

Free Weights and Resistance Exercises Strength Training for Women



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Techniques for Strength Training

- Proper body alignment is an important component of strength training. When standing, feet should be shoulder width apart with knees slightly bent. Movement should be slow and controlled.
- At the beginning of lift, use the 4 count system with a pause and then return to starting position.
- Proper breathing techniques are essential when training. Never hold your breath. Inhale at the beginning of the lift and exhale during the release of each weight.
- You may sit or stand while participating in resistance training. Never use a resistance that is so heavy that it cannot be lifted at least eight repetitions per set. Heavy resistance can be dangerous and damage the skeletal and joint structures.
- It is recommended that every set consist of 8 to 12 repetitions per set. As the training effect occurs, achieve an overload initially by increasing the number of repetitions, and then, by increasing the free weights.
- Limit each workout to one to two sets of six different exercises. Make sure that all the major muscle groups are included in the training session.
- Don't over-train. Two strength-training sessions per week are the minimum number to produce positive physiological adaptations.

Dumbbell Hammer Curl



Dumbbell Curl



Dumbbell Press

Starting position



Finishing position



Dumbbell Shrug

Starting position



Finishing position



Dumbbell Calf Raise

Starting position



Finishing position



Dumbbell Front Lateral Raise

Starting position



Finishing position



Dumbbell Lateral Raise

Starting position



Finishing position



Dumbbell Bent Over Rows

Starting position



Finishing position



Dumbbell Bent Over Raise

Starting position



Finishing position



Dumbbell Triceps Kick-backs

Starting position



Finishing position



Dumbbell Bent Lift

Starting position



Finishing position



Dumbbell Squat

Starting position



Finishing position



Dumbbell Dead Lift and Squat

Starting position



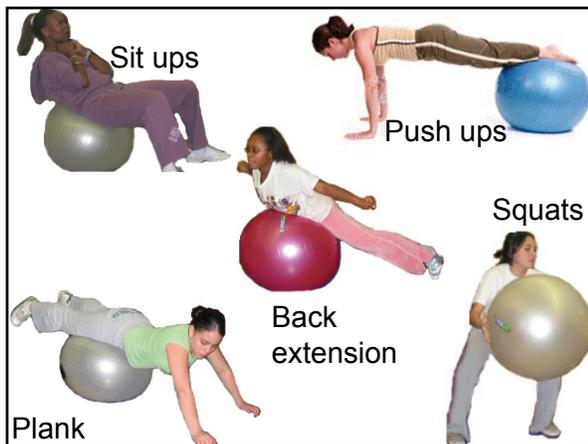
Finishing position



Concentration Curl



Bridge Pose



Ebands

Squat

Lunge

Wide Curl

Front Lateral

