



R.E.A.L GoalSM: Strength Training (*Realistic, Easy, Attainable, Life Goals*)

Example: I will strength train for 15 minutes, 3 times this week.

The benefits:

- Increased lean muscle mass
- Increased metabolism
- Reduced body fat
- Heart health benefit
- Increased bone strength

Quick tips:

- Consult with your physician if you are starting an exercise routine or have any health concerns.
- Strength training doesn't need to be done at an athletic club. While an athletic club will give you access to light to 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 your own body weight.
- Youtube.com provides free workouts led by personal trainers. Search "strength training" or "at home strength workout."
- Warm-up and cool-down! Never strength train on "cold" muscles and make sure to stretch afterwards.
- 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.
 - Or if you want to strength train every day, one day, focus on upper body and the next day, focus on lower body.

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/quadricep)

□ Upper Body:

- Chest: Push-ups, chest fly
- Shoulders: Overhead press, lateral raise, rear deltoid raise
- Biceps: Bicep curls, hammer curls
- Triceps: Triceps extensions, dips

Chest:



Bench Press on the floor with dumbbells



Push ups



Knee Push ups



Chest Fly

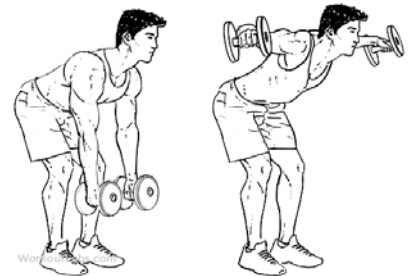
Shoulders:



Overhead Press



Lateral Raises



Rear delt raises

□ **Lower Body:**

- All major leg muscles: Squats (weight or no weight), lunges, deadlifts
- Isolated muscle groups:
 - Hamstring: Leg curl
 - Calf: Calf raises

Legs and Balance:



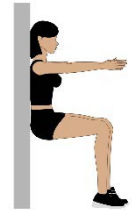
Squats without weight



Squats with weight



Lunges. Modify by holding onto sturdy object to stabilize. (chair, countertop)



Wall-sit

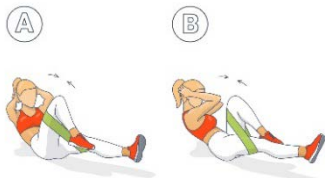
□ **Core:**

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

Abdominals and Core:

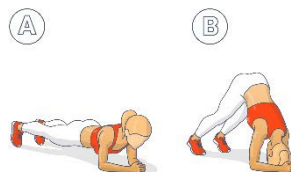
BICYCLE CRUNCH

WITH RESISTANCE BAND



Increase difficulty w/ resistance band

DOLPHIN PLANK



Mountain Climbers

To choose another goal, go to: [wellfirstbenefits.com/realgoals](https://www.wellfirstbenefits.com/realgoals)

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