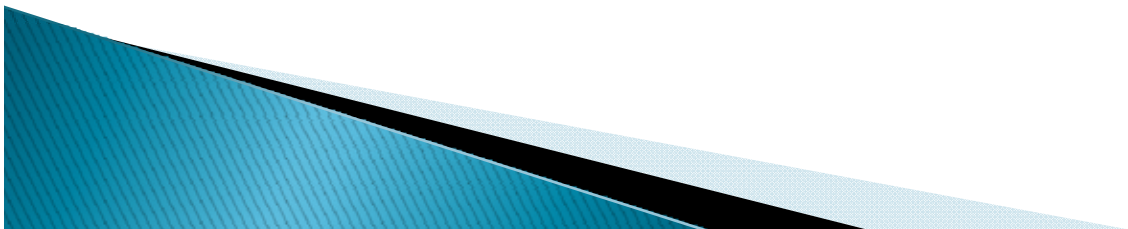
Overview

- 6) How to save time in a weight training program: The Push Pull routine
- 7) Cool down after a weight training session
- 8) When to perform cardio exercises in a program
- 9) How to avoid plateaus
- 10) What to do with sore muscles



Why is Weight Training Important?

- Increase strength
- Increase muscular endurance
- Reduce joint pain
- Burn more calories
- Look better, feel better



Weight Training Myths

- Spot Training
- Women Should Not Lift Weights
- Muscle Turns Into Fat



Weight Training Myths

- No Pain, No Gain!
- Weight Training Does Not Help With Weight Loss
- I am Working Out, So I can Eat Whatever I Want



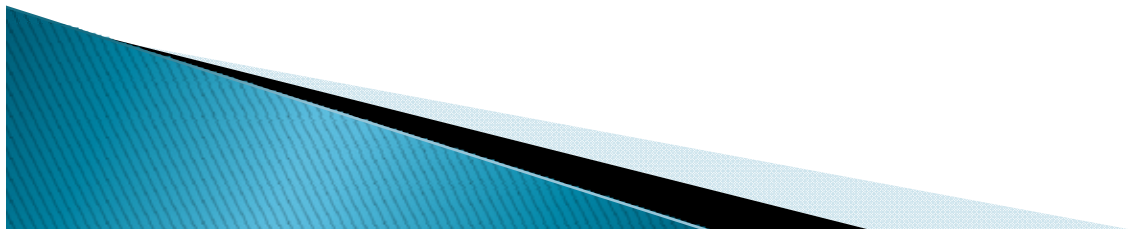
Weight Training Myths

- I Have to be Sore the Next Day
- Weight Lifting Decreases Flexibility
- I Will Get Hurt Lifting Weights
- Some People are Too Old to Start Lifting Weights



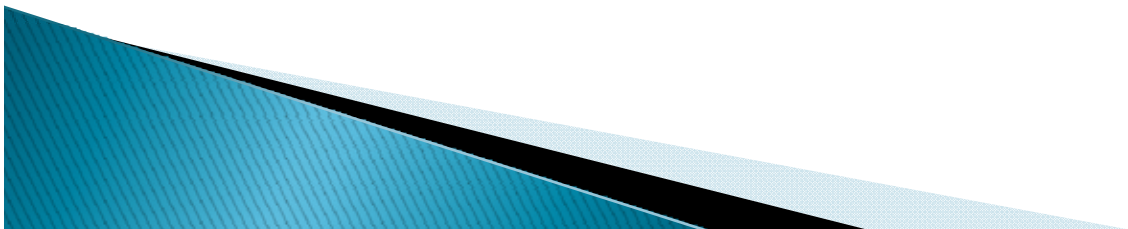
Where To Get Started

	Free Weight Exercises	Machine Exercises
Range of Motion	Greater	Lower
Stabilizing Activity	Greater	Lower
Risk of Error	Greater	Lower
Risk of Injury	Greater	Lower
Intensity of Exercise	Greater	Lower



