

Exercise Safety Tips

“Tip of the Day” Thursday 2/4

Dispelling the confusion of weight lifting: AKA “The Elite Eight”

Just because you lift weights does NOT mean you will gain muscle mass!

- It takes the right genetics... specific types of muscle fibers
- It takes the right amount of testosterone (you're safe "ladies")
- It takes a specific type of weight lifting (lots of reps and sets)
- It takes a greater intake of protein and some extra calories...

There are many **benefits** gained from weight lifting

- Increased strength and muscle endurance
- Improved posture and stronger core muscles
- Reduced risk of lower back pain
- Increased metabolism which aids in weight control

Keep it simple, not multi-sets of multi-exercises for multi-days...

- Choose exercises that work more than one muscle at a time (=multi-joint)
- Work muscles in pairs for muscle balance (biceps/triceps, quadriceps/hamstrings)
- Have a “complete” routine (target the chest, upper back, shoulders, abdomen, lower back, front of thigh, back of thigh, inside and outside of thigh, calves).
- This can be done in as little as eight (“elite eight”) or ten exercises.
- 2 sets of 10 – 15 repetitions, 2 or 3 alternating days per week, will do just fine.

Lifting tips for **safety**

- Align your joint that is moving during the exercise with the “red dot” on the Nautilus machines
- Whatever part of your body is against the bench seat or back of the seat, should remain there throughout the repetitions
- Breathe out when the weights are going up, “catch your breath” as the weight returns down
- Pace the movement with a count of 2 or 3 going up, and a count of 2 or 3 going down

Final tidbits of **advice**

- You don't have to lift to exhaustion, but in order to have some good results, it has to be a moderately hard effort (always in control, however)
- While you are resting for a minute between sets, work the opposite muscle group to save time, alternating each one until completed.
- Keep a log of your workouts
- Venture into the free-weights when you feel ready and confident. More variety and more “functional” towards everyday life



Ask for help in organizing a plan...don't forget those exercise science majors.