How to Start Strength Training
Why strength train?

Strength training is an important component of a well-rounded fitness routine. But it's not just for building muscles or looking buff—strength training may also help:

Improve balance, coordination, and the aging process

Improve bone health

Increase metabolism and muscle mass

How often should you train?

2x
A good rule of thumb is to work each muscle group twice per week.

48 hrs
Your muscles need rest to grow. Allow at least 48 hours of rest before training the same muscle group again.

Help prevent injuries by training all your major muscle groups: **legs, back, chest, abdomen, shoulders, arms**

Do you need lots of equipment?

Not at all. There are several exercise options for strength training. And don't be afraid to switch it up—more variety may help you get stronger.

- Bodyweight exercises
- Free weights
- Weight machines
- Medicine balls
- Resistance bands

How to choose a starting weight

No matter your age, take it slow when you begin training. Don't be afraid to start with just a bare barbell or dumbbell bar to learn the right motion.

8-15 reps

Once you've mastered the movement, find a weight with which you can comfortably complete 8-15 repetitions.

Don't skip a warmup
You can injure your muscles more easily when they're cold. So warm up with 10 minutes of simple exercises, like jumping jacks or lunges.

Get the help you need

Talk to a trainer or health coach

Performing your exercises the right way helps you get the most from your hard work. Consider hiring a certified professional trainer at your local gym, or set up a session with a health coach:

Talk to your healthcare provider

Always consult with your physician before beginning any exercise program. This general information is not meant to replace your health care professional. If you experience any pain or difficulty with these exercises, stop and consult with your health care provider.

HEALTHY HEARTS!
HEALTHY YOU!

Source:
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