

# WOMEN'S FREE-WEIGHT TRAINING CLASS

## Objective:

- Learn the Basics of Weight Training.
- Learn Safe & Proper Technique.
- Learn a Variety of Free Weight Exercises.
- Free Downloadable Copy of Exercise Pictures in your [D2L](#) Account
- Set up a Weight Training Routine

**Location:** Health & Fitness Center (HFC), Johnson Field House.

## Frequently Asked Questions (FAQ)

### 1. What is a repetition or rep?

A repetition is defined as one complete cycle of lowering and lifting the weight. A repetition is commonly called as a rep.

### 2. What is a set?

A set is defined as the number of repetitions performed with a specific weight without any rest in between. For example, you will see people say 1 set of 8 repetitions or 3 sets of 10 repetitions.

### 3. What is warm up and how to do a warm up?

Warm can be defined as any activity intended to prepare you for your exercise or sport. Warm is an integral part of your workout, be it cardio or weight lifting. There are two types of warm up: **General Warm up & Specific Warm up.**

General warm up includes walking, jogging, biking for 5 -10 min whereas the specific warm involves activities which are specific to the sport or the exercise you are preparing for.

- **General warm up:** 5- 10 minutes walking, jogging, cycling.
- **Specific warm up:** 1, 2 or 3 sets with lighter weights than your work sets for that specific exercise.

You should do a general warm up and a specific warm up before your weight training workouts. Some do skip a general warm up, but it is always recommended.

#### 4. What is a cool down and how to do a cool down?

You should end your workout with a nice little cool-down. As the name sounds, it “cools” your heart rate and blood pressure back to normal. It can be 5 minutes of stretching, arm rotations, biking, or just anything to get the blood circulating.

#### 5. I don't want to lift weights because I don't want to get big muscles. Is it true?

Even if you badly want big muscles, it is impossible for women to have big muscles like men. Testosterone - the hormone which helps build muscles - is extremely low in women compared to men.



The muscular women (*picture left*) you see in muscle magazines use anabolic steroids or supplement testosterone to get to that level of muscularity.

#### 6. I want to lose weight. Will weight training help?

Weight training will not help lose weight per se. But weight training or exercise has shown to help keep the weight off or help maintain the lost weight.



It is generally harder to keep the weight off than to lose weight. Further, only muscles can give that toned look (*picture left*). Just losing weight will make you look skinny and not toned.

#### 7. How long should I rest between sets?

The general guidelines are 1 min for muscle growth and 2-5 min for strength.

If you want to build some endurance and burn some calories, you can keep the rest time under 30 or 60 sec. Or you can move to a different exercise which works a different muscle group. By alternating exercises, you still get the rest to your muscles, and it also helps to keep your workouts shorter.

#### 8. How many reps should I do?

The general recommendations are:

- Muscle Growth 8-12 reps
- Strength 1-6 reps
- Endurance >15 reps