

30 MINUTES STRENGTH TRAINING WORKOUT

FOR WOMEN



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This video shows you seven highly effective workout sessions which are specifically designed for keeping you fit at the office. Each individual session is between 10-15 minutes in duration.

Thanks to my Office Workout video, there are no more excuses for skipping exercise just because you're stuck at work ;)

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Introduction

Strength training is an easy way for women to stay in shape while ensuring the continued bodily strength to live your life without restrictions. Another positive aspect of strength training is that you will avoid many problems and illnesses that are related to a sedentary lifestyle.

As you might already know, the older you become the less active you tend to be, which causes muscles to lose their strength. However, by incorporating strength training you will have an advantage, as it will help you to maintain a strong, lean and sculpted body for your entire life.

There is nothing to lose in taking up strength training but so much to win and there is no better workout for women as the benefits are countless. Now, let's start by taking a look at the most common pitfalls you should avoid when getting involved in strength training...

Common Pitfalls to Watch Out for

When it comes to strength training for women there are a lot of different pitfalls that you need to watch out for as they can easily lower your chances of getting that stronger, leaner and more sculpted figure.

Although these may seem pretty obvious, in my experience, many women don't pay attention to them because they are either unknown to them or they simply don't care about them.

It's always easy to be smart in retrospect, once you've had to deal with a serious injury or accident. However, by educating yourself about the risk you will be able to easily identify when they are most likely to occur, and easily avoid them.

All of the pitfalls below are actually common sense, yet you would be surprised to find out how many women get them completely wrong and cause themselves unnecessary suffering, both physically and mentally.

Luckily, you will not be one of these, because as you're smart enough you will spend some time reading through this material and then reflect on how to avoid falling into the common traps when working on your strength.

Danger of Over Training

Some women believe that the more workouts they can do, they will achieve increased weight loss and a more sculptured body. You can usually recognize these women easily as they tend to work out day in and day out, which makes you wonder whether they do anything else besides...working out!

One of the biggest dangers of over training is the potential of developing a disease called osteoporosis, which simply put makes your bones weaker and more prone to fractures, which could lead to lifetime complications.

If you believe that you have over trained (or at risk) it is recommended (besides seeking professional help) to try eating healthier and consume enough calories to support your daily physical activities [1].

When it comes to strength training I would recommend that you always allow a day between your workouts where you are simply resting. On those days, just focus on eating healthy food and relaxing, while allowing your body to re-charge and get ready for the upcoming workout the next day.

However, failing to rest properly is where many women new to strength training go wrong, because they try to climb the mountain too quickly, instead of taking it slowly and pacing themselves.

Strength training is pretty much the same as the metaphor above. Each of your strength workouts is a part of your overall goal, which is to increase the overall strength and body shape.

You can't achieve this instantly and if you try to, you risk falling into the trap of overtraining parts of your body, which can be hard to recover from. In many cases, you may not be aware of this until you unfortunately cause yourself serious health problems.

One of my female friends had a lot of problems with over training because she became obsessed with working out day in and day out without any rest whatsoever. She hid this very well as she worked out during her lunch break, but she was not able to hide the fact that she was getting too thin.

I pointed this out to her several times but as she seemed to get really upset about this, I began to avoid the topic. However, one day I got a call from her husband who said that she had been taken into the hospital because she malnourished.

It turned out that she has been doing this for months and her body could just not work properly as there was no energy to burn. I found out later that women who tend to have the mindset of "I must work out every day" tend to be more prone to over training.

It took my friend several months to recover but today she is fine. However, nowadays she always takes one day off between her workouts while she is also focusing on maintaining a proper diet with enough calories to help her body function properly.

Although you might not feel that you could experience the same problems as my friend, I still want you to be cautious and pay attention to over training because as I mentioned, you can easily overdo it without being aware!

Constantly Checking Your Weight

Checking your weight from time to time is something every woman does, but how can you tell when you are overdoing this and it falls more in line with being an addiction rather than a helpful tool to measure your training results?

Women tend to have much harder time in controlling their relationship with the scale, as opposed to men. I know this from experience, because my wife used to fixate on her weight to the point where it almost becomes an addiction.

I know it can be hard to resist checking your weight often, but you will most likely demotivate yourself rather than improving your motivation. Heck, I was forced to hide the scale from my wife, which really upset her!

However, I felt that it was necessary because she was checking her weight in the morning, when she came home from work, after her workout and even when we were going to bed- which was complete madness.

But, when I think back on it, this problem actually occurred and escalated when she started doing strength training. She was often complaining that she had gained weight, despite the fact that she has been working out regularly and followed a controlled diet.

In my experience, this is a classic trap that that many women including my wife, fell into. They simply can't understand how the scale can show a higher number considering that they are working out regularly and this frustrates them.

I spent a lot of time calming down my wife and explaining that the reason why she seems to be gaining weight is not because she has actually gained fat, but when she works out her muscles, they absorb more water, thus displaying an inaccurate weight.

Although I want you to stop using the scale daily and to prevent it from becoming an addictive practice, I also want you to remember and keep in mind that strength training could possibly make you weigh more and show a completely inflated number when you step on the scale.

In fact, if I were you I would stop using the scale altogether, because you will just become anxious and demotivate yourself to continue training, while in reality you are likely more fit than ever, despite the scale not showing the number you expect.

Once my wife stopped checking her weight constantly, she has seen some great improvements and she often says: “look how more sculptured I’ve become” and she is also very pleased with how her cellulite has disappeared, completely!

To summarize it, make sure to focus on your training and eating healthy while skipping the weight scale. In the end, you will get much better results if you do this comparing to constantly demotivating yourself and risk quitting your training!

Accepting Your Body Image

The headline above refers to how you view your own body. Whether you admit it or not, your body image is highly affected by the people around e.g. your friends, boyfriend, colleagues are all likely to impact on your body image.

In my experience, women tend to care more about their body image and constantly seek validation and ask whether they have gained weight. They also tend to get anxious about any negative comments about their shape or appearance.

Fortunately there is something that you can do to help you improve your body image while keeping yourself healthy. You have probably already guessed that what I am trying to say is that strength training works wonders for improving your body image.

According to a study presented in the American Journal of Health Psychology 2009, it was found that women tend to improve their body image in correlation with exercising

regularly compared to men where no changes in improved body image were noticeable [8].

However, it's also important to recognize your own body type and learn to accept it. You need to understand the fact that your genetics and lifestyle highly impact the results you'll get from strength training [9].

In other words, you can't compare yourself with someone who might have been following the same strength workout during a specific time period and draw the conclusion that strength training is not for you because the results you got are totally different than the other person.

My wife used to compare herself with her friends who were following the same strength workout like you will be doing. While my wife was not satisfied about her results here friends reported a highly improved self-image.

I told my wife that she must stop compare herself and her results from strength training with her friends. As they were all living completely different lifestyles and their genetics were also different it was a given that they would get different results.

My advice to you is to only focus on yourself while making sure to enjoy those small achievements from your training like when you are standing in front of the mirror and realize that your legs have started to get a more shapely and sculpted.

