

## Strength training helps tone muscle and burn calories

### Rules for beginning strength training program

1. Warm up 5 to 10 minutes – march in place, go for a short walk, ride a bike, do some jumping jacks, jump rope, etc
2. Start either without weights or very light weights 1 to 3 pounds
3. Lots of repetitions and low weight are the key to toning.  
Start with 8 to 10 repetitions and work your way up to 18 – 20
4. Remember to BREATHE ! Breathe out when lifting a weight or tightening your muscles.
5. Lift the weight on a count of 2, and lower weight on a count of 4
6. Cool down and stretch after your work out !

## Chest press with weighted ball



Lie on the exercise ball, use your stomach, back and leg muscles to help you balance. If you are a beginner, just start on the floor  
Hold weight ball on your chest push straight  
Up in the air. Breathe out when lifting weight up.

## One arm row



Lunge position; make sure front knee stays above foot, back straight  
Drop arm with weight so it is straight up and down from ground, lift weight slowly, breathing out while lifting weight

## Front shoulder raise



Sit or stand with arms by side, palms facing back.  
Lift weights slowly to shoulder level, try not to shrug shoulders  
Breathe out while lifting weight up

## Lateral shoulder raise



Sit or stand with hands by side, palms facing legs.  
Lift weight slowly up so level with shoulders  
Breathe out while lifting weights

## Bicep Curl

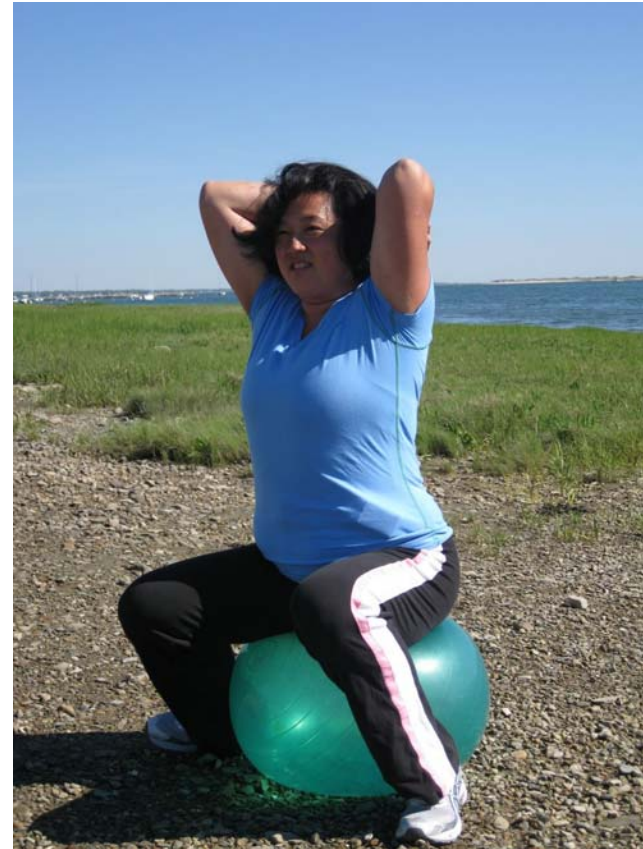


Start standing or seated on chair/exercise ball.  
Arms down to your sides, shoulders down.



Bring weights up to your shoulders.  
Count to 2 on the way up, 4 on the way down.  
Let the weights down slowly.

## Overhead tricep extensions



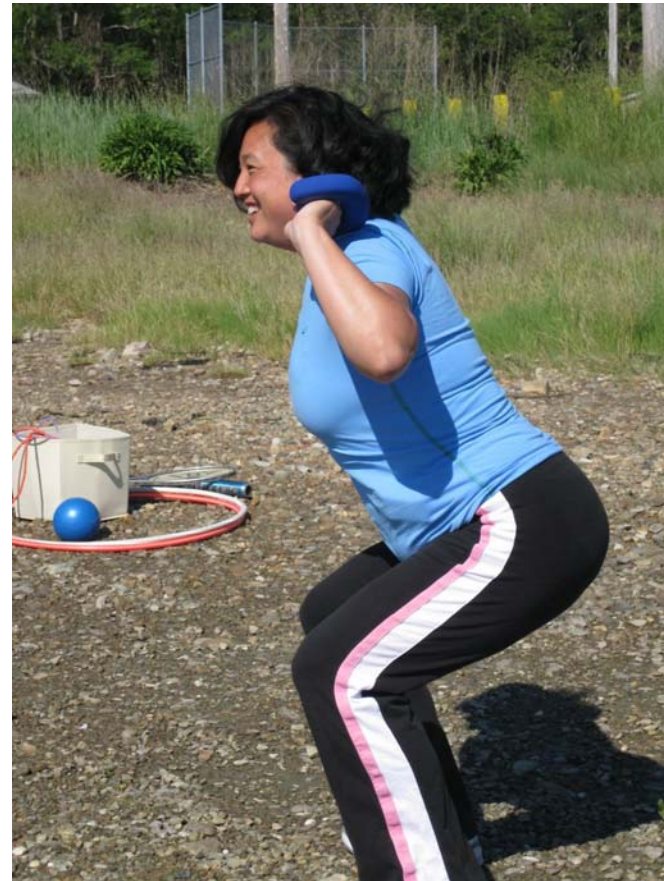
Sit or stand, holding weight with both hands overhead.  
Slowly drop weight behind your head, keeping your upper arm next to your ears.  
Breathe out when lifting weight overhead.

# Lunges



Stand with one foot in front of the other  
Keep hands by your side, start without weights, add them as you get stronger  
Drop knee to ground, make sure front knee stays above foot.  
More advanced, start with feet together and step forward into lunge.

# Squats



Start standing with either hands on waist or weights on shoulders  
Slowly squat down, keeping back straight.  
Do not let your behind drop below your knees.

## Abdominals - Bridge



Start lying on the ground, back flat, heels 6 – 8 inches from behind  
Lift your behind up by tightening abdominal and buttock muscles.  
Hold for 5 – 10 seconds, drop back down