

# Weight Training Principles

## Select at least one exercise for each major muscle group

### Upper Body

- Pectoralis (chest)
- Latissimus dorsi, rhomboids, and trapezius (upper back)
- Deltoids (shoulders)
- Biceps (upper front of arms)
- Triceps (upper back of arms)

### Lower Body

- Gluteals (bottom)
- Quadriceps (top front of legs)
- Hamstrings (top back of legs)

### Core

- Erector spinae (lower back)
- Abdominals

## Work large muscle groups before small muscle groups

Do multi-joint exercises first, such as a bench press before a bicep curl and a leg press before a leg extension.

## Lift and lower the weights at a reasonable pace

Each lifting motion (concentric contraction) should take 1–2 seconds, and each lowering movement (eccentric contractions) should take 3–4 seconds.

## Breathe correctly

You should exhale on the concentric contraction (working motion) and inhale on the eccentric contraction (lowering motion).

## Work to muscle failure

The last few repetitions should be hard to complete. If you are using the correct weight, you should reach fatigue in about 30–90 seconds.

## Choose the right number of reps for you

Depending on your goals, each set will contain a certain number of repetitions, or “reps.” For power, aim for 5 reps or fewer; for strength, 6–10 reps; for endurance, 11–20 reps; for strength and tone, 10–15 reps.

## Choose the right number of sets for you

Several studies have shown similar strength gains from one, two, or three sets of exercise. Multiple sets will burn more calories; a single set will take less time. If you are doing multiple sets, rest for 30–90 seconds between sets.

## Use a full range of motion

Perform each exercise through a full range of joint movement, to build muscle strength and increase joint flexibility.

## Rest at least 48 hours between strength workouts

Muscles take about 48 hours to synthesize proteins and build slightly higher levels of strength, so strength training exercises should be done on an every-other-day basis.

## Progress wisely

The body adapts to the physical demands placed on it, so you will need to gradually make the program harder to continue challenging your muscles. Increase the weight by 5–10 percent when you can complete 15 repetitions. When you increase the weight, the number of repetitions will decrease. For example, if you can perform 15 repetitions with 50 pounds, increase the weight to 52.5–55 pounds and perform 10 repetitions.

## For More Information

Please contact me at 912–547–1617 or [shannon@shannonganun.com](mailto:shannon@shannonganun.com) if you have any questions or need further information.



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