

STRENGTH TRAINING 101

Tips on how to improve your
muscular strength and endurance

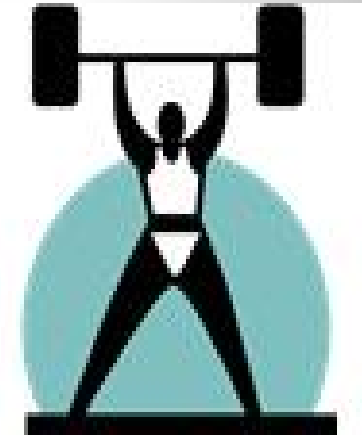


ITHACA COLLEGE

Center for Health Promotion

What is strength training?

- Strength or resistance training are training techniques that improve muscle strength and/or size.



- Resistance training can be done to improve health or athletic performance.
- Strength training often involves the use of weights, but could also involve using pneumatic resistance or elastic bands.

How often should I strength train?

- Build up slowly in order to avoid injury.
- Strength train for each major muscle group 2 to 3 days a week. A single muscle group should not be worked twice within 48 hours.
- The major muscle groups are: chest, shoulders, upper and lower back, hips, abdomen and legs.
- Work each muscle group in a single workout, or target certain muscles each session.

How much should I train during a workout?



- Train each muscle group with 2 to 4 sets of exercises per workout. These can be for sets of the same exercise or different exercises. Ex) 2 sets of bench press and 2 sets of pec flys.



- 2 to 3 minutes of rest should be taken between each set. Exercises for different muscle groups can be done during this time.
- Aim for a level of resistance that elicits fatigue after 8 to 12 repetitions.

Strength training for certain goals.

- If your goal is increasing muscular endurance (ability of the muscles to work at low levels over a long period of time) use a weight that causes fatigue between 15 and 25 repetitions.
- Rest periods between sets should be shorter when training for muscular endurance.
- If your goal is to improve total strength, use heavier weights that allow the completion of 4 to 6 repetitions.

Using Proper Technique



- It is important to perform strength training with proper technique to avoid injury.
- Seek out an expert to give you proper instruction. Make an appointment with a personal trainer at the Fitness Center (fees apply, but they are reasonable).
- Perform your exercise in a slow and controlled motion.



- Work through a full range of motion for your joints.

Improving/Maintaining Strength

- Once the exercises you are doing begin to feel too easy, you must work harder to see more gains in strength!
- Increasing weight or repetitions will improve strength.
- Don't increase the amount you are exercising too much! Pick a training load you can handle to avoid injury.
- Doing resistance exercises once a week at a constant intensity will maintain your strength gains.



Other Tips:

- Do a short warm up, such as 5 minutes on the bike, before performing resistance training.
- Do a warm up set of each exercise using a very easy weight.
- Train opposing muscle groups, such as the biceps and triceps, to avoid muscle imbalance.
- Wear your mask while working out, especially when in a public facility.



Sample Workout:



- Dumbbell Chest Press - (works the chest)
 - Dumbbell Row - (works part of the back)
 - Overhead Dumbbell Press - (works the shoulders)
 - Lat Pull Down - (works part of the back)
 - Dumbbell Bicep curls - (works the biceps)
 - Overhead Triceps extensions - (works the triceps)
 - Leg Press Machine - (works the legs and glutes)
 - Abdominal Machine - (works the stomach)
 - Back Extension Machine - (works the lower back)
- * Perform 2-4 sets of 8-12 repetitions of each exercise