



# WEIGHT TRAINING TIPS FOR BEGINNERS

Here are a few tips to improve your weight training. Obviously, with different personal goals these may vary, but with the summer fast approaching, people are looking to achieve a slimmer/toned look.

## 1. Sleep/Recovery



For a long time, the importance of sleep and recovery has been overlooked. When you train, you are essentially damaging your muscles in order to stimulate them to grow bigger and stronger. Therefore, the time you allow your muscles to recover from your sessions is just as important. Not getting enough sleep or allowing this recovery time with inhibit your progress.

## 2. Nutrition



Your body is a machine, you need to fuel it with sufficient food. Whether you want a toned/sculpted look, or to pack on the muscle, similar rules apply. In order for your muscles to grow you need to give them sufficient nutrients to do so. There is some truth behind 'you are what you eat', muscle tissue is predominantly made up of protein therefore you need to make sure your protein intake is adequate for you. A good rule of thumb is, a gram of protein per pound of body weight. For example, 160 pound male should be in-taking around 570 grams of chicken daily.

## 3. Perform Compound Lifts



These are lifts which utilises multiple muscles simultaneously. Examples are, deadlifts, bench press and squats. These movements' help you build strength and power quickly whether you're trying to build muscle or sculpt some female curves, these lifts will give you the most bang for your buck. However, you must perform them properly starting with a weight you are capable of lifting to avoid injuries. Which leads on to the next point!

## 4. Practice Proper Form



Good form is essential in keeping those niggles away as well as achieving your personal goals. Don't be afraid to start with a lower weight and increase as able. 'Ego lifts' aka lifting more than you are able, cause injuries and are quite frankly pointless. To start, think about the movement you are doing, try slowing it down and connecting your mind with the muscles doing the movement. Once you have mastered that, increase the weight gradually.

