

Strength Training Made Simple

I see lots of people struggle with their weight training workouts, most of the time this comes down to not knowing what to do. Here's a simple workout template I use for my training and my clients that keeps things simple.

Break your strength training down into 5 movements:

Press (think chest muscles or bench press)

Pull (think back muscles or pull-ups/rows)

Over head press (think shoulders)

Squat (think butt, hamstrings and quads)

Dead-lift/hinge (same as above)

Throw in some abdominal's and you have a great workout that covers every muscle in your body.

Here's a sample workout:

1A: Deadlifts with a kettlebell

1B: Barbell Bench Press

1C: Seated Rows

2A: Walking Lunges

2B: Dumbbell over head press

2C: Plank holds for time

*Do 1A, 1B and 1C in a circuit same for 2A, 2B and 2C.

Here's the kicker. Pick a weight for each movement and go until you literally can't do another rep with good form. If you're able to do more than 15 repetitions you need to add 5-10 pounds and go again. Do this for 3-5 sets and you'll start dramatically changing your physique (as long as your diet is in good shape).

I know for some all of this information is overwhelming. If that's you don't worry. Come see me in the Fitness Room and we'll get you started on the right path.

Patrick Flynn

NMB Aquatic and Fitness Center

Fitness Director