

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.