

WEIGHT TRAINING GUIDE FOR BEGINNERS



- ✓ Why is it important to do weight training
- ✓ How often to do weight training
- ✓ What kind of weight exercises to do



Hi ladies!

Thank you for downloading my **free weight training guide for beginners!**

This guide will provide you with clear ideas of **why weight training is important, how often and what kind of weight exercises** you should include in your routine to be **healthy and strong.**

Enjoy!

AmberFit

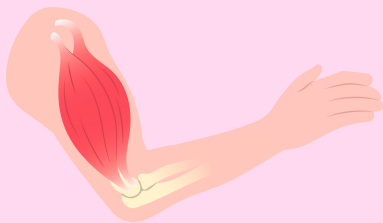
WEIGHT TRAINING. WHAT IS IT?

Weight training (also called strength training or resistance training) is a physical activity using weight to gain **muscle strength, growth (hypertrophy) and muscular endurance**.



MUSCULAR STRENGTH

Muscular strength is important for performing tasks that require lifting, pushing, or pulling heavy objects, as well as for maintaining good posture and balance.



MUSCULAR GROWTH (HYPERTROPHY)

It leads to increased muscle strength, enhanced metabolism, improved physical performance, reduced risk of injury, and aesthetic benefits.



MUSCULAR ENDURANCE

Enhanced muscular endurance can lead to improved performance in endurance sports, reduced risk of fatigue-related injuries, and greater overall physical stamina.

WHY SHOULD YOU DO WEIGHT TRAINING?

- ✓ Increase muscular strength
- ✓ Increase muscular endurance
- ✓ Increase muscular size (hypertrophy)
- ✓ Improve joint stability
- ✓ Increase basal metabolic rate
- ✓ Reduce risk of bone mass loss associated with ageing
- ✓ Weight control
- ✓ Enhance posture
- ✓ Improve mood
- ✓ Improve balance and coordination
- ✓ Improve self-esteem
- ✓ Relieve stress
- ✓ Reduce risk of heart disease



HOW MUCH **WEIGHT TRAINING** SHOULD I DO?

GOAL	STRENGTH	HYPERTROPHY	ENDURANCE
REPS*	1-5	6-12	>12
SETS**	2-6	3-5	2-3
REST BETWEEN SETS	3-5 MINS	1-2 MINS	30-60 SECS
FREQUENCY PER MUSCLE GROUP PER WEEK	1-2	1-2	2-3

*A **REP**, short for repetition, refers to the completion of a single cycle of an exercise. It involves performing the exercise from start to finish, including both the concentric (lifting) and eccentric (lowering) phases of the movement.

A **SET is the completion of a specific number of reps done one after the other.

IMPORTANT: choose a weight that allows you to complete each set with the sensation that you could perform no more than two additional reps afterward.

WHAT KIND OF **WEIGHT TRAINING** EXERCISES ARE THE **MOST EFFECTIVE?**



Weight exercises can be classified as compound or isolation based on the number of joints involved in the movement. Understanding the distinctions between these types of exercises is crucial for selecting the appropriate workout routine.

TYPE	COMPOUND	ISOLATION
WHAT IS IT?	Involves movement around multiple joints and engage multiple muscle groups simultaneously	Focuses on movement around a single joint and target specific muscle groups
BENEFITS	• Burns more calories • More time efficient • More functional • Allows to lift heavier weight	• Less functional • More time consuming • Some exercises can be dangerous due to excessive force on the joint • Allows greater emphasis on muscle definition • Addresses muscle imbalances
EXAMPLES	• Deadlift • Squats • Bench press • Pull-ups • Push ups • Rows	• Curls • Leg extension • Lateral raises • Calf raises • Tricep push down • Overhead Triceps Extension



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