At the risk of sounding like a parrot who repeats things over and over, I want to say that it is really vital to realize that the results of your friends strength training has very little to do with what you will achieve with your own training.

I would therefore suggest that you really make sure to focus on what is going to improve your body image (regular strength training) and not what is going to most likely decrease it, which is constantly comparing yourself with others.

Strength Training Myths for Women

In my experience, women tend to be more prone to believing myths related to strength training, especially if you are completely new to the world of fitness. I feel that it's important to debunk these in order to create better expectations for your strength training.

I know it can take a while to convince some women that strength training is good for them, because it took me a long time to convince my wife about the merits of strength training and make her realize that working to improve her strength is something that should be a part of her regular workout routine.

During all those years at my local gym, I have often paid attention to how few women (regardless of their age or physical state) are brave enough to take the opportunity to increase their strength.

In most cases, they hang around at the cross trainer and treadmill section because they've either read in a magazine or had someone tell them that this is the type of training they should focus solely on.

The few who are brave enough to actually work on their strength are the ones who are either preparing for a competition or have been convinced by their boyfriend or husband that working on their strength is something worth doing.

However, recently I have noticed a change in this trend, because at my local gym there are always several women working on increasing their strength and today there are almost as many women as men strength training.

In my opinion this has to do with the increased media focus, as there has been a huge push in convincing women that strength training is great for them. One example is the billboard posters that display a woman with weights in her hands.

If you go back a few years and think about billboards that advertised fitness for women, you would usually see a woman

that is well shaped with sculpted abs doing some stretching exercise or posing at one of the popular cardio machines.

However, there would not usually be anything that spoke to strength training whatsoever. Today, you still see well trained women on these billboards, but now the cardio and stretching pose has been replaced with weights.

Although I want to emphasize again that this is solely my personal opinion, I am still convinced that the media has contributed a lot to changing women's approach to strength training, which I think is really great!

Now, let's jump on the first myth, which is probably the most frequent one you hear when discussing women and strength training. This is the myth of bulking up your muscles too much, to the point that you end up looking like the incredible HULK.

Weight Training Makes You Bulk up

This myth that has been around for as long as weight training has existed and it really annoys me that women often believes this crap, because it's a complete lie, which I'll soon prove.

I can't tell you how many hours I've spent trying to convince my wife that weight training is not going to bulk her up! Luckily, today she knows better and my intention here is to convince you to let go of this myth as well!

A study conducted by Miriam E. Nelson, PhD and her team of researchers presented in the Journal of the American Medical Association found that strength training has positive effects on a woman's physical shape.

The study was performed by selecting a group of postmenopausal women who lived a sedentary lifestyle where they were assigned to work on their strength at least two times per week, while a second group skipped it completely.

After a year, when the researchers measured the results of the study they found that women who had regularly incorporated strength training, (at least twice a week) had improved their physically shape significant.

Some of the interesting things they found were that those women had improved their bone density, muscle strength and balance comparing to those women who didn't worked on their strength at all during the time of study [2].

But, the study above doesn't give you the answer on why women don't bulk up by doing strength training, right? It only proves the fact that women do get stronger, which is something that is pretty obvious.

Well, one of the main reasons why women can't bulk up and look like the incredible HULK is spelled "testosterone"! This is a male hormone that is a crucial ingredient when it comes to developing muscle mass.

Naturally, women have much less levels of testosterone production comparing to men, thus their ability to build muscles is not even close to men. According to U.S National Library of Medicine, women produce about 15-70 ng/dL of testosterone.

Unless you are a chemist this might not explain a thing, but when you compare this number with men who generally has 300-1000 ng/dL of testosterone production you realize that for women, bulking up is not possible. [3]!

If you have been walking around for years with the belief that strength training is going to bulk you up and therefore you avoided it, you have been living with a false belief, which as you now realize, is pure BS!

You Need to Have a Gym Membership

I don't know how many times I've heard following statement: "Oh, I can't do strength training because I don't have a gym membership"! No, you don't have to have access a gym in order to work on improving your strength.

Although it will make your life easier to have free weight resistance weights (a barbell and dumbbell set cost about \$70 at Amazon) you will do just fine with two filled milk bottles and a rolled carpet from your lobby (unless you live in a castle)!

It's also possible to build solid strength by mainly using your bodyweight, although I would highly recommend for you to add some weights (as you will notice in the strength workout) for added resistance to boost your strength.

The great thing here is that you can build a strong body no matter whether you are at work, home or even on vacation. It actually doesn't matter because strength training can be done regardless of the place where you are at the moment.

Don't get me wrong, I am not saying that you should not get a gym membership. However, in today's economy everyone is struggling (including me) to stretch a dollar and joining a gym might not be your highest priority.

During all these years I've seen countless women joining my local gym and the funny thing is that these women tend to do the same strength exercises that they would be able to do without a gym or specific equipment whatsoever.

If you think about it, a gym membership might cost somewhere in the range of \$50 to \$70 per month, which makes me wonder why the heck would you pay that amount if you are going to do the same exercises that you can do without a gym?

If you can't afford a membership or don't want to join a gym for whatever reason, just stick to the workout I'm going to give you in this book and I guaranteed that you will get a stronger and more sculpted body.

However, the main benefit from a gym is that you are often motivated by other people who are working out, thus reminding yourself all the time why you are actually there, which is obviously to work on your strength, and not sit and drink coffee.

This is why you need a big dose of self-discipline in order to make this work. Plus, I see another potential problem around the corner that could possibly stop you from working on your strength, and its laziness!

Yes, it might sound hard to hear this but this is a potential pitfall when you are working out alone. I've seen countless

women pay a lot of money to join a gym just to hang around and chatter without any care about working on their strength.

In other words, getting a gym membership is not a guarantee that you will improve your strength either!

Muscles Become Fat When You Quit Strength Training

Well, although this might sound logical, this is not how the human body works. It might seem that you need an advanced science degree to understand this concept, but I'll explain it without getting into a complicated discussion involving body chemistry and physiology.

The reason why your muscles can't turn into fat is because those two are completely different substances. Another thing is that the ratio between muscles and fat increases as one gets bigger than the other.

Women who are overweight tend to have less muscle than fat while women who are strong are likely to have more muscles than fat. But, why is this important to you? Is it because you are worried about building too much muscle and looking like the incredible HULK?

Well, although you are not building muscles like a bodybuilder you are still working on increasing your strength, which indirectly increases your muscle mass. However, there is no need to panic because you will not bulk up, guaranteed.

The great thing here is that your muscles are going to eat up your fat, which is great, right? However, what's even better is that your resting metabolism is going to improve as well, which means that you will turbo charge your muscles to eat more fat than they normally would.

Another great thing about muscles is that once you have built them up you will be able to keep them for a long time. This simply means that if you for some reason don't have enough time to work out for a period (e.g. injury, private issues etc.) you would still burn fat.

I actually took a bet with another female friend who was not willing to do strength training because she couldn't see how it would help her get rid of her fat. I explained that muscles are great for burning fat and that they are a long term investment.

The problem was that some self-proclaimed guru had told her that muscles become fat once she stops working out so she decided that it was not worth it to do it because it would be worthless once she stops strength training.

