

Strength Training 101

Keeping it Simple to Make Gains

In a complicated world of conflicting training advice, we're about to take it back to basics. We will focus on a three day split giving you a chance to build total body strength and improve your endurance for running.

You will train your "Push" muscles (Chest, Shoulders and Triceps) once a week, your "Pull" muscles (Back and Biceps) once a week and Legs once a week.

Warm up for a few minutes by walking and light stretching. Do 3 sets of each exercise taking a 1 minute rest in between sets. Each set should be 8-15 reps. Choose a weight that is challenging enough, so that the last couple reps are very hard, but you can maintain good form throughout. If you don't have heavy enough weights available, do more reps.

These training sessions will take you approximately 30 minutes. If you can only do 15 minutes, just do the first 3 exercises of the workout. Add in more exercises until you can complete the whole workout.

*****REMEMBER TO CONSULT YOUR PHYSICIAN
BEFORE BEGINNING THIS OR ANY NEW
EXERCISE ROUTINE*****



Push Day

- Bench Press (Bar or DB) can be done on the floor with DB's or do Push Ups
- Seated DB Shoulder Press
- Lying Triceps Extensions (AKA Skull Crushers)
- Lying DB Chest Flys
- Lateral Shoulder Raises
- Bent Over Triceps Extensions

Pull Day

- Bent Over DB Rows
- Bent Over DB Flys
- DB Bicep Curls
- Bent Over Wide Grip Row (Curl Bar or DB's)
- Standing DB Upright Rows
- DB Bicep Hammer Curls

Leg Day

- Squats (DB's or Body Weight)
- Walking lunges (DB's or Body Weight)
- Romanian Deadlifts (DB's or Bar)
- Split Squats (DB's or Body Weight)
- Calf Raises (DB's or Body Weight) 20 reps
- Sumo Squats (Wide Stance, DB's or Body Weight)

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*Training doesn't
have to be
complicated.
Keep it simple,
stay consistent
and work hard.*