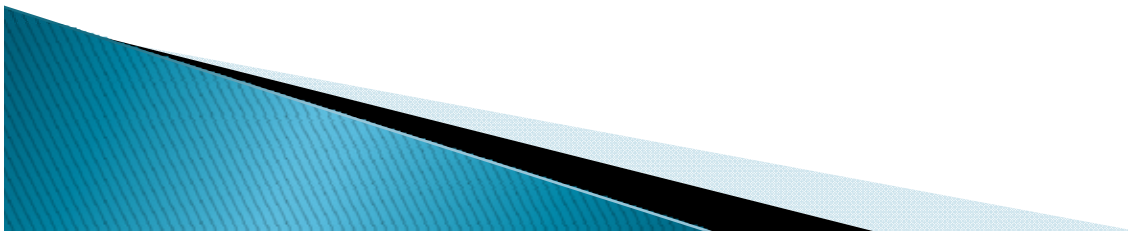
Setting Up A Program: Repetitions

- Depends on the goals of the program
 - Improve Muscular Strength
 - 2 – 6 Repetitions
 - Improve Size (Hypertrophy)
 - 6 – 10 Repetitions
 - Improve Muscular Endurance
 - 10 – 15 Repetitions



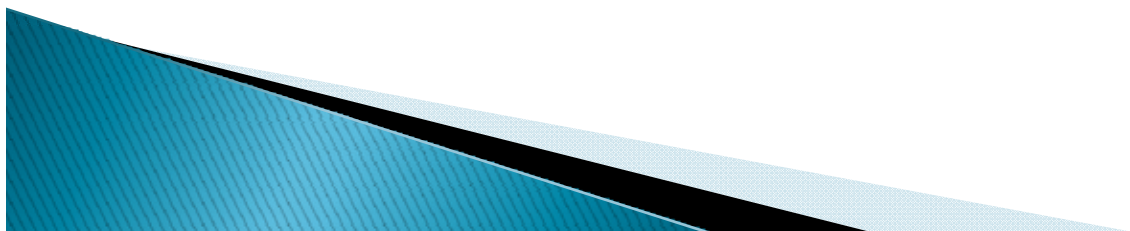
Setting Up A Program: Sets and Exercises

- Sets: 2 - 3 Depending on time
- Exercises: 2 - 4 Exercises per body part per workout.
 - Do not train the same body part with consecutive exercises without a rest period in between
 - Start with large muscle groups followed by smaller muscle groups



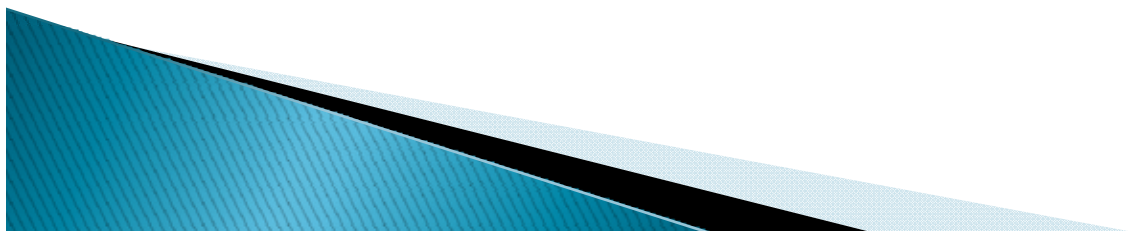
Setting Up a Program: Rest Periods

Goal	Rest Period
Muscular Endurance	30sec – 1min
Muscular Strength	2-3 min
Muscular Power	Over 3 min



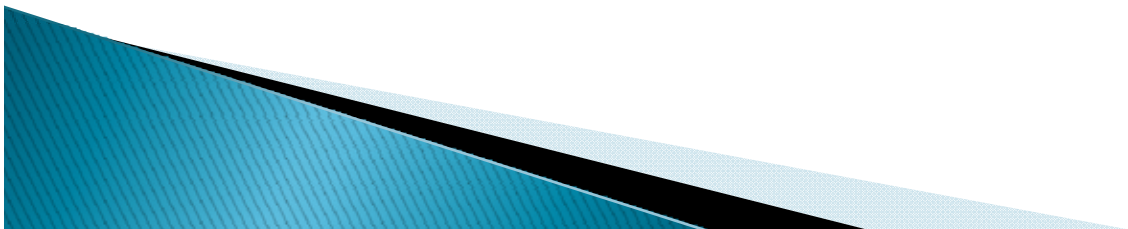
Setting Up A Program: Days Per Week

- Depends on Time Constraints
 - Train each body part at least twice per week
 - Do not train the same body part two days in a row
- Total body workout
 - Twice per week
- Split routine
 - Back/Biceps, Chest/Triceps, Legs/Abs.