This self-proclaimed guru was a personal trainer, which made me even angrier, because I could not understand how someone could teach people such crap, considering the authority and impact he had on people's lives and health.

Anyway, the bet was that I would pay for a Spa treatment if she did not increase her muscle mass while decreasing her fat ratio. I could measure this with a special machine that I invested in, which is great for measuring muscle and fat percentage.

After three months we evaluated her results and she had lost 5% of her total body fat while increasing her muscle mass 2%. One year later she did the same test and although she had stopped doing strength training because of an injury for several months, she was still maintaining the same ratio.

Oh, and as you probably realized, I won the bet and as she lost she had to wash my clothes once a week for a whole year, which was awesome!

Strength Training is Time Consuming

In my experience, this is one of the main reasons why women don't do strength training. Besides the fact that many women find strength training boring, they also believe that it takes a lot of time which, they'd rather spend doing something else instead.

According to the American College of Sports Medicine it is enough to do strength training at least twice per week and each session should be between 30-45 minutes long including the warm up and stretching.

Further, it's stated that once you get past the beginner stage and get stronger and sculpt your body to the point where you are happy with it, you can easily maintain this shape by simply continuing to do the same exercise with same resistance [4].

Whether you will spend several hours per week or 30 minutes depends a lot on your goals and how fast you want to reach them. The most beneficial method is to work out every second day between 30-45 minutes, which has several benefits, namely:

- **Improved metabolism** - By working out every second day you will be able to improve your metabolism significantly compared to only working out twice per week. Don't get me wrong, you will still improve your metabolism even by working out twice per week but it will not be as powerful as it would be by working out every second day.
- **Burning more fat** - Exercising every second day is going to burn twice as much fat compared to working out twice per week, which is pretty obvious. However, you will also burn more fat indirectly because your body continues burning fat 24-48 hours after doing strength training which is awesome!
- **Higher motivation** - When you start noticing that your strength training is producing results, your motivation will improve and you'll keep going forward even through tough times. This is really crucial to see the best results from your strength training because as I already discussed in this book motivation is crucial for long term success!

When you think about it, being able to work out every second day is not impossible, especially if your workout routine is no longer than 30 minutes. This would give you a total of 2 hours per week which is more than achievable regardless of how little time you have.

An example is to show up 30 minutes earlier to work and do your strength training. You can even do it during lunch or

directly after work. It actually doesn't matter when as long as you just do it.

As you realize by now, the myth that strength training should be time consuming is not true because you can spend as much as 30 minutes per session and as little as 2 workouts per week, which is doable for anyone.

Heck, even if you are really busy you could make it into a 4 session per week which means (as I already mentioned) that you can maximize your metabolism, burn more fat and increase your motivation greatly!

Older Women should not Do Strength Training

There is one thing I want you to realize from the very beginning and it's the fact that your age is just a number. It has nothing to do whether you can improve your strength, even if you are actually eighty years old!

In my experience, older women tend to respond negatively to my recommendation on working out, especially when it comes to strength training. The complaint is always something that they have too much pain to perform those exercise and that they are simply too old.

However, this is far from the truth because strength training can and can be done by any women regardless of how old she is. Yes, even if you are eighty years old you should be doing strength training!

In a study conducted by Dr. Chiung-ju Liu, Department of Occupational Therapy, Indiana University found that older people can benefit from participating in resistance strength training even at the age of eighty [5]!

The main reason why even older women should incorporate strength training into their routine is because after menopause there is an increased chance of losing bone density which could lead to serious diseases like osteoporosis.

However, this is not the only reason why you should get involved in strength training. There are other benefits that

should convince you to work on your strength even if you are a woman who is approaching your eighties:

- Ability to take care of daily routines easier (e.g. lifting your groceries).
- Carrying and playing with your grandchildren without having pain.
- Stair climbing, especially if you are living in an apartment without elevator.
- Moving heavier items without needing to call for help (e.g. furniture).
- Improved overall balance and stability while walking.

Those benefits should be more than enough to convince you that older women should be doing strength training as well and that age is (as I mentioned in the beginning) just a number.

But in the end you have the ultimate responsibility to make this work. Although I've smashed the myth of age and strength training when it comes to women, it's still your responsibility to actually get started with it.

The strength workout for women I present later in the book can be adapted for any age and although you might not be able to perform all the exercises, you can at least pick a few you believe are doable.

Motivation Strategies

The motivation strategies discussed in this chapter are intended to help you keep working on improving your strength and also supply you with information on why strength training is an activity that you should be doing consistently throughout your lifetime.

I must be honest with you and tell you that there are going to be times when you will find it really hard to motivate yourself about continuing to work on your strength because of different challenges in your life.

You may for example have personal problems that take your mind off of your training. You could also feel overwhelmed at work, which makes it hard to motivate yourself to devote those extra minutes to work on your strength.

It can also be that you are just feeling exhausted and lack energy. This can often occur without any explanation which can cause frustration and makes you feel that finding the spark you used to have seems to be out of reach forever.

Hopefully, by reading the tips outlined in this chapter you will be able to keep yourself moving forward and keep the fire of motivation burning during the tough times- even when the last thing you want is to work on your strength.

Remember, motivation is a crucial ingredient for your success and largely determine the outcome you will get from strength training. Without it you will not be able to keep yourself going forward and once you quit it can be hard to find the motivation to return.

Short & Long Term Goals

Motivation is what makes you keep going forward and constantly work towards reaching your end destination. Without this crucial ingredient it's hard to succeed in any part of life and strength training is not different than that.

In my experience, most women are able to motivate themselves as they start with strength training and you can

almost see their will to succeed. However, many of them quit because they eventually lose the motivation and don't know how to keep moving forward.

There is one thing that is vital for you to understand, and it's the fact that your motivation is hard gained but at the same time it's very easy to lose. This is especially true when you don't get the expected results from your training.

But is it possible to stay motivated during longer periods without losing your drive? Well, fortunately there is an easy solution to this, and it's called setting goals! It doesn't matter what you want to accomplish, it's always important to set up "realistic" goals that you want to achieve.

Pay specific attention to the word "realistic", because your goals must be reachable in a reasonable amount of time. An example of a realistic goal is to be able to go from 20 pushups to 30 in a month.

However, an unrealistic goal would be to sculpt your body considerably within the same time if you are heavily overweight. Such a goal is guaranteed to decrease your motivation thus increasing the chance of abandoning strength training completely.

Of course, this is just an example on how things might work, but you get the point. An easy way to outline your goals is to sit down, grab a note pad and jot down with your biggest goal, e.g. sculpting your body.

From there, you would outline several mid-sized goals, like increasing the amount of repetitions and sets per exercise, practicing every second day, increase the length of workout and any other goals you might come up with.

From those mid-sized goals you would then create small goals, which are the ones you should be able to reach in short time (a month or so), and they'll be the ones that will keep you motivated to work towards your main goal, which is sculpting your body.

Another great thing with the goal setting technique is that you will be able to monitor how your body transforms, which will

build the motivational momentum and help you constantly raise the bar to new heights.

