

7 Women's Strength Training Secrets Revealed!



**Women's strength training myths are
FINALLY busted! 7 great tips,
techniques and exercises to get you the
body that you want today!**

Brought to you by Tracy Simmons
Certified Fitness Educator & Writer

Dear Fitness Enthusiast,

I am so glad that you are here! Thank you for taking the first steps toward a better body and a healthier lifestyle. This report, *7 Women's Weight Training Secrets Revealed*, will bust the myths and give you tips and techniques to begin your strength training program today!

In this report you will learn:

- What type of exercises you should avoid.
- How to get started in your program.
- When NOT to exercise.
- Why weight training is essential for women.
- How to lose weight and keep it off.
- Much more!

Thanks so much for being here and enjoy the ride.

Stay Healthy

A handwritten signature in black ink that reads "Tracy Simmons". The word "Tracy" is written in a cursive style, and "Simmons" is written below it in a similar style.**Tracy Simmons**

Tracy Simmons Fitness

Hamilton, Ontario

Canada

tracy@tracysimmonsfitness.com

www.tracysimmonsfitness.com

Women's Strength Training Secret # 1: Aerobic Exercise is NOT All a Woman Needs to Stay Healthy

I know you have heard this one before “Low intensity, long duration exercise is the answer to weight loss for women” While low intensity exercise does have its place (particularly for sedentary people), the rate at which you burn calories in low intensity training is, well, low. You might have to do a 90 minute aerobic workout just to burn a few hundred calories. Who has time for that? You want to safely progress your exercises to work between 65 – 85% of your maximum heart rate (220 - your age). Better still, you want to interval train. This is simple interspersing high intensity activity with lower intensity activity (but that is a different book)

If you only did cardio then muscle and fat would be burned for fuel. Women need to build muscle to prevent the loss of muscle tissue. When you only concentrate on cardio, it will be very difficult to meet your fitness goals and achieve the body that you want. When you build more lean muscle mass, you increase your resting metabolic rate, this means you burn more calories all the time. If you are burning more calories all of the time, you are storing fewer calories, so there are fewer calories to be converted into fat!

Women's Strength Training Secret # 2: Strength Training WILL NOT Make You Big & Bulky!

Many women shy away from weight training because they think they are going to turn into a big and bulky body builder. The truth is that very few people have the genetic endowment to develop large, defined muscles. Women do not produce as much testosterone as males do, making it impossible to (naturally) gain huge amounts of muscle mass. Women are also physiologically different than men. Men are typically taller and heavier than women. They have less fat and more muscle mass. What does this mean: men are built to get bigger and women are not. Female bodybuilders spend hours (and I mean hours) a day weight training and following strict diets to look the way they do.

Based on the fear of getting too big, many women adopt a training program revolving around the notion of "toning". The term implies using light weights or other resistance presumably to derive some small muscular effect -- for strength and appearance. With toning, the idea seems to be not to put forth much effort (intensity) but to do a great deal of work (volume) -- many sets, many repetitions. The problem with toning is that, while it is a good place to start, it does not effectively work the muscle. This means that you workout, become tired and never see any results. Intensity is the key (we will get to this later)

Women's Strength Training Secret # 3: Lifting Weights WILL NOT Leave You Susceptible To Injuries

Another common misconception is that women will seriously injure themselves while lifting weights. The truth is that anyone can injure themselves while lifting weights if they are not educated. Here are a few questions to ask yourself while you are performing any exercise.

- Are you lifting weights that are too heavy?
- Are you using proper technique?
- Are you performing the exercises in a slow, controlled manner?

If you are unsure about any exercise – don't do it! Consult a professional to ensure that you are performing the exercises correctly. Here are some key points to remember to make your workout injury free:

- Check with your doctor before you begin any exercise program.
- Breathe. Exhaling during the lift phase of the exercise and inhale during rest.
- Balance your workout. Include all major muscle groups – chest, back, abdominals, back - and make sure you work opposing muscle groups equally – biceps/triceps, quadriceps/hamstrings
- Get Your Rest. Give your body up to 48 hours to recover before you work on the same muscle group
- Wear proper shoes. They will keep you from slipping and give you a firm foundation

Women's Strength Training Secret # 4: Strength Training WILL Help You Burn Fat!

Muscle actually takes up less space than fat, so ultimately, by weight training, you will be smaller, firmer and toner...and your clothes will fit better. If that is not incentive to add a strength training program to your current workout, I don't know what is!

Muscle also is more metabolically active than fat. What does this mean for you? Muscle burns fat – 3 times the amount that fat burns. You will burn more calories at rest as weight training elevates the metabolism up to 16 hours after your training session. While you are watching TV or eating dinner, you are burning fat!

You may be asking – will I actually lose weight? The answer is maybe. You may end up weighing the same or even more because muscle is more dense than fat, but remember the true test is how you look and feel – not what the numbers on the scale say.