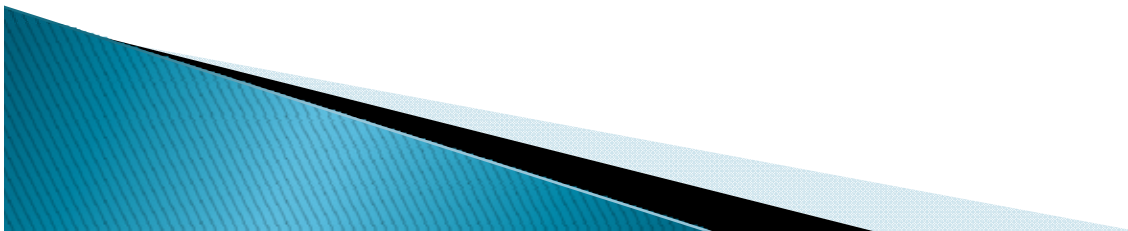
Warm Up

- Warm Up: Prepare the body for exercise
- Dynamic versus Static Warm up
- 5 – 10 minutes prior to weight training
- Include all muscles that will be used in the weight training session



Push – Pull Routine

- Good routine for a total body workout
- Saves time
 - No rest periods
- Can elevate heart rate
 - Burn more calories
- Start with a pushing exercise followed by a pulling exercise



Push – Pull Routine

- Chest and Back
 - Chest press – Lat pulldown



Push – Pull Routine

- Chest and Back
 - Chest fly – Mid row



Push – Pull Routine

- ▶ Chest and Back
 - Incline chest press – Reverse fly



Push – Pull Routine

- Triceps and Biceps
 - Triceps pushdown – Standing bicep curls



Push – Pull Routine

- ▶ Triceps and Biceps
 - ▶ Rope pushdown – Hammer curls



Push – Pull Routine

- ▶ Triceps and Biceps
 - ▶ Reverse triceps pushdown – Preacher curls



Push – Pull Routine

- Legs (Quadriceps – Hamstrings)
 - Leg press – Hamstring curls



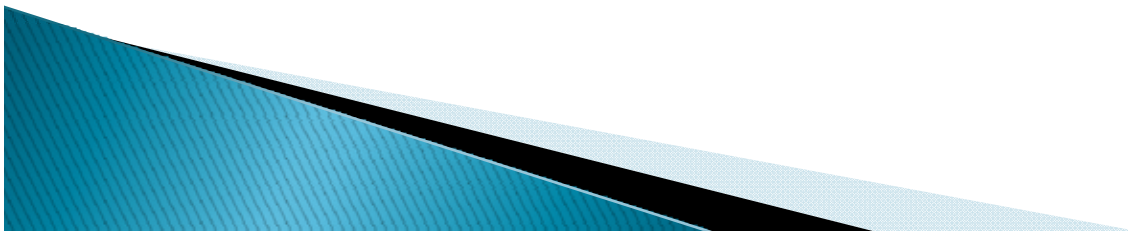
Push – Pull Routine

- Legs (Quadriceps – Hamstrings)
 - Lunges – Straight leg deadlift



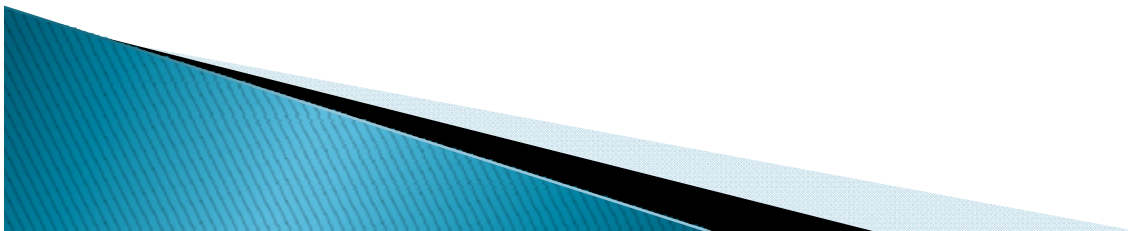
Cool Down After a Weight Training Session

- Cool down: Recover from exercise – return the body toward baseline
- 5- 10 minutes
 - Light exercise
 - Stretches



When to Perform Cardio Exercises in a Program

- Before weight training
 - Increase body temperature
 - Increase heart rate
- After weight training
 - Can be used as a cool down after weight training
- During weight training
 - Keep heart rate high during entire workout
 - Burn more calories

