

# Weight Room 101 – A Beginner’s Guide to Resistance Training

Warmup: 5 minutes of continuous movement like a brisk walk, light jog, bike, row or elliptical to increase the body temperature.

## A. Treadmill

- 1) Straddle the treadmill and press the start button
- 2) Increase either the speed and/or the incline to increase the intensity level
- 3) Slowly adjust the speed of the treadmill to 0

### Safety Points

- 1) Stay to the front of the treadmill. Don’t allow yourself to be pushed back.
- 2) Always remain comfortable with the speed, if it is too fast, stop immediately
- 3) Stop the treadmill prior to getting off for any reason



## B. Elliptical

- 1) Step onto the machine and press the start button
- 2) Adjust the speed according to your fitness level
- 3) Grip the handles and keep your torso upright.

### Safety Points

- 1) Ensure your feet are fully on the platforms
- 2) Do not round your back.
- 3) Keep your body controlled at all times; do not swing side to side



### **C. Life Fitness Bike**

- 1) Comfortably adjust the seat height so you keep a slight bend in your knees on the down stroke
- 2) Sit on the bike and press the start button
- 3) Adjust the tension according to your fitness level

#### Safety Points

- 1) Keep your body controlled at all times; do not swing side to side
- 2) Adjust the tension according to your fitness level
- 3) Keep your back flat



### **D. Rower**

- 1) Press the menu button to turn on the rower
- 2) Adjust the damper according to your fitness level
- 3) Pull by retracting your shoulder blades and push with your hips.

#### Safety Points

- 1) Keep your knees slightly bent. Do not over extend on the pull phase.
- 2) Keep your torso upright. Do not round your back on the return phase.

3) Ensure the strap is placed firmly across the mid-foot.



## 1. Dumbbell Squat

**Start:** Stand upright with feet parallel and shoulder width apart holding a pair of dumbbells by your side

**Action:** Squat down by moving hips back and bending knees. Simultaneously, bend at the waist and lower trunk towards the thighs.

**End:** Return to upright position by extending knees, hips and trunk.

### Safety Points:

- 1) Maintain a neutral spine through the movement; do not arch your back. Stop lowering when you begin to lose the natural curve in your lower back.
- 2) Keep your knees in line with your toes
- 3) Inhale at the top, hold breath while lowering then exhale upon returning to start position.



## 2. Dumbbell Bench Press

**Start:** Lie on back with arms extended towards ceiling, holding two dumbbells with palms facing forward.

**Action:** Lower the dumbbells until your upper arms are parallel with the floor.

**End:** Press dumbbells to start by extending elbows and squeezing chest

### Safety Points

- 1) Pick up weight carefully using your legs
- 2) Keep your back flat on the bench
- 3) Do not allow your upper arms to descend below parallel to the floor



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### 3. Cable Seated Row

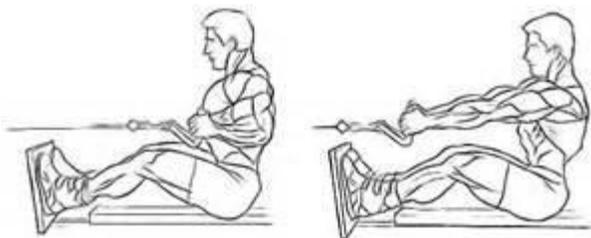
**Start:** Sit upright on a bench in front of a low cable, with both arms extended below shoulder height and holding a bar attachment with both hands in over hand grip.

**Action:** Keeping the torso upright, row the bar towards the body and below the sternum, by bending the elbows. Squeeze the shoulders together at the back of the movement.

**End:** Return the attachment to the starting position by extending the elbows.

### Safety Points

1. Focus on pulling by squeezing the shoulder blades
2. Keep your back flat throughout the movement
3. Bring the handle to your chest in a control manner



#### 4. Step Up

**Start:** Stand upright with one foot on the floor and the other up on a bench in front.

**Action:** Step up onto the bench top by pushing down on the front heel, extend the knee and hip of the front leg, and bringing the feet together on the bench top.

**End:** Step one foot back down to floor.

#### Safety Points

- 1) Pick an appropriate weight and stable surface
- 2) Keep knee on top of the toes while performing the exercise
- 3) Setup properly every time; take a pause at the bottom position to reset yourself.



#### 5. Latissimus Pull Down

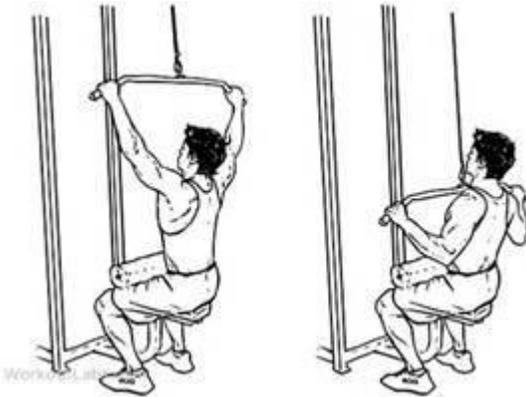
**Start:** Sit upright under a high cable, leaning back slightly, with both arms extended overhead, holding a bar attachment with hands in over hand grip and spaced within shoulder width.

