



A BEGINNERS GUIDE TO

# RESISTANCE TRAINING

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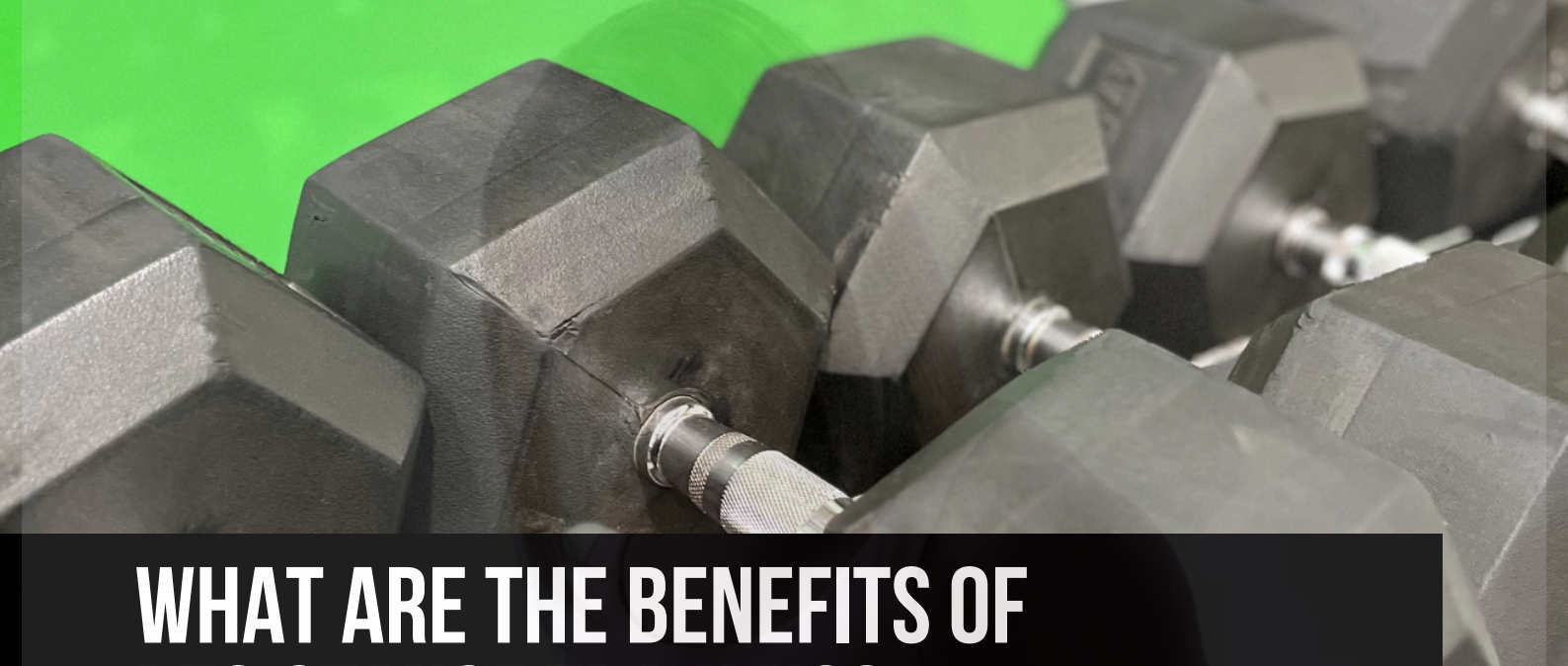
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# WHAT ARE THE BENEFITS OF RESISTANCE TRAINING?

Resistance training, also known as strength training or weightlifting, is an important type of physical activity that has numerous benefits for the body. Some of the key benefits of resistance training include:

**Increased muscle strength and size:** Resistance training helps to build and strengthen muscles by providing them with a progressive overload. As muscles adapt to the demands of the training, they become stronger and more capable of handling heavier weights.

**Improved bone density:** Resistance training has been shown to help increase bone density, which can help reduce the risk of osteoporosis and other bone-related conditions.

**Increased metabolism:** Resistance training can help increase the body's resting metabolism, which means that you will burn more calories at rest. This can be helpful for weight loss and weight management.

**Improved insulin sensitivity:** Resistance training has been shown to improve insulin sensitivity, which can help reduce the risk of type 2 diabetes and other metabolic disorders.

**Improved mental health:** Resistance training has been shown to improve mood, reduce stress and anxiety, and improve overall mental health.

Overall, resistance training is an important component of a well-rounded fitness program that can help improve physical and mental health and well-being.



# WARM UPS AND MOBILITY DRILLS FOR TRAINING

# 01

In this chapter, we cover some dynamic stretches and exercises to help prepare the body for the workout.

