

Strength Training - A Refresher!

Week 1 TNT

Contrary to what people think, strength training is extremely important to successful weight loss. The reason for this lies in the amount of calories that are burned when you are **NOT** exercising. Strength training elevates your resting metabolic rate (RMR) permanently. The RMR accounts for 60 to 75% of your daily calorie expenditure, so even a modest increase will help burn off more fat. So the benefits of strength training continue when you are at rest! When you do strength training twice a week, your metabolism stays raised even if you are inactive.

Ideally, a strength workout should include 8 to 10 exercises targeting the major muscle groups. Beginners can start out by using two sets of dumbbells (3 to 5 pounds and 8 to 12 pounds) or a set of resistance bands. Try the following exercises, **doing 3 sets of 10 reps each**. You should complete all 9 exercises, not just 1 or 2 of the exercises, for a whole body workout. The goal is to know what a total body workout should encompass.

Reminder: To help prevent injuries remember to warm up a few minutes before beginning any physical exercise. Check out this link for more information on warming up before you get started.

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1036

Score points according to your team's Captain. Push yourself to do one more set of each exercise!

1. Dumbbell chest press (works chest) with Resistance Band

Lie on a bench, elbows bent 90 degrees out to sides; straighten arms up and return.

2. One-arm dumbbell row (works upper back) with Resistance Band

Stand with legs hip-width apart and place one hand on bench, opposite arm holding weight; draw elbow up toward ribs and lower.

3. Biceps curl (works biceps) with Resistance Band

Stand with arms extended, palms up, and curl weights toward shoulders.

4. Triceps extension (works triceps) with Resistance Band

Stand with legs hip-width apart. Lean forward from waist, elbows bent 90 degrees at your sides; straighten arms behind you.

5. Lateral raise (works shoulders) with Resistance Band

Stand with arms down by your sides, palms in; raise straight arms to shoulder height.

6. Basic squat (works legs/butt) *with dumbbells with Resistance Band

7. Forward lunge (works legs/butt)

8. Bicycle (works abs)

Lie face-up on floor, bend opposite elbow to knee, then switch sides.

9. Superman (works lower back)

Lie facedown on floor and lift opposite arm/leg; switch sides.

(NOTE: Feel free to modify or use a substitute for each exercise, as needed, to match your fitness level, or allow for an injury. If substituting, please use an exercise that works the same muscles. Small cans of food may be used in place of dumbbells, if desired.) **POINTS ARE OPTIONAL DEPENDING ON YOUR TEAM - CHECK WITH YOUR CAPTAIN!**