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Beginner lessons for Strength Training

Start Your Strength Training Journey with Confidence!

DEFINITION

> Strength training involves using resistance to build muscle and improve overall fitness. It's essential for beginners to learn proper techniques and safety measures.

KEY CONCEPTS

Warm-up Importance

Warming up prepares your muscles and joints for exercise, reducing injury risk.

Proper Form

Using correct form ensures effective workouts and prevents injuries.

Progressive Overload

Gradually increasing weights or resistance helps muscles grow stronger over time.

Rest and Recovery

Allowing muscles to recover is crucial for growth and preventing fatigue.

Balanced Routine

Incorporate various exercises targeting different muscle groups for overall strength.

EXAMPLES

→ Start with bodyweight squats and push-ups.

→ Use dumbbells for bicep curls and tricep extensions.

→ Incorporate resistance bands for added challenge.

MEMORY TIPS

★ Remember WARM: Warm-up, Align, Resistance, Muscle recovery.

★ Think of 'Form First' to prioritize technique over weight.

★ Use the acronym PRR: Progressive, Rest, Repeat for training structure.

COMMON MISTAKES

✗ Skipping warm-ups or cool-downs.

✗ Lifting weights that are too heavy too soon.

✗ Neglecting to focus on form and technique.

QUICK RECAP

Strength training is essential for building muscle and improving fitness. Focus on proper form, progressive overload, and allow for recovery to maximize results.