I know this sound easy but you may in fact need to sacrifice some things in order to achieve your long term goals. You will have to develop the habit of constantly pushing yourself forward even if the last thing you want is to work out.

Investing in Yourself

When women ask me why they should be doing strength training, I always respond that it is a great way to invest in themselves. I also add that it's also a great investment in maintaining their health throughout their lifetime.

As you get older you will naturally find yourself weaker than you used to be and those groceries bags you used to carry around as if they were filled with air, will suddenly feel as if they were filled with stones.

You might also feel that your furniture at home used to be really easy to move around while cleaning, but now you suddenly feel that you need assistances to move them one single inch!

According to Gordon S. Lynch Ph.D, the author of Sarcopenia — Age-Related Muscle Wasting and Weakness, the natural process of muscle loss which is referred as Sarcopenia starts somewhere in the early 20s [6].

This is interesting because it means that you actually start getting weaker in your early twenties which makes the argument of investing in yourself with strength training even stronger. But, there is more ...

In a study conducted by Gordon MD & Peterson PM, Ph.D at the Department of Physical Medicine and Rehabilitation, University of Michigan, they found that the process of muscle loss increases as you get older.

Further, Gordon & Peterson also found that by the time you reach the age of 50, you could lose as much as 0.4 pounds of your muscle every year [7]!

In my experience, women tend to believe that as they get older their strength decreases naturally and because of that they are not expected to be able to perform the same daily tasks (e.g. carrying groceries or moving furniture's) like they used to do.

As you can read from the research this is partially true and while the loss of muscles and strength can't be prevented completely, you can actually decrease the process greatly by investing in yourself by doing strength training.

Investing in yourself by doing strength training is different than any other types of investing, because you can't lose anything, you just keep gaining and the older you become the more you will be thankful for this.

Stick to the Workout

One of the most powerful ways to reach success with strength training is to stick to it even when you face disappointments, setbacks and pain. It's important to show up for each work, even if you can't see the light at the end of the tunnel.

Throwing in the towel and quitting is easy, but you need to understand that in order to achieve something you will need to stick to it, whether you find it painful or even boring. Despite this, sticking to it is what's going to make you reach success.

I know this from personal experience because my wife used to start and quit with her strength workouts and it was not until she realized that she had to stick to it no matter what, that she actually saw the results of her efforts.

Today, she never complains or finds excuses for not working out, she just sticks to it- whether she has a bad day, is feeling tired or simply not being motivated to jump into it and start working out.

While you might think that sticking to the workout is easy and that you will be able to do this without problems, I must raise a warning flag here because the research tells us that chances are big that you will quit!

In a study led by Kylie Wilson PhD. published in the International Journal of Sport and Exercise Psychology (2009), it was found that 50% of those who start an exercise

program are going to quit following it within the first six months [10].

In other words you have a 50% chance of quitting the strength workout given in this book and although you may feel different now and you are completely convinced that you won't-the chances are still high that you will quit!

The great thing is that you have the chance of actually preventing this and to stop being one of those women who constantly find excuses for why they can't workout as there will always be something to place the blame on.

Make sure to print in your mind: No one is going to do the hard work for you and you are solely responsible for sticking to and following your workout without allowing yourself to find excuses for quitting.

Honestly, I wish there is a secret formula I could give you to make this work, but you are the one who needs to stick to the workout and make it work. Just remember that being a quitter is easy but being a winner is much harder!

Safety Preparation

No matter how much you prepare yourself you can never guarantee that accidents will not happen. As with everything in life, there are risks attached to strength training as well, but those can be easily limited by following the advices in this chapter.

In my experience, women new to strength training rarely think about safety. Instead they jump into it headfirst, which is a really dangerous behavior, because this is how most accidents occur.

However, by using the common sense tips in this chapter you will be able to highly decrease the risk of accidents and getting injured which could cost you a lot of pain and as you will learn later, a trip with the ambulance as well.

I do understand that you are really excited to dive into the workout to start working on and improving your strength, but it is vitally important that you don't skip over this chapter because it's really critical for your well-being!

Pay Attention to Proper Form

Having a proper form is crucial no matter how much the resistance you put on and using even small weights improperly can have a really serious impact on your health. Unfortunately, I've seen the consequences of improper form several times.

One of the strongest memories I have is when it comes to this topic occurred several years ago when I was at my local gym. I noticed that there was a group of beginners who were doing strength exercises while being instructed by a personal trainer.

Most of them were performing the exercises as they were instructed by the personal trainer but there was one woman that kept doing things wrong despite that she was constantly being warned about improper form.

She also seemed to have misunderstood how much resistance she was supposed to lift, but as I was busy with my own

training I didn't care so much, instead I put on my music and kept doing my own stuff.

However, although I had music on I heard a heart breaking scream that made everyone in the gym stop what they were up to. I turned in the direction of the scream and saw the same women- the one with improper form- lying on the ground.

After the ambulance arrived, I took the chance to ask one of the nurses what happened and she said that they got an alarm that a woman had dislocated her shoulder as she could not move it at all (which ended up to be true).

Later, I found out that although she had used just a small amount of resistance, she apparently didn't know how to perform the exercise properly and her first strength workout ended with an ambulance ride to the hospital where she had to get the shoulder put back in the socket.

While you might think that a dislocated shoulder is not a big deal, but I can ensure you that this kind of injury is one of the worst you can experience when it comes to strength training- and it really hurts as hell!

Fortunately, this scenario is pretty easy to avoid if you just put in a little bit of common sense before staring out with your exercises and pay attention to the safety precautions that I am outlining in this chapter.

Make sure you also don't skip the precautions that I have outlined after each exercise because I have included them for a specific reason, which is to keep you safe while exercising and explain to you how to avoid it in the future.

To summarize, I would say that I consider strength training for women as being pretty safe, as long as you are listening to my recommendations and actually make sure to put the advice into practice while you are working out.

Always Make Sure to Breathe

In my experience, a lot of women make the mistake of holding their breath when doing strength training which is something you must avoid because as you will learn later, it can have a serious impact on your health!

One example I like to use in order to convince women about the importance of breathing is to ask them to perform pushups. First I tell them to do ten pushups as they normally would do, while observing their breathing technique.

After that, I tell them to exhale on their way up and inhale as they move downwards. The response I get is often something like: Mirsad, didn't you tell me this earlier, it would have helped me get through the workouts much easier!

I always respond that it's better to learn something late than never. However, the main reason for inhaling and exhaling during your workout is not to have you perform better, although that is important.

No, the number one reason is to have you avoid serious problems with your health because if you don't breathe properly, you are actually playing with fire. The reason is this: "blood pressure", as it rises sky high if you hold your breath while working out.

Although you might take this with a grain salt, I really recommend you to pay attention and make sure you exhale and inhale properly because as I already mentioned, it can cause increased blood pressure which in turn can lead to following health issues:

- Dizziness
- Stroke
- Heart attack

I bet you changed your mind after reading the above, right? The problem with the exhaling/inhaling technique is that you either learn it in your first encounter with strength training or a long time after that which was the case with one of my female friends.

