Guide to Resistance Training

1.) If new, start with 1 set of 10 repetitions. This means doing the movement 10 times in a row and then moving onto your next exercise. Pick a weight where you feel you could have done 12-13 repetitions. This is called have 3 reps in reserve and that it is a moderate weight for you.
2.) Once 1 set of 10 repetitions feels easy, increase it to 1 set of 15 repetitions with a weight you feel you could have done 18 repetitions.
3.) Once you can do 1 set of 15 for all your exercises and it starts to feel light or easy, increase to doing 2 sets of 10 exercises. This means that you do all of you exercises for 10 repetitions and then you repeat the whole work out (adding a second set).
4.) The next progression is to increase to do 2 sets of 12 repetitions.
5.) Next you will progress to doing 2 sets of 15 repetitions.
6.) Once you can comfortably do 2 sets of 15 reps and it starts to feel easy, increase your weight or resistance band and start again at 2 sets of 10.
7.) Repeat this cycle from 2x10 -> 2x12 -> 2x15 -> increase weight and repeat.
8.) You can also increase the difficulty by adding a third set of your exercises if you wish.

Important things to remember:

1.) Perform after warm up or cardio session
2.) Allow 1-2 days of recovery before repeating similar exercise
3.) Avoid tight gripping, prolonged holds, and straining
4.) Slow controlled movements – do not rush the movements and do not increase the weight if you don't feel controlled
5.) Work your muscle through a full range of motion
6.) Maintain breathing (no breath holding)
7.) Pay attention to your body. Never perform exercises that cause pain or discomfort
8.) Avoid locking hinge joints (i.e. knee and elbow); keep hinge joints on a "soft lock"

Stop exercise if….

- Pain to the chest, back, neck, arm, or jaw
- Racing heart or fluttering sensation
- Sudden pain to the leg
- Shortness of breath
- Dizziness or faintness
- Nausea or vomiting
- Intense fatigue
- Confusion or visual disturbances