

Alex Rae

Effective Weight

Training Tips Revealed



**Discover Everything You Need To Know
To Transform Your Body A Leaner A
Stronger & Muscular One!**

Effective Weight Training Tips Revealed

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TABLE OF CONTENTS

	PAGE
Chapter 1 – Introduction To Weight Training	4
Chapter 2 – Weight Lifting vs. Body Building: Is There A Difference?	8
Chapter 3 – Benefits Of Weight Training	11
Chapter 4 – Equipment Required For At-Home Weight Lifting Workouts	18
Chapter 5 – Highly Effective Weight Lifting Workouts You Must Know	21
Chapter 6 – Safety Tips You Need To Be Mindful When You Weight Train	27
Chapter 7 – The Proper Way To Increase Muscle Size With Weight Training	32
Chapter 8 – Conclusion	36
Chapter 9 – Recommended Resources	38

CHAPTER 1 – INTRODUCTION TO WEIGHT TRAINING

Weight training, sometimes also referred to many as weight lifting, pumping iron or some even call it body building, is one of the best ways for one to tone up their body and get it in shape.



Not only that, it also comes along with numerous health benefits for both men and women.

That being said, if you want to get the most health benefits out of your weight lifting regime, you need to combine your weight training with other exercises (such as cardio workouts). If you are not already doing some kind of aerobic or cardio workout everyday, then you must do this in addition to weight lifting.

Of course, before you commence with any form workout routine, it is best you check with your doctor on whether or not the activities are suitable for you (in terms of your body's health condition).

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FREE WEIGHTS OR WEIGHT MACHINES?

When it comes to weight training, one of the most common questions being asked is "Should I use free weights or weight machines?"



My personal suggestion is, you can use free weights or weight machines or maybe a little of both.

If you are working out in a gym, of course they will have both (free weights and weight machines) and you perform a "circuit" of weight lifting exercises.

However, if you intend to carry out your weight lifting workouts at home, it all depends on your budget and physical space to determine if you want to buy a "Home Gym" type resistance trainer such as Bowflex, or a good set of free weights (such as barbells and dumbbells), or both.

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WHAT YOU NEED TO TAKE NOTE OF WHEN YOU WORKOUT

Prior to starting your weight lifting workout, you need to "get the blood flowing" and your muscles primed for some heavy lifting. It is not healthy to just begin to lift weights without a proper warm up.



Just before hitting the weights do a good ten minutes on a bicycle, take a short jog, or jump rope.

Also, you will want to do some legs and arm stretching exercises as well.

THE KEY TO SUCCESSFUL WEIGHT LIFTING

The key to successful weight training involves what are called repetitions.

There's something you always need to bear in mind when you conduct your weight lifting workouts, and that is, in weight lifting, it is not so important as to how much you lift, but how many times you can lift the weight.

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A proper weight lifting routine is one that is designed to work out all of the major muscle groups of the body, which include: The Shoulders, Neck and Back, Biceps, Triceps, Quadriceps Chest, Abs, Hamstrings, Calves, and of course the Gluteus.

Weight lifting helps improve your strength and stamina.

It also helps in building up your body's muscle, as well as your confidence, improves cardiovascular health and can actually help prevent other sports injuries. They are also highly effective in helping you lose those extra pounds and keep them off your body forever!



In this "Effective Weight Training Tips Revealed" guide, you will discover everything you need to know about weight training – From the major benefits that weight training can bring about for you, to the various equipment and accessories that you need for weight training, along with the best weight lifting workout routines that will reap you maximum benefits, and much more!

So what are you "weighting" for, come on get pumping!

CHAPTER 9 – RECOMMENDED RESOURCES

LEAN HYBRID MUSCLE

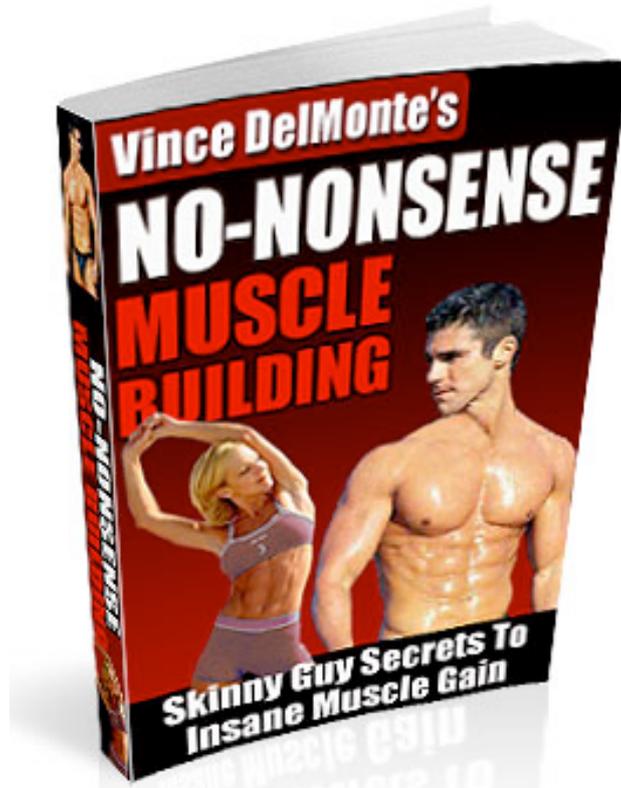


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