



Strength Training

The Why & How

Why?

Strength training increases bone density, stabilizes joints, reduces risk of injury, increases metabolism, reduces the risk of chronic diseases...and...it's fun to feel strong!

How?

Four Ways to Train



For Strength
3-5 Sets 5-8 Reps



For Endurance
2-4 Sets 12-20 Reps



For Hypertrophy
3-6 Sets 8-12 Reps



For Power
3-5 Sets 2-6 Reps

Sample Strength Training Superset Workout



**Perform 5 sets of 5 reps for each
exercise listed**



Supersets a great way to maximize your time in the gym!

In the "Superset 1" example below, you would perform 5 Goblet Squats, then move right into 5 Bent Over Rows, then rest 1-2 minutes before going into round two. Repeat for all 5 rounds.

Superset 1:
Goblet Squat
Bent Over Row

Superset 2:
Barbell Back Squat
Bench Press

Superset 3:
Glute Bridge
Lat Pulldowns

Superset 4:
Romanian Deadlifts
Overhead Press