**7 TIPS FOR WEIGHT TRAINING BEGINNERS**

**1. STAY HYDRATED**: Muscle is 75% water. So weigh yourself on a digital scale before and after your workout. Then drink the difference in ounces of water.

**2. BRING TWO TOWELS TO THE GYM**: One for your post- workout shower, one for sweat-soaked equipment. (Always wipe your filthy slime off the bench between sets.)  
  
**3. BE PREPARED TO SPOT**: As a beginner, ask the person exactly what you should do.  
  
**4. EMBRACE THE DUMBBELL**: You won't need a [spotter](https://www.mensfitness.com/training/pro-tips/trainer-qa-how-do-i-spot-someone), you'll rarely have to wait for a pair, and they'll work your muscles harder than machines.  
  
**5. CONTROL THE WEIGHT**: As a beginner, never use a weight that's so heavy that you need momentum to lift it. A simple gauge: You should be able to pause for at least one second before lifting a weight. It can be tempting to pick up the biggest dumbbell imagineable so you, y'know, look tough—but in reality, you could be doing much better.

**6. START SLOW**: Making minor amendments to your daily routine will help you cultivate positive habits. If you start so gradually that you barely notice the change, you’ll be more apt to continue it and make more changes without them ever seeming daunting.

**7. STAND UP STRAIGHT**: Want an easy way to tell if you’re performing your exercises correctly? Check your posture. The correct starting position for most exercises is shoulders back, chest out, standing (or sitting) tall, with your [abs](https://www.mensfitness.com/training/pro-tips/5-everyday-benefits-stronger-abs) tight. Good posture, good form.