She told me that strength training was not for her because she constantly felt dizziness while she was working out. My first thought was that she was not eating proper nutrition, so I suggested that she eat a piece of fruit between the three big meals of the day (breakfast, lunch and dinner).

But, this didn't help her either and I suggested that she visit a doctor and perhaps take some tests to check whether everything is fine. However, the doctors could not find anything either and all of her blood-work looked fine.

This had me scratch my head but then it struck me, she must be holding her breath. I picked up the phone and asked her whether she was holding her breathe as she works on her strength? She was quiet for few second and said: Well, yes, I thought I was supposed to!

Bingo! From that moment, she never had any more problems with dizziness and although this happened several years ago, she is still strength training and says that if it was not for me , she would had quit a long time ago!

Consult a Professional before Starting

Making sure that you are healthy enough and are able to get through the physical demands that are associated with strength exercises is one of the first things I review with women who wish to start strength training.

If you are prone to injuries and cardiovascular diseases, I always recommend you to first discuss the idea of starting a strength training regimen with a professional-preferably your doctor before digging into it.

You must understand that I don't know you personally, which simply means that I am not aware of any health problems you might have had in your past or at the time you are reading this book.

I am not a doctor and I can't tell you whether you should or shouldn't jump on my strength program and the last thing I want you to do is to jump into something that could jeopardize your health and cause you more problems.

However, in my experience if you are one of those women who know that you don' have any known health issues that could get worse from strength training, you should not have any problems with the workout routine in this book.

The reason why I am so insistent that you visit a professional is because few years ago I agreed to help college get a more

sculpted, leaner and stronger body. She was constantly complaining about pain in her back and neck and I thought this was the solution.

My mistake was to not ask here whether she had any diseases that could get worse with exercising and particularly strength training. In the middle of the first session she started to feel dizzy and I told her to sit down, hoping that she would feel better.

She started to throw up and I quickly grabbed my cell phone and called the emergency number. The ambulance arrived within a few minutes and honestly, I was shocked because my intention was to help her get in shape- not have her leave the workout in an ambulance.

Later, I got a call from her husband who said that she had cardiovascular problems in the past and that she was supposed to always consult her doctor before she started with any type of training. In this case she had not done so, and it ended with a ride in an ambulance.

My colleague was back to work one week later and apologized for not letting me know about her problems. However, I said that it was my fault as well because I should have known better and asked her if she had any issues.

The point of this story is to make you aware of the risks that you may be taking with strength training if you have a history of any kind of health issues that could be aggravated and end up jeopardizing your health!

Too Much Resistance

One of the most classic safety miscomputations I've seen beginners labor under- especially women- is to jump into working out with heavy resistance. It's important to emphasize the fact that as a beginner you should always start with the lowest resistance and work your way up.

I've experienced the results of improper resistance and it's something I really don't want you to have to go through. One of my wife's friends experienced this when she wanted to increase her strength but didn't know how and where to start.

So, my wife came up with the idea to take her to the local gym and they immediately jumped into using the dumbbells as her friend wanted to primarily strength her arms. This turned out to be a big mistake.

They made the mistake of picking the same weights and although my wife saw that her friend was having problems with lifting those dumbbells and told her to pick a lighter pair, her friend refused to listen.

Instead, she didn't want to look weaker than my wife, so she continued to struggle with those weights during the entire workout. The next day when she woke up she realized that she had caused herself big problems.

Because of her hard-headed attitude and aversion to picking a lighter weight, she could not even stretch her arms to their full length as they were stuck in a 45 degree. When she tried to extend them fully, she had so much pain that she started to cry.

My wife's friend needed to visit the emergency room, and according to the doctors she had caused herself to experience serious inflammation in her bicep muscle which resulted in her having to go through several treatments on different occasions.

She could not continue on her strength training and was forced to take a break for almost six months. Although my wife's friends paid a high price to learn how important it is to choose the proper amount of resistance, she said that it was a beneficial lesson.

What you should learn from this is pretty obvious, which is to wisely pick resistance and preferably start with light weight until you build a good foundation and learn to perform the exercises with proper form.

I ensure you that it is not worth jeopardizing your health and causing yourself the same problem as my wife's friend, which might cost you a lot of pain and money- not to mention, force you to stay away from strength training for a long time!

My wife also made the mistake of using dumbbells that were too heavy when she started with the strength training program

in this book. This resulted in an inflammation of her muscles and kept her from working out for several weeks.

Although you will not use any body building weights it's still important to emphasize this issue, because it can cost you a lot in the form of pain, money and workout time as well.

Do Not Lock Your Joints

This is something I see frequently and is a really bad idea because you should never, ever lock your joints completely when you use resistance. Doing so could lead to serious and sometimes even chronic injuries.

The reason for this is because when you lock your joints you are applying extreme stress to them, which skyrockets the risk of getting injured. In my experience, even professional personal trainers tend to forget this which makes you question their competence.

At my local gym we have an experienced woman who works as a personal trainer. As my wife felt that she wanted to focus on improving in her training she bought five workout sessions with this personal trainer.

Although I advised here not to hire her as I felt that paying \$100 was way too much, she insisted that it was a really good idea and I finally gave in. As I was curious to hear the advice given to my wife, I decided to work out close to where they were.

The personal trainer instructed my wife to perform pushups and she said that it was a good exercise to strengthen the overall upper body. I agree with this, and so far everything seemed to be going as it should.

However, the next statement made me upset because she told her to completely stretch her arms when she rose up off of the floor. Although my wife protested as she had learned that this was the wrong approach, she finally continued doing as she was told.

I decided to keep my mouth closed but when she told her to lock her joints during the next exercise again I just couldn't

keep quiet. With the risk of being seen as an rude, I decided to break into their conversation and said:

Listen, I don't want to do your job but if you know anything about strength training you should be aware of that one should never extend the joints at the top because that's like asking for serious injuries.

To my surprise the personal trainer said that she was not aware of this despite that she has been involved in fitness for ten years. She also thanked me for notifying her about this and for the rest of the workout she kept telling my wife to not lock their joints.

Next time I was at the gym the same personal trainer wanted to thank me for helping her realize that she was instructing her clients incorrectly all this time. She had performed some research and found out that what I said was completely true!

The point of this story is to make you understand that even if a professional tells you to lock your joints you should still refuse to do so because it could be that this professional is not aware of the danger that can come as a result of locked joints either!

Strength Training Workout for Women

This strength workout has been specifically designed for women regardless of age, which means that you can follow it no matter if you are in your early twenties or a senior who is approaching your sixties.

There is nothing advanced about it and even if you are a total beginner you should be able to jump into it and start performing the exercises. Although some of the exercises are performed with different weights, you should know that this is optional.

Using your body as resistance is enough if you have just started with strength training, but I would recommend that you involve some type of resistance as you work on the exercise, as it will give you better and faster results.

I bet you're wondering why I said that you can do this anywhere or anytime if you need to have specific equipment available. Well, I did tell the truth because you don't need any of the equipment used in the exercises below.

My wife follows this workout regularly and each time we are away from home on vacation or visiting friends, she uses plastic bottles filled with water instead of dumbbells to add resistance to the exercises.