**Action:** Without moving the trunk, pull the attachment down to just above chest level by bending the elbows and squeezing the shoulder blades together

**End:** Return the attachment to the starting position by extending the elbows

#### Safety Points

- 1) Maintain a good posture, adjust the bench so your legs are anchored
- 2) Pull back slowly, try to touch your chest with the bar
- 3) Do not over extend your back, you should pull from the arms



## **6. Dumbbell Shoulder Press**

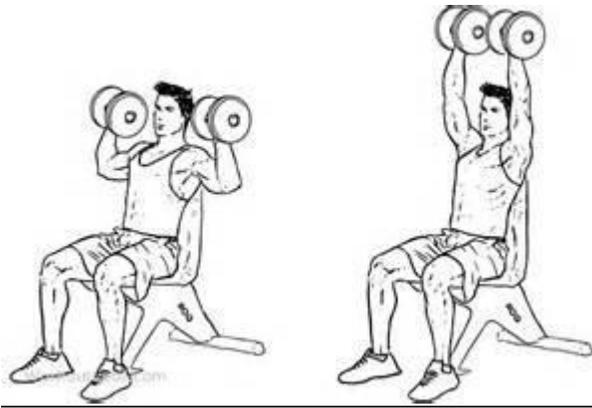
**Start:** Sit up with dumbbells on thighs. Bring to shoulder height and turn hands to face front

**Action:** Press up and tap the weight and lower with control. Don't arch your back.

**End:** Slowly bring the weights back to start position

#### Safety Points

- 1) Keep your head in alignment with your spine with a slight chin tuck
- 2) Keep your back flat
- 3) Don't allow your upper arms to descend below parallel to the floor



## 7. Plank

**Start:** Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders.

**Action:** Keep the core tight, and maintain a straight line from head to feet.

**End:** Hold the plank position for the required time.

### Safety Points

- 1) Keep elbows directly below shoulders
- 2) Keep back flat.
- 3) Look down to not stress the cervical spine



## 8. Bird Dog

**Start:** On all fours, pushing in the ground to engage the core

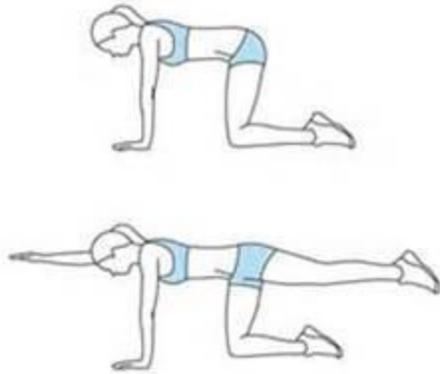
**Action:** In a controlled manner, extend both the opposite arm and leg (right arm, left leg) to full range of motion.

**Finish:** Hold 2-3 seconds then slowly return to start position. Repeat for other side.

### Safety Points

- 1) Move slowly

- 2) Keep your hands directly under your shoulders
- 3) Don't rotate your hips



## 9. Dumbbell Bicep Curl

**Start:** stand upright with feet parallel, arms at sides, and holding two dumbbells with arms and palms facing forward.

**Action:** raise dumbbells towards shoulders by bending elbows.

**End:** lower dumbbells to starting position without locking out the elbow joint.

### Safety Points

- 1) Don't twist torso to lift weight
- 2) Keep knees slightly bent
- 3) Maintain elbow parallel to the hips while performing exercise



## 10. Triceps Cable Extension

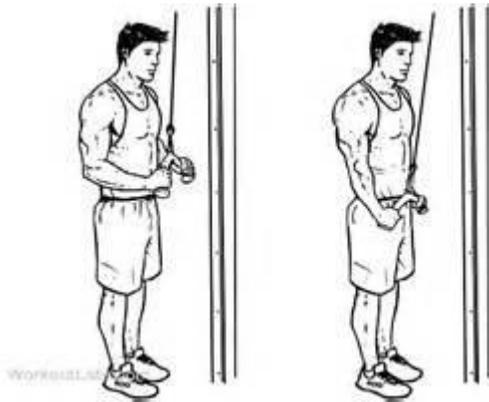
**Start:** Standing upright grab the bar at eye height

