

GUIDELINES FOR WEIGHT TRAINING

Techniques for lifting:

- 1. Be sure pins are securely in weight stacks before lifting. Do not allow weights to drop.**
- 2. Always lift through a full range of motion for maximum benefits to the muscle group you are working.**
- 3. Breathe!! During each lift, he should exhale as he left the (positive phase) and inhale as you lower (negative phase). Do not hold your breath. This can cause a significant and possibly dangerous increase in your blood pressure.**
- 4. Each list should be slow smooth and steady. Do not throw or jerk the weights. Do not let weights touch the stack between repetitions. On the last repetition, lower the weights slowly. Do not allow weights to drop.**
- 5. Always be sure the back is flat against the seat and do not arch your back during lifts.**
- 6. Never continue to work out if you feel pain.**
- 7. A safe and efficient workout focuses on technique, not weight.**

Order of exercise: if possible, it is best to begin with the large muscle groups (legs) then work your way through to the smaller muscle groups (arms).

Seat Adjustment: this seat should be adjusted so that the joint of rotation is working naturally with the machine some stations have a red dot which it along with the joint of rotation. If the joint is not working comfortably and naturally, it is probably due to improper seat adjustment or too much weight.

Starting weights: "they few repetitions of a low weight and gradually add enough weights and you are lifting eight to 12 repetitions with complete muscle fatigue occurring by the last repetition. Do not begin with the heaviest weight you can left. The old myth "no pain no gain" has been responsible for many injuries.

Recommended workout:

- 1. WARM-UP: Spend about five minutes doing large muscle activity such as walking, treadmill, bicycling, stair-climbing, etc. To gradually increase your heart rate and circulation to muscles to warm them up.**
- 2. Stretching: stretching more muscles will help to prevent injuries during weightlifting and will reduce soreness between workouts.**
- 3. Weight workout: for strings development, do one good set of eight to 12 repetitions so that your muscle is completely fatigued by the last repetition more than 15 repetitions is inefficient for strength development and exhausting the muscle in less than five to six repetitions can lead to tissue damage and torn muscles.**