

Overcoming Fears of Lifting

Female Empowerment: Lets get in the gym

“I Feel like an Outcast”

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Every single person was a beginner at one point. No one has been lifting since birth.



“I will start eventually, but I’m fine for now”

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“ONE DAY OR DAY ONE. YOU DECIDE.”

“I don’t know what I’m doing.”

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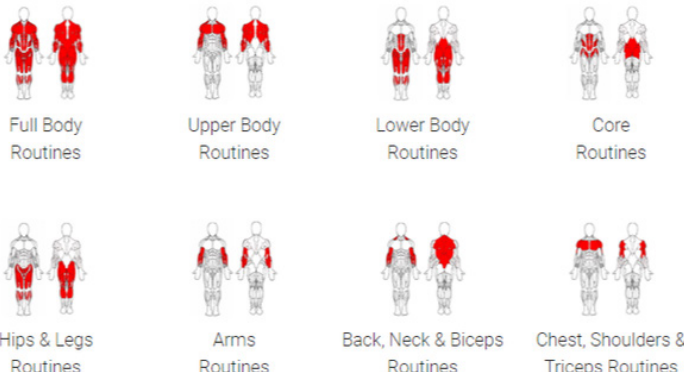
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We all have the same twenty four hous in a day. If you have enough time to scroll on your phone for an hour, you have enough time for the gym.

1 HOUR WORKOUT = 4% OF YOUR DAY
BE STRONGER THAN YOUR EXCUSES

“IF IT’S A PRIORITY, YOU’LL FIND TIME. IF IT ISN’T, YOU’LL FIND AN EXCUSE.”

This age is the perfect oppurtunity to learn. The internet is a free resource with millions of workout plans and tutorials to start out with.



“I simply don’t have time”

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“I just go on the treadmill”

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Cardio vs. Lifting Weights

@sam_xceedfit



✓

Great for fat loss (with a calorie deficit!)

✗

Fat burning effect stops after you're done

✗

Little progressive overload

✗

If overdone, can result in you looking 'skinny fat'

✓

Great for fat loss (with a calorie deficit!)

✓

Can help burn fat 24-48 hours after workout

✓

Many variations and progressions

✓

Helps you build muscle, get stronger, tone up, look better naked

“I just want to be skinny.”

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Weightlifting For Women

If you want to understand the full value of lifting weights, the following benefits tell you everything you need to know.



PSYCHOLOGICAL BENEFITS

Through exercise, your brain and body receives a surge of fresh blood that's pumping faster than normal. When paired with the sense of accomplishment that lifting weights creates, a morning workout can transform the tone and tempo of your day.

WEIGHT LOSS

Muscle burns more calories than fat, so when you lift weights on a regular basis, your body can torch excess fat faster (even when you're behind your laptop or driving in the car!).

INJURY RESISTANCE

Women who lift benefit from increased lean muscle strength and neuromuscular coordination, both of which safeguard the body from injury.

DISEASE PREVENTION

Compared to women who don't participate in strength training, women who lift weights reduce their risk of type 2 diabetes by 30% and their risk of cardiovascular disease by 17%.

Lifting can build muscle while simultaneously losing fat. You don't need to malnourish your body to try and become thin.

“I don't want to look manly.”

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“I've been called every name. I've been called too skinny. I've been called too fat. I've been called too muscular. I think once you get to a place where there are so many more important things, like how you're training and what your training goals are, you stop caring. I'm at a point where I don't even care how I look. I think I look fine and I look happy, but that's not my main focus anymore, which is so freeing. I can go to the gym and only focus on this one thing—getting better and getting stronger.”

Building muscle can take years and you will not turn in to the hulk after a day. It takes people years to achieve growth.



- Megan Gallagher
Professional powerlifter and ISSA certified personal trainer

Once you go to the gym often, you learn it's not about the look of your body and more about your mental strength. You go to become a better version of yourself than you were yesterday. It gives your life a deeper meaning and gives you a goal of continuous self improvement.



The hardest part about lifting weights is getting into the gym and beginning lifting weights. It's easy to give excuses. How much longer are you gonna keep listening to the excuses?