Women's Strength Training Secret # 5: Lifting Weights WILL Decrease Bone Loss & Increase Self Esteem

While cardiovascular activity is very important to lose weight and strengthen the heart. It can not replace the benefits that women gain from strength training. Here are just a few perks:

Increased bone strength (decreasing the risk of osteoporosis)

Women, more than men, need to bear weight on the bones to reduce the risk of osteoporosis. Stronger bones decrease the risk of injury which becomes increasingly important as we age.

Improved self esteem and confidence

Women who engage in strength training benefit from improved self-esteem. Strength training can give women a sense of personal power. Women are in control of their own bodies – how they look and how they feel. Psychological benefits arise from the physiologic changes that occur as a result of strength training and from the process of encountering and mastering physical challenges. Both the process and the outcome of strength training benefit women.

Women's Strength Training Secret # 6: Sets, Repetitions and Weight DO Matter!

We hear so much about sets and reps but what do they actually mean? With an eye toward favorably changing body composition, what are ideal training routines for women? Here are sample routines with each workout taking no more than 15 to 25 minutes. Routines use only one set per exercise. Unlike what you see many women and men doing, there is little need for elaborate warm-ups. You can do some general warm-up for several minutes to elevate your heart rate. You can then also do one or two warm-up sets with two to three repetitions for the first exercise you will do in a workout. After that, you may not need to do any other warm-up sets. You are not doing one maximum repetition in any movement. You are doing slow, controlled repetitions with great form.

You don't have to run from one movement to the next. So-called circuit training is not a great way to increase aerobic fitness and it is not a great way to increase strength. About one minute between exercise movements works well.

What about repetitions? What number is correct? As a general guide, many trainers have recommended doing slow repetitions where you raise the weight in eight seconds and lower it in four. So, each repetition should take about 12 seconds. Depending upon personal preferences and what you find effective in each movement, aim for four to six repetitions. Remember, what is really important is that each set is done with high intensity and you slowly progress in your workouts.

Women's Strength Training Secret # 7: You are NEVER too Old to Begin a Strength Training Program

It's NEVER too late to start weight training. Studies have shown strength improvements and numerous other benefits from weight training are possible at any age, even in subjects well into their 70s and 80s. In fact, a recent study, published in the Journal of the American Medical Association, found that post-menopausal women can reduce their body fat, increase muscle mass, build up their bones, and improve their balance by lifting moderately heavy weights on a regular basis. Biologically, the women were about 20 years younger than they were at the start of the yearlong study. Research has also found that weight training can increase spinal bone mineral density by as much as 13 percent in six months. So weight training is a powerful tool against osteoporosis. The benefits of weight training are now indisputable, both to prevent the effects of aging in pre-menopausal women and reverse the effects of aging in post-menopausal women.

And if all that isn't enough to convince you the weight training is the single most effective way to burn fat, increases metabolism, build strength and increase bone density, here are a few other benefits you may want to consider:

- Stronger connective tissues to increase joint stability and help prevent injury
- Increased functional strength for sports and daily activity
- Increased lean body mass and decreased non functional body fat
- Higher metabolic rate because of an increase in muscle and a decrease in fat

So what are you waiting for? Let's get started!

BONUS: **Beginner Workout**

Here is a sample of a 2 day workout. This is only intended to be a guideline for a beginner exercises. Please make adjustments as needed. Here are a few tips to help you get the most out of your program:

- Remember to work at your own level and pace.
- Please consult a fitness professional if you are unsure on how to execute these exercises properly.
- Make sure that you do an aerobic warm up (walking, stair-climbing) for at least 5 minutes before you begin.
- At the end out your day, include stretches for every body part used in your program. Try and rest 1-2 days between workouts.
- Begin with 1 set of each exercise and progress up to 3.
- Rest at least 30-90 seconds between sets

Day 1

Leg Extensions

1. Sit down and place the front of your lower leg (where your foot and lower leg connect) underneath the extension pad located under or slightly out from the seat on the machine.
2. Extend your legs up, pushing against the pad. Straighten your legs until they are slightly bent.
3. Then slowly return the weight back down to where your knees are bent at a 90-degree angle.

Leg Curl

1. Lay on your stomach on a hamstring curl machine. During the exercise, keep your hips flush against the bench.
2. Keep your abdominal muscles tight and a natural arch in your spine.
3. Under control, curl the weight up to a 90° angle from the machine.
4. Stop where you feel comfortable (do not let your hip come up) and lower the weight back.
5. Under control, lower the weight, stop just before your knees are straight and reverse the motion back up.

Calf Raise

1. Stand with the balls of your feet on the block of a standing calf raise machine. Your hips should extend out behind you.

2. Hook your shoulders under the pads of the machine and straighten your legs bringing the weights of the machine up. DO NOT lower heels as far as possible toward the floor as this puts tremendous stress on your calf muscles and tendons.
3. Keep your feet parallel to the floor or slightly below. If you do not have access to the machine, you can stand on a step or box and perform this exercise.
4. Come up on your toes as far as possible (1-2 seconds). Pause for a good second or longer, get a good squeeze at the top of the movement.
5. Slowly lower back down (3-4 seconds) to the starting position.