For the exercises that require barbells, she uses a rolled carpet while having two bags of equal weight filled with anything she can find hanging at the sides of the carpet.

As you realize, you don't need any equipment (just as I promised), instead by using your imagination, you can easily use stuff that can be found almost anywhere (unless you are in the Sahara) for your workout.

You can no longer use as an excuse for not working on your strength the fact that you don't have the right equipment. Instead, take what you can find and start working out without searching for any excuses not to do it.

With that said, let's dig into the strength workout that will transform your body once and for all and give you that leaner, well-shaped and more sculpted body you've always wanted to have...

Warm up Routine

Warm up is what makes your body ready for the workout and it should not be skipped under any circumstances. This is where you prepare for the workout and it tells your body to get ready for what's coming. Some of the benefits you'll get from warming up include the following:

- Highly limiting the risk of getting injured when performing the exercises.
- Increases oxygen flow to your muscles and decreases the lactic acid.
- Makes your body better at burning more calories per workout.
- Easier to gain muscle control thus allowing you to perform the exercises easier.
- Preventing your body from fatigue while decreasing the workout pain.

Unfortunately my experience is that women don't realize how important it is to warm up properly until something bad happens. My wife used to be in the group of women who didn't care about warming up.

I don't know how many times I told her that it was crucial for her to warm up, but she just waved away my arguments and said that nothing had happened to her so far and she would not waste her time on it.

However, this was about to change soon because during one of the strength workouts at our apartment, she strained her thigh muscle while she was doing an exercise and suddenly she could barely walk properly without having pain.

This kept bothering her for several weeks, but once she healed, she continued with the same behavior, which was to start

performing the exercises directly without paying attention to warming up.

Not long after she recovered from the first injury she injured the same thigh a second time and again she was forced to walk around with pain for several weeks while handling with the frustration of not being able to exercise.

I told her that if she stopped being so stubborn and actually started listening to my advice on warming up, she would not need to worry about getting injured. If she at least spent 5 minutes warming up, she would not need to worry about getting injured again.

Fortunately she listened to my advice and since that day, she never had any problems with injuries again. Today, she thankfully praises me in front of others women who refuse to warm up and tells them about the consequences.

My point with this story is to make you understand that warming up is vital to keeping you safe from injuries, while allowing you to get the maximum from your workouts. Remember, in the end it is solely your responsibility to warm up properly, as no one will do the work for you!

All of those warming up exercises are pretty much mobile which means that they can be performed at any time at any place with minimum space, which gives you great opportunities to work on your strength no matter where in the world you are.

Spot Jogging

The best thing about this way of warming up is that you barely need space to perform it. To perform it, you just simulate jogging, the same way like if you were actually jogging outside- but without moving forward (unless you live in a castle)!

My wife always uses this as a part of her overall warm up routine and she says that it really helps her to get the blood pumping and have get her body ready for the upcoming exercise.

Duration: 120 seconds

Quick Feet

In this warm up exercise, you should run in place with your weight on your toes. Try to keep the speed at about 70% of your maximum workout pace in order to increase your heart rate and get the blood flowing in your veins.

Just like spot jogging, this warm up exercise requires minimum space and you can perform it almost anywhere.

Duration: 60 seconds

High Knees

Stand in place while having your arms stretched in front of you. Start then to lift up your knees –one at a time, so that they are touching the palms of your hands. Perform this exercise at about 70% of your maximum speed.

Duration: 60 seconds

Butt Kickers

Start by slight jogging on the spot while kicking your but with the heels of your feet. Use your arms just as if you were running, which means that you are holding them close to your body while moving them back and forward.

It's worth emphasizing that you should do this in a smooth motion without forcing the heel to much. You need to remember this is a warm up and not an exercise where you should perform at your maximum.

Duration: 60 seconds

Lower Body

Having a strong lower body allows you to have fabulous and well-formed legs, while helping you with daily activities like walking. In this part of the strength workout we will focuses mainly on the exercises that are targeting the muscles in your legs, which will help you achieve amazing looking legs- so let's dig into it!

Split Squat

Although my wife hates to perform this exercise, I still consider it as being one of the most powerful for strengthening your legs. It is also great because by performing it you are indirectly involving the hamstrings and your back.



Equipment: A pair of dumbbells with equal weights.

Preparation: Grasp and lift up the dumbbells to hip level with a steady grip.

Instructions:

- Take the starting position by standing with feet shoulder width apart.
- Step forward with an extended step that is about twice your normal walking step.
- Slightly lower your body while focusing the weight on your front leg.
- As you touch the ground with the knee push upwards slowly but avoid stepping back.
- Perform 10-12 repetitions, switch the leg and repeat.

Tip: Try looking slightly at the sky in order to keep your upper body straight.

Variation: You may vary this exercise by having your back leg propped on a low object.

Precaution: If you are new to the world of strength training start to perform the exercise without weights in order to learn the basic range of motion.

Single Leg Deadlift

This exercise will do wonders for your hamstrings and glutes! It is also by far one of the most popular exercises for improving your strength which qualifies it as an important part of your workout.



Equipment: A pair of dumbbells with equal weight.

Preparation: Grasp and lift up the dumbbells at hip level with a steady grip.

Instructions:

- Begin with feet shoulder width apart, while keeping your back straight.
- Lift the back leg a few inches off the ground and keep it hovering.
- Inhale while slightly lowering your upper body, constantly keeping your back straight.
- Exhale while lifting yourself upwards, keeping the weight focused on the front leg.

Tip: Try looking slightly at the sky in order to keep your upper body flat easier.

Variation: An easy way to vary the single dead lift is to switch the legs after every repetition, instead of performing 10-12 repetitions in a row and then switching.

Precaution: Ensure proper form and start without weights if you are new to the exercise.

Traditional Squat

If you have ever participated in the popular body pump session you know how painful this exercise is and in my experience most women hate it! However, it really works and it will give you great shaped legs if you just focus on performing it with enough focus and determination.



Equipment: Barbell with equal weights at each side.

Preparation: Make sure to position the barbell slightly below the level of your shoulders.

Instructions:

- Tighten your abdominal muscles and grasp the barbell with a steady grip.
- Inhale while lowering yourself slowly until you are in a chair sitting position.
- Exhale while slowly raising yourself while keeping your back straight.

Tip: Add an object not higher than your lower leg, perform the squat and as soon as you touch the object, raise yourself back up. This will allow you to improve your balance and perform the exercise better.

Variation: You may vary this exercise by squatting with your back against a wall, just like if you were sitting on a chair and slide up and down.

Precaution: Don't curve your back inwards as it could lead to injuries in your back.

Abdominals and Core

I know you want to get sculpted and strong abs in the shortest time possible, but I must disappoint you and say that it will usually take you a while to get rid of the fat on your belly. You must realize that you can't burn fat in one specific spot. Instead, your body decides when it's time to get rid of the belly fat.

What you can do is to just keep working on your strength and follow a healthy diet where you avoid junk food and other tasty temptations like cakes, soda, candy etc. I ensure you that if you do so, your body is going to reward you by burning the belly fat and give you those sculpted abs!

