Benefits of Strength Training

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Weight Management

- Builds muscle which is more metabolically active than fat tissue
  - Increase metabolic rate
  - Burn more calories even when at rest
- 1lb of muscle you gain
  - Burn 35 to 50 more calories per day
  - It can add up!
Chronic Pain Reduction

- Can reduce discomfort
- Proven to be helpful for arthritis and fibromyalgia
- Risk of injury significantly decreases
- Can lead to stronger ligaments and tendons
- Correct muscle imbalances
Improved Speed, Power and Balance

- Eager to sprint faster or jump higher?
  - Working fast-twitch muscles
    - Speedy muscle fibers responsible for generating power
  - Result: Gains in your tennis or basketball game and become stronger
- Better muscle tone and increased strength
  - Directly linked with balance improvements
Improved Bone Density

- Increases both muscle mass and bone mass
  - Substantial increases seen in bone mineral density after several months
- Strong and injury resistant musculoskeletal system
  - Regular resistance training more productive means
Decrease Risk of Heart Disease and Diabetes

- Lower blood pressure, resting heart rate, insulin sensitivity, and triglycerides
- Positive effect on cardiovascular disease risk factors
  - Decreases levels of LDL “bad” cholesterol
  - Increased HDL “good” cholesterol
- Those with Type 2 diabetes
  - Linked with improved blood glucose control
  - Thought that people can improve blood glucose with addition of strength training
Improved Mental Health

- Release feel good endorphins
  - Help keep anxiety at bay
  - May help fight depression
- Improves sleep quality
- Energy levels
- Self-confidence
- Increases testosterone production and estrogen balance
  - Which significantly boost sex drive
Leg Press

- Perform 3 sets of each exercise, with 8-12 repetitions each set
Push ups and Rowing

Push ups can be done against a raised surface, such as the weight bench or a wall if needed.
Rowing
Tricep Press
Upright Row
Bicep Curl
Front Raises
Pec Fly
Reverse Fly
Russian Twist
Ball Sit Up

If you are not able to perform ball sit ups, try abdominal crunches.
Bent Over Row
Lat Pull
Lunges

If lunges are painful for you, decrease the depth of the lunge.
Military Press
Calf Raise

Can be done standing holding weights.
Kettlebell Swing
Lateral raises can also be done with bent elbows to decrease shoulder strain, and can be done simultaneously (both arms at once).
Rowing
Deadlift
Modifications

- Use lighter weights if needed for exercises
- Make sure to warm up before you start and stretch when you are done
STRENGTH TRAINING 101

QUIZ

Name: ________________________________

1. Lifting weights could help with anxiety induced sleep problems. TRUE/FALSE

2. If you already have type II diabetes, strength training won’t make a difference in your blood sugar levels. TRUE/FALSE

3. If you have osteoporosis, beginning a weight training program could decrease the risk of a fracture. TRUE/FALSE

4. Studies have shown that strength training improves all of the following except:
   a. blood pressure
   b. triglycerides
   c. resting heart rate
   d. insulin sensitivity
   e. memory

5. Fast twitch muscle fibers are associated with which of the following? (circle all that apply)
   a. speed
   b. power
   c. flexibility

6. If you have fibromyalgia, you should avoid strength training exercise. TRUE/FALSE

7. For every pound of muscle gained, your body will burn how many extra calories per day?
   a. 20-40
   b. 50-60
   c. 35-50
   d. 80-100