**Action:** Extend the elbows to push the bar towards the floor

**End:** Slowly return the bar until forearms are parallel to the floor

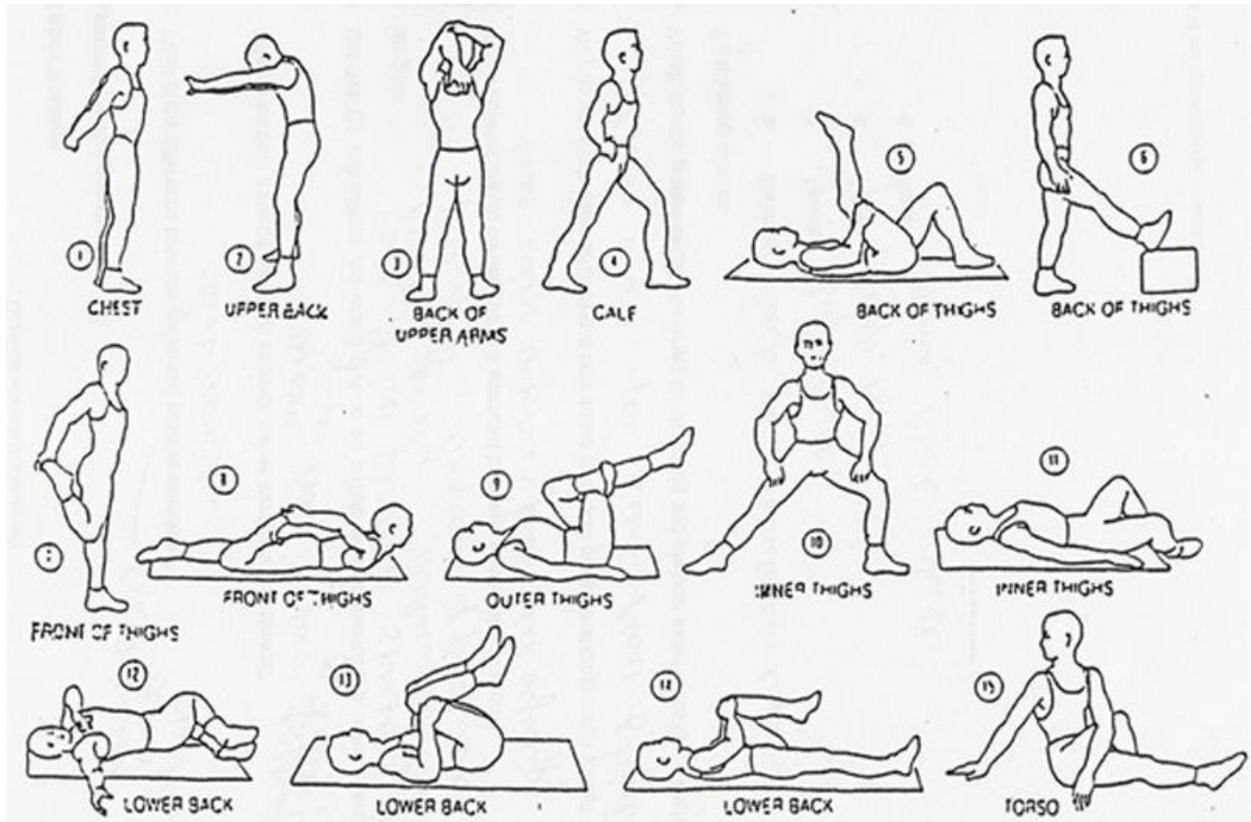
Safety Points

- 1) Don't lock out your elbows on the descent phase
- 2) Slowly return bar to the start position
- 3) Keep knees slightly bent



**Cooldown:** 5M slow bike until breathing becomes more regular and legs are less heavy

**5M Static Stretching** – Pick 5-6 stretches. Hold each stretch for 15-30 seconds.



- 1) Chest : Lock the fingers behind the back and bring the hand up as tolerated
- 2) Upper Back : Lock the fingers and reach forward as much as possible
- 3) Triceps: Reaching up, slightly push the elbow upwards and back
- 4) Calf: Keep one foot in front and one foot back. Push back and down into the back foot
- 5) Hamstring : In a comfortable position, slightly bring the thighs to the chest while extending the knee
- 6) Hamstring: Elevating the leg, point the toes up and reach down while maintaining a flat back
- 7) Quadriceps : Gently bring your ankle to your back, keeping the knee inside
- 8) Quadriceps : On your stomach, bring the ankle to the back, slightly bringing it up
- 9) Glute: Get the left leg across the right leg and gently pull on the right leg. Switching sides
- 10) Groin : Keeping the leg straight, reach down to the other side of the body
- 11) Groin : Sitting down, put your feet together and try to lay down comfortably
- 12) Low Back : Bring both knee to chest, then bring to a side while keeping the shoulder on the ground
- 13) Low Back : Bring both leg to chest and use your arm to lock them into place

14) Low Back : Bring one leg to the body while keeping the opposite knee to the ground

15) Torso: Cross a leg over the body, use the elbow to lock it in place and rotate outside the body.

Weight Room 101 – Circuit 1		
Exercise	Time / Rep	Rest
Dumbbell Squat	12	Proceed to next exercise after 30 sec rest
Dumbbell Bench Press	12	Proceed to next exercise after 30 sec rest
Cable Seated Row	12	Proceed to next exercise after 30 sec rest
Step Up	20	Proceed to next exercise after 30 sec rest
Lat Pull Down	12	Proceed to next exercise after 30 sec rest
Dumbbell Shoulder Press	12	Proceed to next exercise after 30 sec rest
Plank	15-30 secs	Proceed to next exercise after 30 sec rest
Bird Dog	20	Proceed to next exercise after 30 sec rest
Dumbbell Bicep Curl	12	Proceed to next exercise after 30 sec rest
Triceps Cable Extension	12	Proceed to next exercise after 30 sec rest