Now, I have researched the abdominal and core exercises for women and found that those listed below are the most efficient ones for sculpturing your abs and strengthening your core, so let's dig into it!

Plank Exercise

My research shows that this is the ultimate exercise for increasing the strength of your oblique's, which are located at either side of your abdominals. These are really a pain and don't be fooled by the simplicity, because they will do wonders for your core strength.



Equipment: Nothing specific, but a cushion for the elbows is recommended.

Preparation: Kneel down while keeping the arms extended (do not lock elbows) in front of you.

Instructions:

- Raise your upper body with your underarms while raising the legs by pushing up on your toes.
- Inhale while keeping your body completely extended and hover above the ground for 15-30 seconds.
- Exhale while releasing your body slowly to the ground.
- Rest for 30 seconds and then repeat again.

Tip: You may perform the exercise in front of a mirror to ensure proper form.

Variation: You may vary this exercise by raising one of your arms in front of you while keeping your position for 15 seconds and then repeat with your other arm. However, I must warn you that this is a really painful variation!

Precaution: Make sure to breathe normally during the whole exercise.

Bicycle Exercise

This is a great exercise for improving the overall strength of your abdominal muscles, so it's an obvious part of the workout in this book.



Equipment: Nothing specific, but a mat for your back is recommended.

Preparation: Lie down on the ground.

Instructions:

- Grasp the back of your head slightly with your hands.
- Exhale while moving the right elbow across your body and touch the left knee with it.
- Inhale while lowering yourself to the starting position.
- Repeat again with the other elbow.

Tip: I really recommend that you use a mat, as it will make the exercise more comfortable for your back.

Variation: An easy way to add variation to the bicycle exercise is to attach your foot to the ground and have your legs forming an A while moving your elbows across the body on the same way.

Precaution: Make sure to breathe normally during the whole exercise.

Reverse Crunch

Reverse crunches are highly efficient for improving the lower abdominals and they have been around since the very beginning of strength training.



Equipment: Placing a mat under you to provide comfort for your back is recommended.

Preparation: lay down on the ground.

Instructions:

- Lie down and grip an object to hold onto (e.g. a dumbbell).
- Exhale while lifting your hips off the ground and moving your knees toward your face.
- Inhale while extending your legs without allowing them to touch the ground.

Tip: Focus on keeping your abs contracted during each repetition.

Variation: You can vary the reverse crunch by lying down and grasping the back of a small bench while having your feet hovering above the ground as the starting position.

Precaution: Make sure to breathe normally during the whole exercise.

Upper Body

This section of the workout is designed to improve the strength of your upper body, which includes your arms, shoulders and back. Some of the benefits with having a stronger body include improved metabolism and decreased risk of osteoporosis (discussed earlier in the book).

Plus, a stronger upper body will also allow you to perform other activities easier, such as carrying groceries, lifting your

children and taking care of the daily household without constantly feeling pain in your body.

In other words, by working on your upper body you have nothing to lose but everything to gain. With that said, let's dig into the exercises!

Bent Knee Push Up

This exercise is a light version of the standard push up but it doesn't mean that it's not efficient.



Equipment: Place a mat under your knees to provide more comfort.

Preparation: Kneel down on the floor while keeping your upper body straight.

Instructions:

- Lift your knees up so that they are forming the letter 'L'.
- Exhale while lowering your body down and contracting your abs.
- Inhale while lifting yourself up to the starting position without locking your elbows.

Tip: Use something soft to provide cushion to your knees and to make the exercise more comfortable.

Variation: Once you feel stronger in your body you should try switching to the standard pushups which are more demanding but more efficient.

Precaution: It is vital to breath normally during the whole exercise.

Standing Shoulder Press

If you have been looking for ways to improve the strength of your shoulders, this is the ultimate exercise you should be focusing on. It will also indirectly involve other muscle groups like triceps and traps which is really awesome!



Equipment: A pair of dumbbells of equal weight.

Preparation: Lift up the dumbbells just above the shoulders.

Instructions:

- Stand shoulder with apart while keeping your back straight.
- Exhale by pushing up the dumbbells until your arms are stretched, but don't lock the elbows.
- Inhale by slowly lowering the dumbbells in a controlled manner back to the starting position.

Tip: You may vary this exercise by using a barbell instead of dumbbells.

Variation: You may vary this exercise by sitting on a chair and performing the same routine.

Precaution: It is vital to breath normally during the whole exercise.

Stretching Routine

In my experience, women tend to pay little attention to stretching, especially before the start of the workout. However, I hope that I will convince you of the importance by outlining the following benefits of stretching.

- Preparing your joints for the exercises.
- Reduces soreness and stiffness.
- Decreases the risk of injury.
- Improves the range of motion.
- Prevents cramps in muscles.
- Increased blood flow to your muscles.

As you can see, the benefits of stretching are enormous and it is a vital part of your workout, so don't ever skip it, as it might cost you a lot of pain and frustration and you will likely not be able to exercise for a longer period either.

There are few must dos and things to avoid when stretching that I want you to pay attention to. The ones you should always do no matter what are the following:

- Breathe normally and avoid holding your breath.
- You should not stretch to the point where you feel pain.
- Keep yourself calm and avoid forcing the stretch.

Now, the ones you must avoid at all costs when performing your stretching routine are the following:

- Avoid bouncing and perform the stretches slowly.
- Overstretching can easily lead to injuries.
- Listen to your body and stop if you feel pain.

With that said, let's dig into the stretching routine that I have designed for you...

Leaning Latissimus Dorsi (Lats)

In this stretch you are targeting your lats (latin: Latissimus Dorsi) which are the largest muscles of the back.



Instructions:

- Grasp an object, preferably a pole or similar with your hands in a steady grip.
- Slightly extend your arms and focus your eyes in the direction of the object.
- Place your feet shoulder width apart, while keeping your legs bent in a 45 degree angle.
- Keep your back hovering above the ground just like in the image.
- Hold this position for 15 seconds and focus on feeling the stretch in your lats.

Tips: Slightly angle your body to the sides while keeping a steady grip on the object. If you have positioned yourself correctly you should feel the stretch in your right lats as you move to the right and left lats as you move to the left.

Variation: You may vary this stretch by taking up a kneeling position on the ground.

Precaution: Don't lean to the sides too heavily because you can easily lose balance and slip on the ground, which might cause you serious injury. Try also to grasp an object that is steady and avoid doorknobs and similar objects!

Knee to Chest

The knee to chest stretch is a good way to make your lower back limber and release the tension in it while at the same time stretching your hamstrings.



Instructions:

- Start by lying down (see image) while keeping your feet on the floor.
- Slowly bring your knee toward the chest while keeping your back attached to the floor.
- Stop when you feel a gentle stretch in your back and hold this position for 15 seconds.
- Hold for 15 seconds, release the knee to the starting position, grasp the other leg and perform the same routine.

Tips: You can easily get a more extended stretch by having the supporting leg extended on the ground.

Variation: You may vary this stretch by slowly bringing your nose forward in the direction of your knees in order to extend the stretch.

