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**Success with Strength Training**

**By Jesse Cannone**

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Strength training is the most effective way to turn your body into a fat burning machine and stay in great shape! It is the most productive form of exercise there is! In order to be successful with strength training there are some basic principles that must be followed if you want to receive the many benefits which strength training has to offer! The three most critical factors are progressive overload, intensity, and recovery.

Progressive overload simply means that you must force your muscles to work harder each time. That means you can't use the same weight every workout, regardless of how many sets or reps you do. The best way to do this is by attempting to increase the resistance / weight used and, or increase the number of repetitions performed at each workout.

Intensity is also very important. You must force your body to increase its strength. For example, if you typically do 3 sets of 10 reps on the leg press at 115 pounds, and your legs are capable of doing 16 reps, why is your body going to make any improvements? Your body will only add muscle if you force it to work at a higher level than it is used to. The most effective way to overload your muscles is to perform one or two sets per exercise, and continue each set to muscular failure. That means continuing each set until no more repetitions are possible. Challenge yourself!

Once you have overloaded the target muscle group you must then allow for proper recovery and over compensation. This means you must rest long enough to allow for recovery of the targeted muscle group, the nervous system, refill glycogen stores (Energy stored within your muscles), and also allow enough time for the muscles to make improvements or increases. This process takes time. Generally, it takes between 2-7 days to recover from a strength workout! The harder you work the longer it takes your body to repair. Don't short-circuit your progress by strength training too often!

Basic Guidelines for Successful Strength Training

## Success with Strength Training

Strength train no more than three times per week!

Perform 1–2 sets per exercise!

Choose 1–2 exercises for small muscle groups and 2–3 for large muscle groups. (ex. 2–3 exercises for legs, back, chest, and 1–2 for arms, shoulders, etc.)

Choose no more than 8–10 exercises and work hard on them! . Always keep a record of all workouts! . Take each set to failure or fatigue!

Perform each exercise SLOWLY! Force the muscle to do the work — NOT momentum!

As soon as you see a slow down in progress it's time to make a change to your program!

Below are some sample workouts and frequently asked questions regarding strength training.

Full-body Workout 1–2 x per week (approx. 30–40 mins.)

Lat pull-down 2 sets Chest press 2 sets Leg press 2 sets

Lateral raise 1 set Bicep curl 1 set

Triceps pushdown 1 set Leg curl 1 set

Leg extension 1 set

Upper / Lower Split

2–3 x per week (approx. 25–40 mins)

A. Upper

Seated row 2 sets

Shoulder press 2 sets

Lat pull-down 1 set

Pectoral fly 1 set

Lateral raise 1 set

Bicep curl 1 set

Triceps pushdown 1 set

B. Lower

Leg curl 2 sets

Glute machine 1 set

Leg press 2 sets

Leg extension 1 set

Frequently Asked Questions

Q. How do I lose the flab on the back of my arm or my spare tire?

A. It is physically impossible to only lose fat in one area. What you can do is decrease body fat by

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burning more calories than you consume. Increase muscle tissue with strength training and burn more calories all day long, even while you are sleeping!

Q. How often should I strength train if my goal is to burn fat?

A. 2–3 times per week would be great! You will build muscle tissue, which burns calories 24 hours a day, and you will decrease the chance for excess calories to be stored as fat!

Q. What if I don't want to bulk up? I just want to tone.

A. If it were that easy to bulk or get big nearly every guy in the gym would be huge] Women generally don't have the genetic potential to build large muscles due to hormonal differences. Plus, don't forget that adding muscle tissue to your body is a good thing! It makes everything you do much easier, reduces the chance for injury, and increases your metabolism!

Q. How many sets and repetitions should I do?

A. This will vary depending upon your goal. If you are training to increase strength, due fewer sets but

higher intensity (1–2 sets to failure per exercise). If training for muscle size, perform multiple sets (2–4 sets, but only 1 to failure). The number of repetitions will vary also depending upon the speed at which you move the weight and your goals. In general, shoot for 8–12 reps.

Q. What are the benefits of strength training?

A. Strength training, if done correctly, can make some major changes to your body and mind! Here are just a few: Increased metabolism Increased strength and flexibility Increased muscle tone  
Reduced stress levels

For more information on how you can maximize the benefits of strength training, please call me at 240–731–3724 or e–mail [jesse@achieve–fitness.com](mailto:jesse@achieve–fitness.com)

Jesse Cannone is a certified personal trainer, nutritionist, and best–selling fitness author. Sign up to receive his free email course, Muscle Building Tips which is full of powerful tips and techniques for maximizing strength and size.

### **Top Ten Reasons To Add Strength Training To Your Daily Routine**

**By Monique Rider**

#### **Top Ten Reasons To Add Strength Training To Your Daily Routine by Monique Rider**

1. Strength training tones, builds and firms your body.

Using any type of resistance (bands, weights, water, etc.) tones and builds the muscles. For certain

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exercises, even body weight can accomplish this. The muscle will become firmer and the skin around the muscle will tighten. This produces a more sculpted look.

2. Strength training burns body fat.

The higher your muscle to fat ratio, the more muscle on your body. The more muscle on your body, the more fat you'll burn because it takes more calories to maintain muscle.

3. Strength training builds strong bones.

Bone density can be increased by strength training. Therefore, reducing the risk of Osteoporosis.

4. Strength training can be done with very little equipment.

Most people think they need expensive equipment to begin a strength training program. Not true! All you need is a set of hand held weights or several sets of weights.

5. Strength training is fun and motivating.

You may not feel motivated to begin a program at first, but after a few weeks of strength training, you'll notice a more sculpted body. Then your motivation will build and you'll want more of that same result. When performed in a group setting, strength training is even more fun and motivating.

6. Strength training helps rid us of mental and physical stress.

Due to the level of concentration needed when strength training and the endorphins that are being released during exercise, stress levels are greatly reduced and you'll have a clearer head!

7. Appetite is improved due to strength training.

You learn to listen to your body and feel what it needs. After a session of weight training you may be hungry but it's not usually for "junk food." The body usually begins to crave whatever it needs to replenish energy after a strenuous workout. You'll find yourself heading for fruit, yogurt, or protein.

8. Strength training is for both male and female.

Yes, women should be strength training right along with men. No, a woman won't wake up one morning looking like a man!! Women don't have the hormones to pack on the muscle like men do. Women who strength train will end up with shapely, sculpted bodies that look healthy and toned.

9. Strength training means your scale weight is irrelevant.

Strength training adds muscle and reduces body fat. Muscle is denser than fat. Therefore, you will not need to pay attention to your weight on a scale if you're strength training. The scale may show you're weight increasing but it may be because you're adding muscle. Learn to judge by your appearance, how you feel and how your clothes are fitting.

10. Strength training is a method of self care that will get you many compliments!!

Do this for yourself! Take care of your body now – it's never too late. Even senior citizens are strength training with amazing results. If you're shy about accepting compliments – you'll be learning how to accept them because many will come your way once you begin a strength training program.

Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

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