



xofitness

## Get the Most out of your Strength Training

A resistance-training program that does not focus on technique will get you results much more slowly and may put you at risk for injury. Here are some very important technique tips which your trainer will remind you to use:

- **Quality and execution of movement is critical.** It makes no sense to perform 15 sloppy reps. It is far better to perform 8 reps with perfect form and then take a break. Your trainer may have you stop mid set...to keep you from becoming injured.
- **Take it slow.** Proper weight training is not a fast sport. In fact Wayne Westcott, a leading Strength and Conditioning researcher, has determined that one repetition should take approximately 5-6 seconds; that is 2 seconds to lift the weight and 4 seconds to slowly lower the weight in a controlled fashion. Most people lift much too quickly using momentum instead of muscle. That's why your trainer will often remind you to slow down. A proper set of 8-12 repetitions should take approximately 1 minute to complete. Proper execution of each rep is the most critical factor in weight training.
- **Breathe.** A proper breathing rhythm will make each set more effective. Focus on exhaling as you lift the weight or when you exert and inhale as you recover or lower the weight. Breathing will also help you go more slowly because if you go fast you will hyperventilate. Your trainer will coach you on this.
- **Engage your core.** Proper posture is critical to ensure you are working the correct muscle groups and not putting your body at risk for injury. Your trainer will often remind you to "brace your abdominals" and put your shoulder blades "in your back pockets".