



# Thinking about Weight Training ?

---

[www.fitbrixx.com](http://www.fitbrixx.com)

# Thinking about Weight Training ?

” In general perform 2 or 3 sets using the following information for guidance on the number of repetitions:

<b>Power</b>	1 – 3 Reps	<b>Strength</b>	4 – 6 Reps
<b>Muscle Size</b>	8 – 12 Reps	<b>Toning</b>	13 – 16 Reps
<b>Endurance</b>	17 – 20 Reps		

”

# Thinking about Weight Training ?

” Each set should be performed so that the final 1 or 2 repetitions are nearing maximum effort.

If you find the last few repetitions easy, you should increase the weight.

If you find that you can not complete a set, you should reduce the weight.

Some days you may be stronger than others so remember this when considering weight selection.

”

# Thinking about Weight Training ?

”

Make sure you're using the correct technique.

Activate your core muscles and retract your scapula for the majority of exercises.

If you are uncertain, find a gym instructor to ask. You'll usually find them very helpful (if not proactive in their patrolling of the gym floor).

”

# Thinking about Weight Training ?



Consider joining a Gym or employ a Personal Trainer.

Tell them what you want to do and how you want to progress.

They will should be able to advise you on the best approach to take.



# Thinking about Weight Training ?

”

Make sure you leave time for your muscles to recover between workouts.

Muscles can take up to 7 days to fully recover from a strength training workout.

”

# Thinking about Weight Training ?

” Above All Else – Enjoy it ! ”