

Weight Training

What is Weight Training?

It is where skeletal muscles work against a resistance in order to build muscle strength, power or endurance. It is based on the overload principle of training.



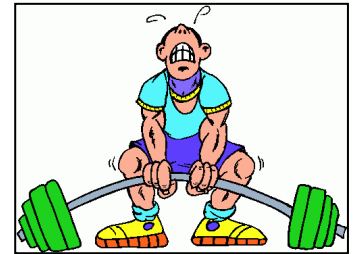
Weight Training Benefits:

Increases

- Muscular Strength (stabiliser and fixator muscles)
- Muscular Power
- Muscular Endurance and Tone
- Cardiovascular Fitness
- Metabolic Rate

Safety - Before carrying out any weight training exercises it is important that you undergo a gym induction. This will firstly check that you are fit and well enough to weight train and that you are competent at using the gym equipment.

Weight Training Programme Example:



Exercise	Date:			Date:		
	Workout Weight	Sets	Reps	Workout Weight	Sets	Reps
Flat Bench Press						
Tricep Dips						
Incline Bench Press						
Tricep Pull Over						
Chest Flyes						
Tricep Pushdown						
Pec Dec						
Tricep Extensions						
Cable Crossovers						
Lat Pulldowns						
Bicep Curls						
Pullups						
Hammer Curls						
Deadlifts						
Seated Barbell Curl						
Shrugs						
Seated Row						
Shoulder Press						
Back Squats						
Front Raises						
Front Squats						
Lateral Raises						
Leg Curls						
Leg Extensions						
Calf Raises						

A three day split is recommended for an intermediate weight training programme (Day 1 = Chest and Triceps, Day 2 = Back and Biceps, Day 3 = Legs and Shoulders)