

# Strength Training Tips/Techniques

<http://sdfdwellness.com/images/Strength%20Training%20Recruits%20for%20Web%20Site.pdf>

There are two common approaches to strength training: split training and circuit training. A split workout is where different muscles are exercised on alternating days. Circuit training is a continuous full body workout with minimal rest.

Both methods incorporate traditional and functional exercises, both approaches are useful in developing strength. You may choose either approach, or a combination of the two. The most important component is to progress the exercise routine and program to continue building strength and endurance.

Two examples of 'split' programs are:

## **Upper body/Lower body split**

Monday, Wednesday, Friday:

- all upper body exercises

Tuesday, Thursday, Saturday:

- all lower body exercises and abdominals

## **Push/Pull split**

Monday, Wednesday, Friday: all pushing exercises and legs

- (standing military press, bench press, push-ups, dips, lunges, step-ups)

Tuesday, Thursday, Saturday:

- all pulling exercises and abdominals
- (pull-ups, lat. pull downs, bent-over rows, high/low pulls, Swiss ball abs, crunches, core abs)

Following are examples of two circuit training exercise programs.

**Circuit Training Super-Set:** (Do the two exercises one after the other until 3 sets of each of the two exercises have been completed, then move on to the next set of two exercises.)

1. Lunges and Abdominal Crunches
2. Bench Press and Seated Row Press
3. Single Leg Squat and Wrist Roller
4. Split Squats and Swimmers
5. Chin-ups and Standing Dumbbell Military
6. Dips and Lat. Pull Downs
7. Bent-Over Row and Push-Up

**Circuit Training:** Complete one set of each exercise, then move on to the next exercise, resting no more than 30 seconds between sets. Continue until you have gone through the list of exercises 3 times.)

1. Treadmill or Stairclimber for 5 min
2. Bench Press
3. Seated Row
4. Treadmill or Stairclimber for 5 minutes
5. Push-ups
6. Bent-Over Rows
7. Abdominal Crunches
8. Treadmill or Stairclimber for 5 minutes
9. Chin-Ups
10. Standing Dumbbell Military Press
11. Treadmill or Stairclimber for 5 min
12. Lunges or Split Squats
13. Wrist Roller
14. Treadmill or Stairclimber for 5 min
15. Dips
16. Single Leg Press or Step ups
17. Treadmill or Stairclimber for 5 min

3 sets of 8-10 repetitions of each exercise is the common method for strength training. The final repetitions of each set should be difficult. Once you are able to easily perform 3 sets of 10 repetitions it is time to increase the resistance. If you are a beginning exerciser, start with one set of exercises.

If circuit training, begin with only one circuit through the exercises. Continue doing only one set or one circuit of exercises until you find that you are no longer sore 48 hours after exercising. Then begin doing two sets, or two circuits. Progress to 3 sets or circuits the same way.