

BLC 28 Week 1 TNT
May 20th or 21th
Strength Training For Beginners
Can be completed Wednesday or Thursday

Contrary to what people think, strength training is extremely important to successful weight loss. The reason for this lies in the amount of calories that are burned when you are **NOT** exercising. Strength training elevates your resting metabolic rate (RMR) permanently. The RMR accounts for 60 to 75% of your daily calorie expenditure, so even a modest increase will help burn off more fat. So the benefits of strength training continue when you are at rest! When you do strength training twice a week, your metabolism stays raised even if you are inactive.

Ideally, a strength workout should include 8 to 10 exercises targeting the major muscle groups. Beginners can start out by using two sets of dumbbells (3 to 5 pounds and 8 to 12 pounds) or a set of resistance bands. Try the following exercises, **doing 2 sets of 10 reps each**. The extra credit is 1 more set of 10 reps for each exercise. The member should complete all 9 exercises not just 1 or 2 of the exercises for the same number of sets and reps. The goal is to know what a total body workout should encompass.

Sets 1 & 2 score 5 points per exercise for a total of 90 points. Push yourself to do 1 more set of each exercise for an extra bonus of 10 points each.

1. Dumbbell chest press (works chest)

Lie on a bench, elbows bent 90 degrees out to sides; straighten arms up and return.

2. One-arm dumbbell row (works upper back)

Stand with legs hip-width apart and place one hand on bench, opposite arm holding weight; draw elbow up toward ribs and lower.

3. Biceps curl (works biceps)

Stand with arms extended, palms up, and curl weights toward shoulders.

4. Triceps extension (works triceps)

Stand with legs hip-width apart. Lean forward from waist, elbows bent 90 degrees at your sides; straighten arms behind you.

5. Lateral raise (works shoulders)

Stand with arms down by your sides, palms in; raise straight arms to shoulder height.

6. Basic squat (works legs/butt)

7. Front lunge (works legs/butt)

8. Bicycle (works abs)

Lie face-up on floor, bend opposite elbow to knee, then switch sides.

9. Superman (works lower back)

Lie facedown on floor and lift opposite arm/leg; switch sides.

(NOTE: Feel free to modify or use a substitute for each exercise, as needed, to match your fitness level, or allow for an injury. If substituting, please use an exercise that works the same muscle. Small cans of food may be used in place of dumbbells, if desired.)

Tracker #sets _____ x 5 = _____ (90 max)

Extra Bonus #sets _____ x 10 = _____ (90 max)

Grand total _____ (180 max)