**Dynamic stretches:** Dynamic stretches involve moving the body through a range of motion to help warm up the muscles and prepare them for exercise. Examples include leg swings, arm circles, and lateral lunges.

**Light cardio:** Light cardio exercises, such as jogging in place or jumping jacks, can help increase the heart rate and get the body ready for more intense activity.

**Bodyweight exercises:** Bodyweight exercises, such as squats, push-ups, and lunges, can be a good way to warm up the muscles without using any additional equipment.

**Foam rolling:** Foam rolling involves using a foam roller to massage and stretch the muscles. This can be a good way to warm up and increase mobility before a workout.

**Yoga poses:** Yoga poses, such as downward dog and child's pose, can be a good way to warm up the body and improve flexibility.

Remember to start your warm-up at a low intensity and gradually increase the intensity as your body becomes more warmed up. It's also important to listen to your body and stop if you feel any pain or discomfort.



# AN INTRODUCTION TO UPPER BODY STRENGTH

# 02

**The upper body includes the muscles of the chest, shoulders, back, and arms.**

Upper body strength is important for a variety of activities, such as lifting, pushing, pulling, and carrying. Strong upper body muscles can also help improve posture and reduce the risk of injury.

There are a variety of exercises that can be used to build upper body strength, including bodyweight exercises, resistance band exercises, and weightlifting exercises.

It's important to vary your workouts and incorporate a variety of different exercises to challenge all of the muscles of the upper body.

Some common upper body muscle groups include the pectoralis major (chest), deltoids (shoulders), latissimus dorsi (back), and biceps (arms). It's important to train all of these muscle groups in order to achieve balanced upper body strength.

It's also important to consider your overall fitness level and goals when designing your upper body strength workouts. Beginners may want to start with bodyweight exercises or lighter weights, while more advanced exercisers may want to incorporate heavier weights or more advanced exercises.

It's also important to progress your workouts gradually to avoid overuse injuries and ensure continued progress.



# EXAMPLE UPPER BODY WORKOUT

Remember to start with a weight that you can comfortably lift for the prescribed number of reps, and gradually increase the weight as you get stronger.

It's also important to warm up properly before starting this workout and to cool down afterwards with some stretching.

EXERCISE	SETS	REPS
BENCH PRESS	3	10-15
SEATED ROW	3	10-15
SHOULDER PRESS	3	10-15
LAT PULLDOWN	3	10-15
BICEP CURL	2	10-15
TRICEP EXTENSION	2	10-15

Struggling with any of these exercises? Drop us a message and we'll give you some pointers.



# AN INTRODUCTION TO LOWER BODY STRENGTH

# 03

**The lower body includes the muscles of the legs, glutes, and calves.**

Lower body strength is important for activities such as walking, running, jumping, and climbing. Strong lower body muscles can also help improve posture and reduce the risk of injury.

There are a variety of exercises that can be used to build lower body strength, including bodyweight exercises, resistance band exercises, and weightlifting exercises.

It's important to vary your workouts and incorporate a variety of different exercises to challenge all of the muscles of the lower body.

Some common lower body muscle groups include the quadriceps (front of the legs), hamstrings (back of the legs), glutes (buttocks), and calves (lower leg).

It's important to train all of these muscle groups in order to achieve balanced lower body strength.

It's also important to consider your overall fitness level and goals when designing your lower body strength workouts.

Beginners may want to start with bodyweight exercises or lighter weights, while more advanced exercisers may want to incorporate heavier weights or more advanced exercises. It's also important to progress your workouts gradually to avoid overuse injuries and ensure continued progress.

# EXAMPLE LOWER BODY WORKOUT

Remember to start with a weight that you can comfortably lift for the prescribed number of reps, and gradually increase the weight as you get stronger.

It's also important to warm up properly before starting this workout and to cool down afterwards with some stretching.

EXERCISE	SETS	REPS
MOBILITY ROUTINE	/	/
LEG CURL	3	10-15
GOBLET SQUATS	3	10-15
LEG PRESS	3	10-20
WALKING LUNGES	3	10-15
LOWER BACK EXT	2	10-15

Struggling with any of these exercises? Drop us a message and we'll give you some pointers.





# AN INTRODUCTION TO CORE STRENGTH

# 04

The core includes the muscles of the abs, obliques, and lower back.

Core strength is important for activities such as lifting, carrying, and maintaining good posture. Strong core muscles can also help reduce the risk of injury and improve overall athletic performance.

There are a variety of exercises that can be used to build core strength, including bodyweight exercises, resistance band exercises, and weightlifting exercises.

It's important to vary your workouts and incorporate a variety of different exercises to challenge all of the muscles of the core.

Some common core muscle groups include the rectus abdominis (abs), obliques (sides of the waist), and lower back muscles.

It's important to train all of these muscle groups in order to achieve balanced core strength.