Precaution: Avoid the knee to chest stretch if you have recently done an abdominal surgery or if you feel pain in your knees and hips.

Lying Piriformis

By stretching the piriformis muscle you will be able to decrease the risk of piriformis syndrome, which causes pain in your hip and buttock.



Instructions:

- Lie down on the ground while keeping your head resting firmly on it.
- Without moving your head, cross your foot over the other one.
- Slightly place your ankle on the knee of the other foot (see image).
- Bring the foot on the ground up in the direction of your chest.
- Hold for 15 seconds, release and perform the same routine with the other leg.

Tips: Try resting the leg that is used for supporting the one you are stretching against a wall to provide better support.

Variation: You can vary the piriformis stretch by sitting, as well as by crossing one leg over the opposite ankle, while keeping a straight back and slightly aiming toward the ground.

Precaution: When performing this stretch it's vital that you don't overstretch as it might lead to injuries in your piriformis and glutes. Make sure to control the stretch and slightly pull until you feel a soft stretch.

Overhead Triceps

The great thing with stretching your triceps is that you will increase the level of protection to your torso and decrease the risk of injuring it. Beside that you will also increase your joint mobility, blood circulation and posture.

**Instructions:**

- Place your elbow so that it's pointing towards the sky, placing the hand (same arm) on the back.
- The palm of the other arm should slightly grasp the elbow (see image).
- Slightly pull the elbow in the direction of the pulling arm.
- Hold for 15 seconds, release and perform the same routine with the other arm.

Tips: To ensure a proper stretch try to have the triceps of the arm you are stretching at the moment facing forward.

Variation: You may vary this stretch by grasping a towel with the arm you are stretching and pulling the towel down with the other hand

Precaution: Make sure to avoid overstretching, stop pulling your arm as soon as you feel a soft stretch in your triceps.

Chest Stretch

Although it might not look impressive this is one of the most efficient and easiest stretches when it comes to stretching your chest.



Instructions:

- Place the upper arm of the side you are stretching against the wall, no higher than shoulder height.
- Slightly turn your body away from the wall without forcing the stretch!
- Stop when you feel a gentle and soft stretch in the side of the chest you are stretching.
- Hold for 15 seconds, switch sides and perform the same routine with the other arm.

Tips: Your chest muscles are going to get a more extended stretch by placing the elbow of the arm attached to the wall at a lower point. On the other hand, the lower part of your chest gets a more extended stretch by having your elbow higher.

Variation: You can vary this stretch by having your head turned in the opposite direction from the arm that is placed on the wall.

Precaution: Don't overstretch the chest muscle and stop pulling when you feel a soft stretch.

Gastrocnemius Stretch

The responsibility of gastrocnemius muscle is to allow your feet to flex while also making it possible to bend your knee.



Instructions:

- Place your palms on the wall while keeping your arms completely stretched.
- Place one of your legs back while keeping the foot of that leg pointed in a straight line.
- The other leg should be in front of the first one and slightly bent.
- You should feel a gentle resistance in your calf that is isolated in the back of your knee.
- Hold this position for 15 seconds, release slowly and repeat on the other leg.

Tips: As you improve the flexibility of the gastrocnemius muscle, you should try standing further from the wall in order to extend the stretch.

Variation: You may vary the gastrocnemius stretch by sitting on a chair while having the foot you are stretching lying in a straight line on an object of same height as the chair (preferably another chair of the same height).

Precaution: Make sure to never bounce when being in position, as it can easily lead to serious injuries.

Lying Hamstring

The lying hamstring is ideal both for stretching but also as a way to close your eyes for a few seconds and allow yourself to relax completely.



Instructions:

- Lie on the floor while lifting your leg up and have the other leg lying outstretched on the ground.
- Grasp the leg that is in the air with both hands just under the knee where the thigh begins.
- Stretch the knee of the leg that is in the air slightly to extend the stretch of hamstring.
- Slightly pull the leg that is in the air towards your chest without forcing the stretch.
- Hold this position for 15 seconds, release slowly and repeat on other leg.

Tips: The more you bend the knee of the leg you are stretching the less intensity you will put on the stretch.

Variation: You may vary this stretch by pulling the leg in the direction of your chest while having your knee almost completely stretched.

Precaution: As always, try to stretch to the point where you are not feeling pain and make sure to never bounce!

Kneeling Hip Flexor

The great thing with this stretch is that it will involve your core and allow you to focus more on the hip compared to other stretches.

**Instructions:**

- Lower yourself into a kneeling position with one leg in front of you and the other one behind you.
- Both of the legs should have a 90 degrees angle while keeping a straight back and your hands on your hips.
- Gently push your body forward while making sure to feel the stretch in your hip flexors.
- Hold this position for 15 seconds, slightly move backwards to the starting position and repeat with the other leg.

Tips: Try using something soft under your knee in order to avoid unnecessary pain as you perform the stretch.

Variation: You may vary this stretch by having the back leg propped on a low object.

Precaution: Do not hyperextend or excessively arch the lower part of your back as it could lead to serious injuries.

Standing Quad

Quadriceps are the biggest muscles on your body and one of their main responsibilities is to extend and strengthen your knees.



Instructions:

- Stand with your feet shoulder width apart, while placing your hand on the wall.
- Grasp the upper part of your ankle and slightly pull it backwards.
- Pull your leg slowly until your heel touches your back.
- Hold this position for 15 seconds, release and repeat with the other leg.

Tips: You can improve balance by extending the other arm in a straight line.

Variation: This stretch can be varied easily by lying down on the ground and performing the same stretching motion as

when you were standing.

Precaution: If you are prone to joint injuries, make sure to consult a professional before trying this stretch.

So, what's next?

So, now when you've completed the strength workout you are probably thirsty for more- but where do you go from here?

After you have been working at this strength workout for few months (3-4) I would recommend that you start to vary the workout given in this book.

Here is what you can do:

- Increase the resistance for every second exercise.
- Add more repetitions for every exercise you perform (e.g. +5 repetitions).
- Increase the amount of sets for every third exercise (e.g. +1 set).
- Mix the different parts by working out your upper body first.
- Work out at different times of the day, e.g. switch evening for morning.

This should be more than enough to keep your going for a longer time and prevent you from get bored. I am also sure that you have your own ideas on how to vary the workout.

However, I recommend for you to start doing it after 3-4 months as you need to build a solid foundation before starting to take your strength training to a new level.

With that said, I want to say thank you for reading my book and I wish you all the best with your strength training journey.

Thank You!

Before you leave I want to say “thank you” for buying this book.

If you enjoyed what you’ve been reading I would like to ask for few minutes of your time.

Please leave a review for this book at Amazon book page:

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I will use your feedback to continue writing books that helps you achieve your goals with strength training.

Just One Last Thing...

When you turn the page you will have the opportunity to rate my book and also share your opinion on it through the Facebook and Twitter.

If you consider this book worth sharing with others I would be honored if you could let your friends know about it.

If it turns out to help them improve their understanding of strength training they will always be grateful to you (and so will I).

Mirsad Hasic

Site: Ab-Solutely-Fit.com

My Other Books...

Feel free to check out my other books as well!

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