

# On-Site Insights

Leading your company and your employees to a life well lived



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## Beginner Strength Training

Balancing lean muscle mass and body fat is very important. Lean muscle mass decreases with inactivity and age. However, implementing strength training can help to preserve lean muscle mass and improve general overall fitness. The American College of Sport Medicine recommends 2 times per week of muscle strengthening activities that work all muscle groups. Recommended prescription of 2-3 sets of 8-12 reps. This can be done with body weight, free weights, machines or resistance bands. As strength occurs, make sure to progress so that the difficulty of the exercise feels like 8 out of 10.



### Benefits:

- Increased bone density
- Avoid injury
- Manage weight
- Enhance quality of life
- Manage and treat chronic conditions
- Improve mental health
- Better balance and coordination
- Decreased risk of falling with age
- Improved sleep and reduce depression



E-mail us at: [mgill@onsitesolutionspt.com](mailto:mgill@onsitesolutionspt.com) for more information or to discuss our injury prevention programs.

- Prevention and wellness
- On-site physical therapy
- Ergonomics
- Functional job analysis and pre-employment screen

## How to begin?

- **Warm up:** Get your blood pumping and your body moving prior to strength training. This increase in cardiovascular activity will get your muscles ready to work.
- **Consider your goals:** Strength training can be done for various reasons. No matter if you want to be stronger, fitter, more toned etc. strength training can help you get there. An easy rule of thumb is to start with a weight where you can complete 10-15 reps with good form. See how your body responds and then slowly build to 2-3 sets as you can. When you've conquered that weight, it is recommended to increase the weight by 5-10%.
- **Individualize it:** Try different options such as body weight, kettle bells, resistance bands, strength training classes etc. Once you find the option that is fun and works best for your body, it will be easier to stay consistent.
- **Be patient:** Start slow and be consistent. Focus on form and the strength results will follow.



### Reference for strength training guidelines:

<https://www.prescriptiontogetactive.com/static/pdfs/resistance-training-ACSM.pdf>