

WHAT IS STRENGTH TRAINING?

Strength training (also called **resistance training**) is a way to build muscles and strength using **free weights, kettlebells, weight machines, resistance bands,** or a person's own **body weight**.

Strength training can help you build strong [muscles](#).

With a well-designed and supervised program, you can:

- ★ improve overall fitness and sports performance
- ★ increase lean body mass (more muscle, less fat)
- ★ burn more calories
- ★ make [bones stronger](#)
- ★ improve mental health

You can work out at home but you must be careful for your own sake. If this is you and you want to get fit and/or lose weight at home - that's great! It requires dedication, motivation, and discipline, but the payoff is so worth it. And if you're overwhelmed, don't worry. Out of a gym or without a personal trainer, it's important to remember that there are **do's** and **don'ts**, and the don'ts are just as important. Proper form when exercising helps you get the best and fastest results, but it also minimizes the **risk of injury**.

There are hundreds of exercises out there, but some are both basic and effective, making them popular.

- 1. Listen to our instructor describing some of these exercises. Can you guess which exercise is she describing?**

Exercise 1



Crunches



Exercise 2



Side Plank



Exercise 3



Squats



Exercise 4



Push ups



Exercise 5



Lunges



2. Can you tell which group of muscles are being used in each one of these strength builder exercises?

Hamstrings
Quadriceps
Adductors
Glutes



Superman

Calves
Peroneus muscles



Concentrate Curl

Biceps



Glute Bridge

Glutes
Hamstrings
Quads
Abdominal muscles



Calf Raise

Lower and upper back
muscles
Shoulders
Glutes
Hamstrings
Abdominal muscles



Side Lunge