

What is Resistance Training?

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“Gradual and progressive overload applied to the musculoskeletal system to improve strength.”

Why Resistance Train?

- Offset the natural aging process
- Improve muscular strength
- Improve muscular endurance
- Maintain bone mineral density
- Stabilize metabolic processes
- Optimize body composition
- Maintain balance
- Reduce risk of falling & injury

Some Types of Resistance

- Isotonic – movement against force
- Isometric – static against force

ACSM Training Recommendations for General Muscular Maintenance

- Warm-up first with light *cardio*
- 2-3 sessions weekly
- Non consecutive days
- 8-12 repetitions – moderate speed
- 1-2 sets or series of repetitions
- 60 seconds rest between sets
- 8-10 major muscle groups
- Large muscle groups first
- Rest promotes changes on days off
- Increase resistance by 10% when 2 additional repetitions can be performed
- Stretch to cool down
- Order of physical change:
 - Neurological
 - Strength
 - Hypertrophy: increase in muscle

Way to Provide Resistance

- Body weight – push-ups, pull-ups, Yoga, Pilates
- Weight machines
- Dumbbells
- Elastic bands
- Household items – cans, jugs

Other Equipment

- Gloves
- Stability ball
- Bench
- Mat
- Closed shoes, loose clothing, water

Safety Precautions

- Breathe!
- Loose grip
- Foster good posture – contract abdominals, chest high, 90 degree joint angles, alignment!
- Muscle soreness common 1-2 days following – microscopic tears

Reasons to STOP!

- PAIN
- Shortness of breath
- Dizziness
- Light-headedness

Weight Training Myths

- Spot reduction
- Stiffness and loss of flexibility
- Women will look masculine
- Light weights are better
- Lower ab training with leg lifts
- Muscle turns to fat
- Fat turns to muscle
- Many hours per day are needed
- Too old to lift weights
- More is better
- No pain – no gain
- The “NO CARB” myth