

## Strength Training

Lifting weights in order to “tone” your muscles is different than lifting to build strength or increase size. Strength and size require you to lift 75-100% of your 1-repetition max (or the greatest amount of weight you can lift one time) with more sets of a fewer number of repetitions. On the other hand, the goal of toning is to increase endurance of your muscles. This requires a greater number of repetitions in fewer sets at 50-70% of your 1-repetition max. Keep this goal in mind as you are training.

\*You should alternate muscle groups each day. So, if you work your lower body Monday, work out your upper body on Tuesday to give your muscles time to recover. It is also recommended to work on opposing muscle groups for balance. For example, if you do bicep curls, you should also do a triceps exercise so that both sides of the arm are being strengthened. Or if you do push-ups to work your chest, you should also do some rows or lat pull-downs to work your back.

\*You do not have to do every single upper body exercise all at once. Choose 4-6 exercises for Monday, and Wednesday (or the next time you work your upper body) choose 4-6 different exercises to do. It's ok to do repeat the same exercises, but variety will keep your muscles working hard all around, rather than in just a couple of specific areas.

\*If you want to work upper and lower body on the same day, choose 2 exercises for each muscle group (2 arms, 2 chest, 2 back, 2 legs, 2 abs). The next time you strength train, you should choose two different exercises for each muscle group. That way you are working your whole body, it's not taking all day long, and you can still get some variety.

### ~UPPER BODY~

3 sets of 12 reps @ 60% of 1-rep max

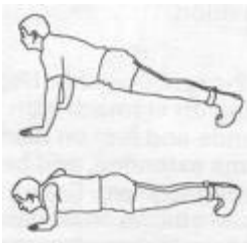
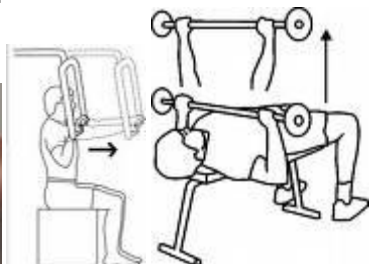
#### Bicep Curl



#### Triceps Extension



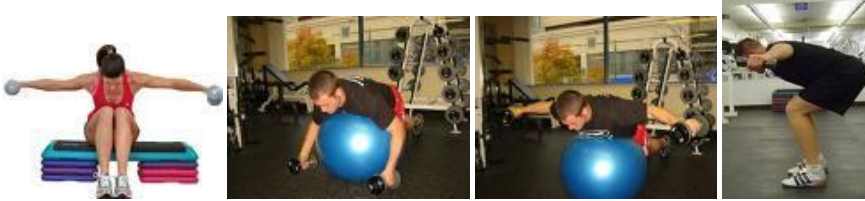
#### Chest Press or Push-up



Chest Fly



Reverse Fly



Row



Lateral Raise/Front Raise



Shoulder Press



Back Extension



~LOWER BODY~

**Squats:** Start by doing 3 sets of 10 repetitions. Gradually increase to 25 repetitions as your strength increases. Then add weight by holding dumb bells.



Start by standing with feet shoulder-width apart. Keeping your knees pointing forward and in line above the toes, slowly squat down until your knee is at a 90° angle. Engage your core so that your chest is up and you are not bent completely over. Your weight should be in the heels of your feet. It will feel like you are sticking your butt out or that you are trying to barely touch your butt to the edge of a chair without putting any of your weight into it. Slowly return to starting position, and repeat.

**Lunges:** Start with 3 sets of 8 repetitions on each side. Gradually increase to 20 repetitions as your strength increases. Then add weight by holding dumb bells in each hand.



Start in a split stance with both feet facing forward. Slowly lower your body straight down toward the ground, keeping your front knee in line with the toes. Stop when your front knee is at a 90° angle. Return to starting position, and repeat. Then switch your lead leg and repeat on the other side.

**Calf Raises:** Start with 3 sets of 15. Increase to 30 as strength increases. To add more resistance, hold weights in hands.



Start by standing with knees straight and toes on the edge of a stair or bench, heels hanging off. Lower yourself so that heels are below the edge of the step, and then engage your calf muscles to bring your heels back up so that you are now on your tip-toes. Repeat.

**Leg Extension:** Start with 3 sets of 8. Increase to sets of 12 as strength increases. Start over at sets of 8 at an increased weight when the sets of 12 aren't challenging enough.



**Leg Curl:** Start with 3 sets of 8. Increase to sets of 25 as strength increases. When this isn't challenging enough for you, try one-legged leg curls.