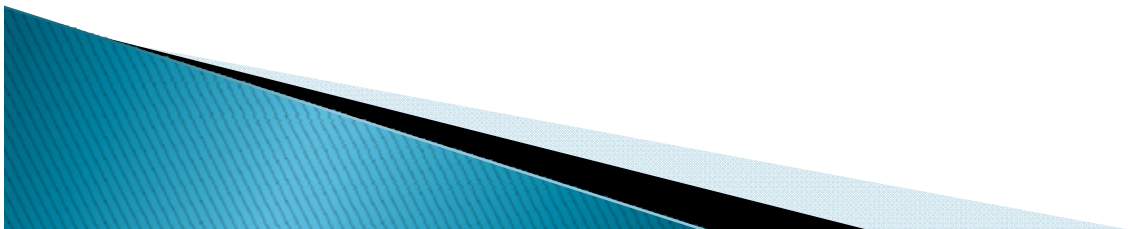


How to Avoid Plateaus

- The human body is an amazing machine
 - Adapts to challenges and becomes stronger
 - What is the answer to avoiding plateaus?

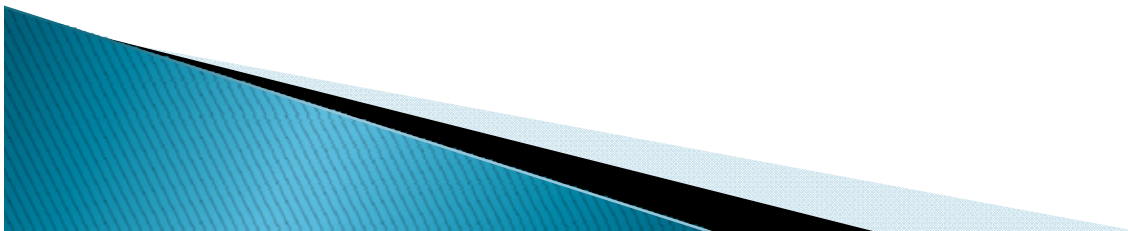
➤ CHANGE

- Exercises
- Repetition range
- Amount of weight
- Program



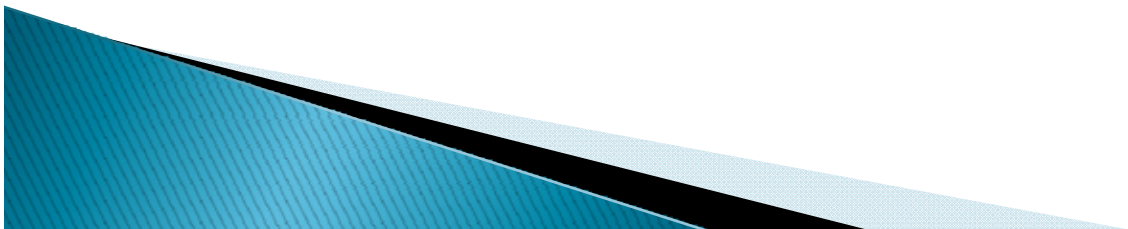
What to do With Sore Muscles

- **REST!!**
- Ice not heat
- Light stretches



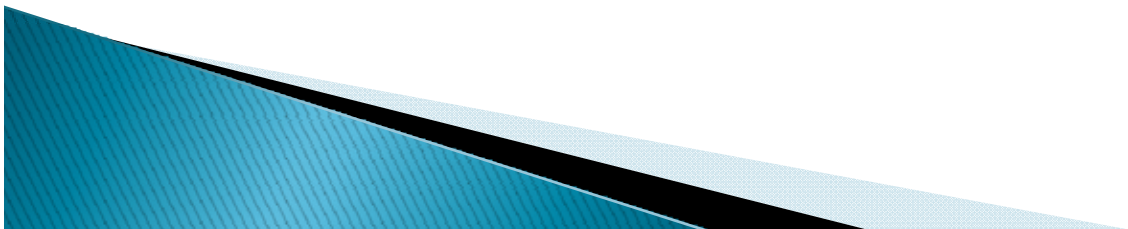
Conclusion

- Weight training is for everyone!
- Weight training can be confusing and intimidating
 - Start basic and slow
 - Seek professional help



Conclusion

- Gyms can be crowded and intimidating
 - University of Kentucky Body Shop
 - Low monthly price
 - Convenient
 - Not as crowded as most gyms
 - Professional staff
 - www.uky.edu/hr/wellness



QUESTIONS??

