
Strength/Resistance Training

“In addition, to the aerobic element, light resistance training is also encouraged to help correct posture, improve balance and coordination, build fat free mass, and increase self esteem.²²” Exercise...The Key to Weight Loss Success by Sharon Zarabi, RD, CDN, CPT

Even a small increase in muscle strength can make a big difference. The following techniques for strength training can be found at www.womensheart.org.

Techniques for Strength Training

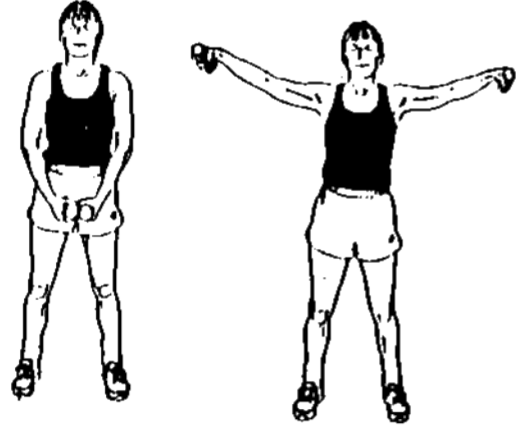
- Proper body alignment is an important component of strength training. When standing, feet should be shoulder width apart with knees slightly bent. Movement should be slow and controlled. At the beginning of lift, use the 4 count system with a pause and then return to starting position.
- Proper breathing techniques are essential when training. Never hold your breath. Inhale at the beginning of the lift and exhale during the release of each weight.
- You may sit or stand while participating in resistance training. Never use a resistance that is so heavy that it cannot be lifted at least eight repetitions per set. Heavy resistance can be dangerous and damage the skeletal and joint structures.
- It is recommended that every set consist of 8 to 12 repetitions per set. As the training effect occurs, achieve an overload initially by increasing the number of repetitions, and then, by increasing the free weights.
- Limit each workout to one to two sets of these six different exercises. Make sure that all the major muscle groups are included in the training session.
- Don't over-train. Two strength-training sessions per week are the minimum number to produce positive physiological adaptations.

Referenced from: www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide and www.womensheart.org

Below are examples of some strength-training exercises

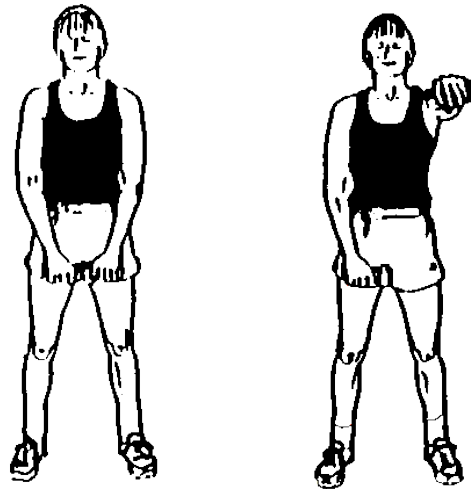
1) SIDE SHOULDER RAISE—for outer portion of the shoulders

- Start with arms hanging in front of thighs, elbows slightly bent, and palms facing each other
- Raise both dumbbells outward simultaneously to shoulder heights, keeping elbows slightly bent
- Lower dumbbells to starting positions and repeat



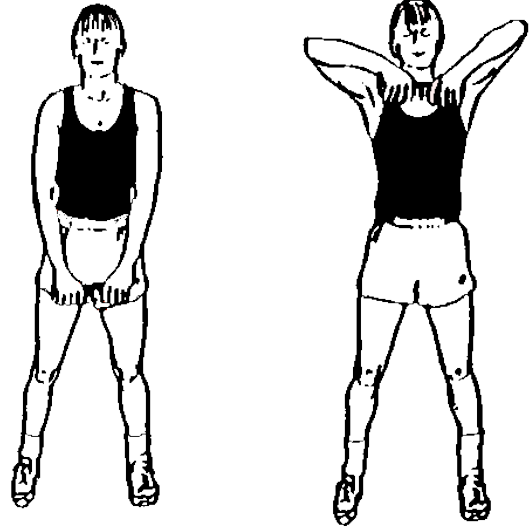
2) FRONT SHOULDER RAISE—for front portion of the shoulders

- Begin with arms hanging in front of thighs and palms facing thighs.
- Raise one dumbbell straight in front of you to shoulder height
- Lower dumbbell to starting positions and repeat using other arm
- Alternate arms.



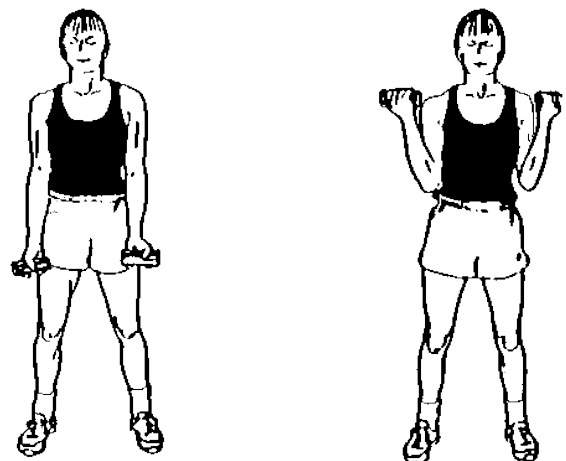
3) UPRIGHT ROW—for shoulders, neck and upper Back

- Stand erect, head up, feet 16 inches apart
- Hold dumbbell in right hand; raise overhead to arm's length, upper arm close to head
- Lower dumbbell in semicircular motion behind head until forearm touches biceps
- Return to starting position and repeat with left arm
- Inhale down, exhale up



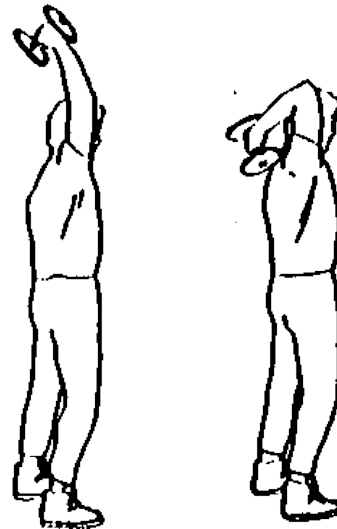
4) BICEPS CURL—for biceps or front of arm

- Commence the exercise with arms hanging at sides and palms facing away from your body
- Keeping the elbows close to your sides, curl both dumbbells upward to the shoulders
- Lower and repeat



5) ONE-ARM DUMBBELL TRICEPS CURL—for triceps

- Stand erect, head up, feet 16 inches apart
- Hold dumbbell in right hand; raise overhead to arm's length, upper arm close to head
- Lower dumbbell in semicircular motion behind head until forearm touches biceps
- Return to starting position and repeat with left arm
- Inhale down, exhale up



6) ALTERNATED DUMBBELL PRESS—for front and outer deltoids

- Raise dumbbells to shoulder height, palms and elbows in
- Press one dumbbell straight up to arm's length
- Lower to starting position and press other dumbbell up
- Keep body rigid; do not lean from side to side
- Do all work with shoulders and arms
- Inhale up, exhale down