As covered in the previous chapters, beginners may want to start with bodyweight exercises or lighter weights, while more advanced exercisers may want to incorporate heavier weights or more advanced exercises.

It's also important to progress your workouts gradually to avoid overuse injuries and ensure continued progress.

# BEGINNER CORE EXERCISES

EXERCISE	SETS	REPS/DURATION
LEG RAISES	2-3	10-20 REPS
CRUNCHES / SIT-UPS	2-3	10-20 REPS
RUSSIAN TWISTS	2-3	30 SECONDS
PLANK	2-3	30 SECONDS - 1 MINUTE

**Leg Raises:** Lying on your back, place your hands under your hips and lift your shoulders up from the ground. Raise legs to above hips with slight bend in knees, maintain control as you lower down - without touching the ground, lift again.

**Crunches / Sit-ups:** Lie on your back with your hands behind your head and your knees bent. Lift your head and shoulders off the ground curling your ribs towards your hips. (Option: Touch hands to ground above your head, sit all the way up and touch hands to floor outside your feet)

**Russian twists:** Sit on the ground with your knees bent and your feet hovering off the ground. Hold your hands together out in front of you and twist your upper body to the left, then to the right.

**Plank:** Start in a push-up position with your arms straight and hands shoulder-width apart. Hold this position anywhere from 30 seconds to 1 minute, then rest for 30 seconds before starting round 2. (Option: elbows on ground)

At first, these exercises might seem a real challenge. If you cannot reach the required time or number of reps, it's not the end of the world. Simply make a note and aim to improve next time!





# AN INTRODUCTION TO FLEXIBILITY & MOBILITY

# 05

Flexibility is the ability of a joint or group of joints to move through a full range of motion.

It's an important aspect of overall fitness and can help improve performance in physical activities, reduce the risk of injury, and improve posture.

There are three main types of flexibility: static, dynamic, and ballistic.

**Static flexibility** refers to the ability to hold a stretch for a period of time.

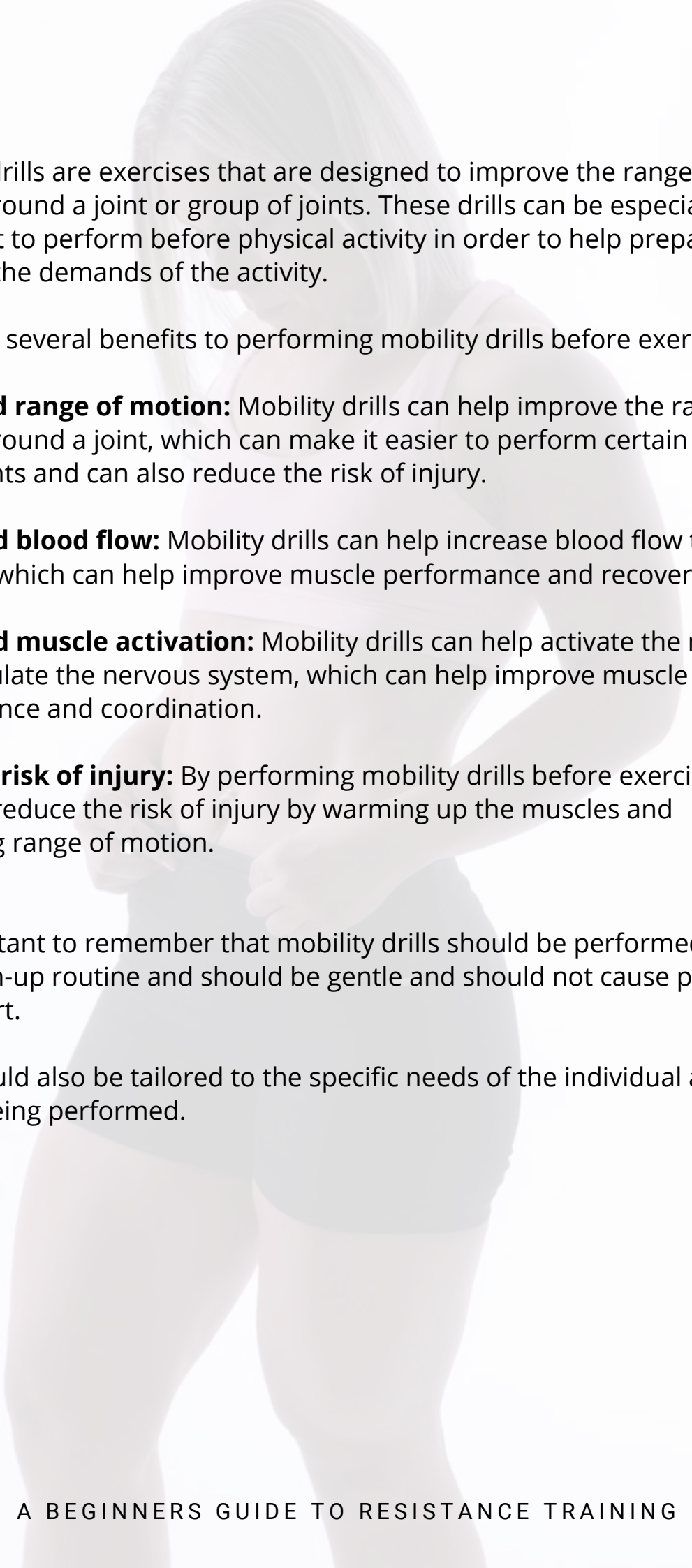
**Dynamic flexibility** refers to the ability to move through a range of motion while performing an activity.

