

STRENGTH TRAINING

***Always consult your physician before starting any exercise program.**

A well-rounded exercise routine includes cardiovascular exercise, stretching and strength training. All three have different benefits and together they can be an integral part of disease prevention. Resistance training involves using dumbbells, body weight, resistance bands, weight machines, etc. It not only strengthens muscles, but can also increase bone density and metabolism. As we age, we tend to lose muscle mass and bone density which peaks in our 20's. Men and women of all ages can benefit from regular strength training to help increase, maintain or prevent muscle loss and reduce the risk for osteoporosis.

Recommendations

- 2-3 days per week for 20 minutes
 - Working all major muscle groups (legs, arms, chest, back, core)
- Vary equipment used and exercises performed
- 2-4 sets of each exercise will improve strength
 - 5-8 repetitions for improved strength and power
 - 15-20 repetitions for improved muscular endurance
- Allow 48 hours for recovery depending on intensity of training sessions
- Track your progress! Record goals and keep an activity log to increase motivation.

Common Strength Training Mistakes

- Incorrect form: swinging weights or not performing exercises properly
- Not doing exercises through full range of motion
- Using too much weight to perform the exercise properly
- Neglecting to train all major muscle groups (focusing only on abs or chest)



Benefits of Regular Exercise

- Strengthen and preserve muscle tissue
- Increase metabolism
- Decrease risk of disease
- Improve body composition
- Reduce the risk of injury and falls

References:

1. Energize Your Life with Strength Training. (n.d.). Retrieved January 21, 2015, from <http://www.acefitness.org/acefit/fitness-fact-article/3293/energize-your-life-with-strength/>
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3. Garber, C., Blissmer, B., Deschenes, M., Franklin, B., Lamonte, M., Lee, I., ... Swain, D. (2011). Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults. *Medicine & Science in Sports & Exercise*, 1334-1359.

