

GET STARTED LIFTING WEIGHTS!

JB PAL - POWER ABILITY LEARN



MADE WITH INFORMATION FROM VERYWELL FIT, HEALTHLINE, NHS.

WHAT ARE THE BENEFITS OF LIFTING WEIGHTS?



- Getting stronger
- Increased metabolism
- Improves heart health
- decrease risk of falls and injuries
- increases mobility and flexibility
- increase bone density and strength
- improves mental wellbeing



TOP 10 LIFTING EXERCISES

1. Squat
2. Bench press
3. Deadlift
4. Leg press
5. Shoulder press
6. Bicep arm curl
7. Tricep pushdown
8. Seated cable row
9. Lateral pulldown
10. Crunch

DUMBELLS

BARBELLS

**RESISTANCE
MACHINES**

BODYWEIGHT

KETTLEBELLS

**RESISTANCE
BANDS**

REP = ONE REPETITION OF AN EXERCISE

SET = CERTAIN NUMBER OF REPS 

BASIC SETS = 3 SETS OF 10 REPS

PYRAMID SET = CHANGE
INTENSITY/VOLUME OVER
THE SETS



WAVE LOADING = 2-3 SMALL PYRAMIDS

SUPERSETS = TWO EXERCISES BACK TO
BACK WITH NO REST



**MAKE SURE YOU
CHOOSE THE
RIGHT FITT FOR
YOU**



Frequency
Intensity
Type
Time



**CHOOSE WHICH ONE MAKES
YOU AND YOUR BODY FEEL
GOOD!**



**START SLOW AND GO FROM
THERE.**

**THIS IS DIFFERENT FOR
EVERYONE AND INDIVIDUAL TO
THEIR GOALS.**