**Ballistic flexibility** refers to the ability to stretch a muscle using momentum, such as in a bouncing motion.

Incorporating flexibility work into your fitness routine can help improve overall flexibility and mobility.

It's important to warm up properly before stretching and to cool down afterwards with some stretching.

It's also important to stretch gradually and avoid overstretching or forcing a stretch, as this can lead to injury.



Mobility drills are exercises that are designed to improve the range of motion around a joint or group of joints. These drills can be especially important to perform before physical activity in order to help prepare the body for the demands of the activity.

There are several benefits to performing mobility drills before exercise:

**Improved range of motion:** Mobility drills can help improve the range of motion around a joint, which can make it easier to perform certain movements and can also reduce the risk of injury.

**Increased blood flow:** Mobility drills can help increase blood flow to the muscles, which can help improve muscle performance and recovery.

**Enhanced muscle activation:** Mobility drills can help activate the muscles and stimulate the nervous system, which can help improve muscle performance and coordination.

**Reduced risk of injury:** By performing mobility drills before exercise, you can help reduce the risk of injury by warming up the muscles and improving range of motion.

It's important to remember that mobility drills should be performed as part of a warm-up routine and should be gentle and should not cause pain or discomfort.

They should also be tailored to the specific needs of the individual and the activity being performed.





# BEGINNER MOBILITY DRILLS

**Cat-cow stretch:** Start in a tabletop position on all fours with your wrists under your shoulders and your knees under your hips. Inhale and round your spine towards the ceiling, tucking your chin towards your chest. Exhale and arch your back, looking up towards the ceiling. Repeat for 10 reps.

**Inchworm:** Stand with your feet hip-width apart. Hinge forward at the hips and walk your hands out as far as you can go while keeping your legs straight. Walk your hands back towards your feet and stand up. Repeat for 10 reps.

**Downward-facing dog:** Start in a tabletop position on all fours with your wrists under your shoulders and your knees under your hips. Lift your hips up and back, pressing your heels towards the ground. Keep your arms and legs straight and hold this position for 30 seconds.

**Mobility squat:** Lower into a deep squat position, using your elbows to gently pry your hips open. Hold the position for 30-60 seconds, focusing on keeping your chest up and your heels on the ground.

**Thread the needle:** Start in a 4-point kneeling position. Take your right hand and thread it under your left arm allowing your right shoulder to drop to the ground. Bring the arm back through and continue the movement by reaching the right arm up to the ceiling. Complete 8 repetitions and repeat on the other side.

Remember to start slowly and gradually increase the intensity and duration of these drills as you get more comfortable. **It's also important to listen to your body and stop if you experience any pain or discomfort.**

## SO HOW DO YOU PUT ALL THIS TOGETHER

If you've got to this point, then great.

It shows that you are keen to learn and start building some strength. With that in mind, it's finally time to show you how to put this all together.

### 3 DAY EXAMPLE (OVER 2 WEEKS)

MON	TUE	WED	THU	FRI	SAT	SUN
LOWER BODY + CORE	REST	UPPER BODY	REST	LOWER BODY	REST	REST

MON	TUE	WED	THU	FRI	SAT	SUN
UPPER BODY + CORE	REST	LOWER BODY	REST	UPPER BODY	REST	REST

You can switch up the days if this layout doesn't work with your schedule!





# NOW IT'S YOUR TURN. EITHER ACT, OR DO NOTHING

The unfortunate reality is, many of you reading this will choose to do the latter.

**So only you know whether you're going to be an action taker, or another "read and do nothing" person.**

We've given you all the tools you need to make a start, so now it's over to you!

If there's anything you're not sure on, or if you'd like to know more about how we can help you get into the best shape of your life - Click **here** to arrange a FREE discovery call.



## **TRY THIS 14 DAY PROGRAM WITH OUR POCKET COACH APP**

With our pocket coach app, you can start tracking your workouts and meals, measure results, and achieve your fitness goals, all with the help of our coaches.

The programs within this guide are scheduled into our training app, ready for you to start on Monday!

Scan the QR code and start your journey!





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