

Strength Training for Beginners: A General Conditioning Program

Including weight training into your workout routine will give you the strength and endurance to perform daily tasks more efficiently and safely. Weight training also helps to prevent injuries, improves your body's muscle-to-fat ratio and helps you develop a smooth, toned appearance.

Starting a strength training program can be scary. This handout is designed to give you some basic guidelines to weight training and offers suggestions for possible selectorized and plate loaded machines that could be used.

Strength Training Guidelines for Beginners

- Try to include at least two strength-training sessions per week. Always allow at least one day between sessions to enable muscle fibers to rejuvenate.
- Attempt to do one set of each exercise using a weight appropriate for your ability. If you can't perform 10 repetitions then you are probably trying to lift too much weight. The key is to start with a small amount and work up.
- Try to include one exercise for each of the major muscle groups. This sample strength-training program provides you with a choice of machines for each of the major muscle groups. Experiment with each of the machines and decide which machine to use for each muscle group.
- Work the larger muscle groups first such as the chest and back, and then work the smaller groups such as biceps and triceps.
- Perform every exercise through a full range of motion.
- Maintain proper form on each rep of each exercise. Remember; **NEVER SACRIFICE GOOD FORM FOR MORE WEIGHT!**
- Perform the entire exercise (lifting and lowering portions) in a slow and controlled manner.
- Maintain a normal breathing pattern during each exercise. As a general rule, inhale on the concentric (shortening) phase and exhale on the eccentric (lengthening) phase.
- Keep track of your progress by using a Training Log. These are available at the Weight Room Desk along with clipboards and pencils.

Sample Weight Training Program For Beginners

Muscles Used	Machine Choice
Chest	Magnum Biangular Chest Press Paramount Rotary Chest Press Paramount Incline Press
Back	Magnum Lat. Row Paramount Rotary Upper Back Paramount Lower Back
Shoulders	Magnum Biangular Shoulder Press
Quadriceps	Body Masters Super Leg Press Paramount Leg Press Magnum or Body Masters Leg Extension
Hamstrings	Body Masters Leg Press Magnum Seated Leg Curl Body Masters or Magnum Leg Curl
Abdominals	Body Masters Abdominal Crunch Paramount Abdominal Ab Trainer
Biceps	Paramount Bicep Curl Magnum Multi-Station: Bicep Curl
Triceps	Paramount Tricep Extension Body Masters Tricep Press
Calves	Body Masters Standing Calf Paramount Calf Raise

Information for this handout was obtained from the President's Council on Physical Fitness and Sports.

CAUTION:

Truman State University Campus Recreation staff recommend that before you undertake an exercise program you see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year.

If, at any time while exercising, you feel faint, dizzy, pain, or short of breath, stop immediately.