

Strength Training

What is Strength Training?

Strength Training is a general term used to describe any modality of exercise in which a resistive load is applied to the body. This may involve the use of bodyweight, machine weights, bands or free weights.

What are the benefits of Strength Training?

The health benefits of strength training are numerous, they include:

- Increasing muscle mass/tone, endurance, strength and power
- Increased functional ability, including decreased falls in the elderly
- Creating a negative energy balance leading to increased fat loss and helping to reduce the risks of metabolic disorders such as obesity, dyslipidaemia and type 2 Diabetes.

Strength Training Guidelines (for beginners):

For general strength training in particular for those who are untrained or recreationally trained it is recommended they train each major muscle group (i.e. chest, shoulders, back, abdominals, arms and legs).

Frequency:	2-3 days per week
Sets:	2-4 sets for each major muscle group
Repetitions:	8-12 per set
Intensity:	60-80% of your one repetition maximum (1RM)

All individuals should receive professional instruction in proper strength training techniques.

How REDiMED can help?

REDiMED's Exercise Physiologists are experts in designing and implementing resistance training programs to increase your strength, muscle mass and functional ability. They can provide supervised training sessions and provide you with safe lifting techniques that will increase your overall strength, provide a stimulus for muscle mass gains all the while decreasing your risk of metabolic disorders and injury.



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