

## Strength Training Tips for Weight Loss

1. Train to NEAR failure. Not all out total exhaustion, but almost. Near failure is when you have almost lost the proper form and you are starting to cheat. The muscles should burn.
2. Shoot for 8-12-15 reps. Less than 8 reps are probably too heavy, and more than 15 reps is too light a weight. 8-12 reps at near failure is ideal for a body transformation program
3. No more than 1 minute rest in between weight lifting sets. Use a stopwatch. Less than 45 seconds rest and the weights probably are too light.
4. Rest 2 days before resuming another session. For example, if you did an upper body push workout on Monday, wait until Wednesday before doing your day 2 push workout. It would be ok to do an upper body pull session on Tuesday.
5. For best results, perform aerobics after the weight lifting session (if the lifting session is 40 – 60 minutes in length). This has to do with the theory of using up glycogen stores during weight lifting and then tapping into fat stores for the aerobics.
6. When increasing a weight on a given exercise (this should be because 15 reps is being met without being at near failure), employ micro progression. This means small increases in weight. For example, 20-pound dumbbells in the bicep curl are performed at 15 reps and you feel you could have done 4 more with decent form. Try 22.5 pounds instead of jumping to 25 pounds next time for 12-15 reps.
7. If you are still sore and wish to exercise, go right ahead. However, this assumes you have given your body at least 2 days rest, and this workout will be a little easier.
8. Always warm up. Can be 5 minutes on the treadmill, one minute of jump rope, or the actual weight lifting exercises but done with lighter weights for the first 2 sets. Static stretching is not a warm up, but a cool down. Never stretch without being first warmed up, as in breaking a sweat.
9. Always consume a post workout protein shake. Drink water or sip a protein shake during the weights session.
10. Aim to weight lift hard 3-4x a week for 45 minutes.
11. Make slight changes to the weightlifting program every two weeks to help prevent stagnation, injury, boredom, and promote strength improvements.

12. Incorporate a full body weightlifting program. NEVER just train the target muscles, but train *every* muscle. This will help promote more of a response from the endocrine system for even faster fat metabolism.
13. Incorporate as many large multi joint exercises (dead lifts, squats, lunges, step ups, pushups, pull-ups, and if you know how-cleans, RDL's, jerks, and snatches) as possible. More muscles working means more calories burning! This approach also stimulates the endocrine system to release muscle building (anabolic) hormones better than isolation exercise alone.

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