

R.E.A.L GoalsSM:– Strength Training

(Realistic, Easy, Attainable, Life Goals)

Example: I will strength train for 15 minutes a day, three times a week.

The benefits:

- Increased lean muscle mass
- Increased bone strength
- Helps to reduce body fat
- Increased metabolism
- Heart health benefits

Quick tips:

- Consult with your physician if you are starting an exercise routine or have any health concerns.
- While an athletic club will give you access to light or heavy weights and the possibility of a personal trainer to assist, strength training can be done anywhere using objects like handheld weights, resistance bands, gallon jugs, or even your own body weight.
- Search “strength training” or “at home strength workout” on YouTube for free instructor-led workouts.
- Warm-up and cool down! Never strength train on cold muscles, and make sure to stretch afterward.
- Choose a weight or resistance level heavy enough to tire your muscles after 10-12 repetitions.
- Focus on proper, controlled form. Don’t rush through the movements.
- Learn the difference between muscle fatigue and pain. If you experience pain, stop!
- Make sure you breathe through the exercise. Exhale during the hardest part of the movement.
- Give yourself a day in between strength training sessions to let your body rest and recover.
 - o If you want to strength train every day, alternate upper and lower body workout days.

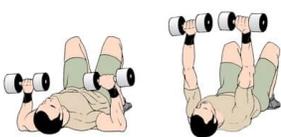
Examples of exercises for different muscle groups:

Choose exercises for the upper body, lower body, and core. Seek balance. For each exercise you do, complete an exercise for the opposing muscle (bicep/triceps, chest/upper back, hamstring/quadriceps).

Upper body:

- Chest: push-ups, chest fly
- Biceps: bicep curls, hammer curls
- Shoulders: overhead press, lateral and rear deltoid raises
- Triceps: triceps extensions, dips

Chest:



Bench press with dumbbells



Push ups



Knee push ups



Chest fly

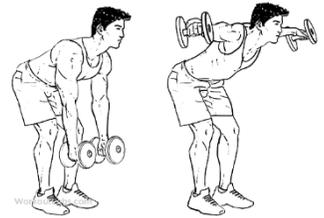
Shoulders:



Overhead press



Lateral raises



Rear delt raises

Lower body:

- All major leg muscles: Squats (weight or no weight), lunges, deadlifts
- Isolated muscle groups:
 - o Hamstrings: leg curl
 - o Calves: calf raises

Legs and balance:



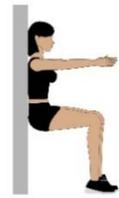
Squats without weights



Squats with weights



Lunges – to modify hold onto a sturdy chair or countertop

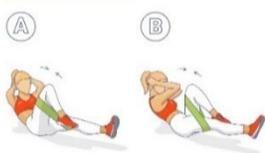


Wall sits

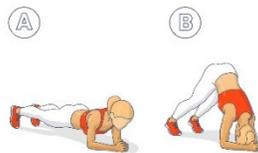
Core:

- Plank
- Bicycle crunches
- Find more core exercises by searching “core workouts” or “30-day core challenge.”

Abdominals and core:



Bicycle crunch
(increase difficulty with resistance bands)



Dolphin plank



Mountain climbers

Explore more [Real Goals and Supplemental Resources](#)

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