

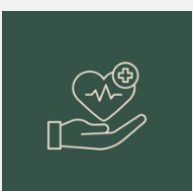







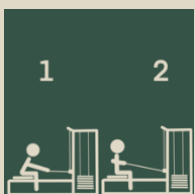
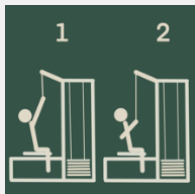


# Getting Started Lifting Weights








JB PAL – POWER ABILITY LEARN

|   |                                     |
|---|-------------------------------------|
|    | Lifting weights is good for you.    |
|    | It helps you get stronger.          |
|   | Improves your heart health.         |
|  | It keeps bones and muscles healthy. |
|  | It improves mental health and mood. |

## Top Movements

|   |                  |
|---|------------------|
|    | Squat            |
|    | Bench Press      |
|    | Deadlift         |
|  | Shoulder Press   |
|  | Bicep Curl       |
|  | Seated row       |
|  | Lateral pulldown |

## Top Equipment

|   |                          |
|---|--------------------------|
|    | Barbells                 |
|    | Dumbbells                |
|    | Bench                    |
|  | Kettlebells              |
|  | Seated Row Machine       |
|  | Lateral Pulldown Machine |
|  | Press Machine            |

|  |                          |
|--|--------------------------|
|  | REP = one full exercise  |
|  | SET = collection of reps |

|   |   |
|---|---|
| <b>FITT</b>   | You can use FITT to help you with your plan and goals |
|    | Frequency – how often you do it.                      |
|    | Intensity – how hard you work.                        |
|  | Time – how long you do it.                            |
|  | Type – what activity you are doing.                   |
|  | Choose what makes you and your body feel good         |