Chest press

1. In correct posture, sit on a chest press machine. During the exercise, keep your back flush against the back pad.
2. Keep your abdominal muscles tight, shoulders down and chest up.
3. Under control, push the weight out while focusing on bringing your elbows together.
4. Stop just before your elbow joints are straight and reverse the motion back.
5. Under control, lower the weight, stop when your elbow joints are in line with your shoulders and reverse the motion.

Bicep Curls

1. In correct posture, sit on a bicep machine. During the exercise, keep your back flush against the back pad.
2. Keep your abdominal muscles tight, chest up, and elbows in. Your elbows should remain stable in a fixed position on the pad.
3. Under control, lift the weight directly up while focusing on your bicep muscles.
4. Stop when the weight is 90° from your shoulder joint and reverse the motion back down.
5. Lower the weight down, stopping just before your elbows are straight and reverse the motion back up.

Lower Back Exercise

1. Lie down on a mat or carpet with your stomach to the floor, keep your arms and hands flat at your sides and legs extended like in a standing position, but lying down.
2. Slowly raise yourself up from your torso as far as you can go but do not over-extend. Just to the point where you feel comfortable and you are receiving the maximum benefit.
3. Remember to tighten your buttocks when lifting yourself from the ground and concentrate on working the lower back. Now slowly lower yourself back to the floor. Don't forget to breathe.
4. Do about 2 sets of 12-24 reps, 2 to 3 times per week.

Day 2

Lat Pull Downs

1. In correct posture, hold the bar at a shoulder width grip.
2. Slightly lean back while keeping your abdominal muscles tight, shoulders back and chest up.
3. Under control, pull the weight down while focusing on bringing your shoulder blades together.
4. Stop just after your elbow joints are in line with your shoulders and reverse the motion back up.
5. Under control, reverse the weight back up, stop just before your elbow joints are straight and reverse the motion back down.

Shoulder Press

1. In correct posture, sit on a shoulder press machine. During the exercise, keep your back flush against the back pad.
2. Keep your abdominal muscles tight, knees bent and chest relaxed.
3. Under control, push the weight directly up while focusing on your shoulders.
4. Stop just before your elbow joints are straight and reverse the motion down.
5. Under control lower, the weight, stop when your elbow joints are in line with your shoulders and reverse the motion back up.

Tricep Dip

1. In correct posture, stand as you hold a bar shoulder width apart.
2. Keep your abdominal muscles tight, chest up, and elbows stable.
3. While keeping your elbows in and stable, under control, lower the weight down.
4. Stop just before your elbows are straight and reverse the motion back up.
5. Stop when your elbows are 90° from the ground and then reverse the motion back down.

Abductor/Adductor Machine

1. Sit in an adductor machine, and place your legs in the leg rests.
2. Bring your legs together until the pads touch each other on the insides of your thighs.
3. Return the weights back to the starting position in a controlled manner.
When you are returning the weights back to the starting position, remember to do so at a very slow pace.
4. For the abductors, flip around the leg rests and start with the legs together
5. Spread out your legs as far as you can go comfortably
6. Return the weights back to the starting position in a controlled manner.

Reverse Crunch

1. Lie on the floor and place hands on the floor or behind the head.
2. Bring the knees in towards the chest until they're bent to 90 degrees, with feet together or crossed.
3. Contract the abs to curl the hips off the floor, reaching the legs up towards the ceiling.
4. Lower and repeat for 12-16 reps.
5. It's a very small movement, so try to use your abs to lift your hips rather than swinging your legs and creating momentum.

Crunch Machine

1. Lay on the ground with your legs bent and your feet flat. Do not pull from your arms; keep your focus on your abdominal muscles. Remember, this is an abdominal crunch not a sit up
2. Keep your abdominal muscles tight, neck straight and chest up.
3. From your sternum, crunch your weight up and forward.
4. Your lower back should remain flat on the ground at all times.
5. Under control, lower your weight, stop just before your shoulders touch the ground and reverse the motion back up.

Disclaimer: None of this information is intended to replace the need to consult a primary healthcare physician. Please consult with your doctor before beginning any exercise program.

BONUS:
Training Worksheets

Day 1

Exercise	Weight	Sets	Reps	Notes

Day 2

Exercise	Weight	Sets	Reps	Notes

Coming Soon!

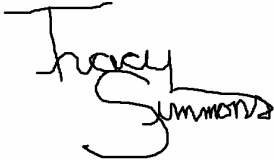


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About the Author



Tracy Simmons

Tracy Simmons is a Hamilton, Ontario-based fitness presenter and writer who is constantly looking for new ways to get people active. With over 10 years experience, she offers a broad range services for fitness professionals and enthusiasts and has been featured many magazines including Alive, Viva and Live-It!. She is currently working on several books on health and wellness.

Contact Tracy at tracy@tracysimmonsfitness.com or visit her website www.tracysimmonsfitness.com to sign up for her FREE e-newsletter! In Home Fitness Programs are available!