

Making Everything Easier!™

2nd Australian & New Zealand Edition

Weight Training

FOR DUMMIES®

Learn to:

- Customise a safe and effective exercise program to suit your lifestyle
- Use free weights, kettlebells and more to target specific areas
- Complement your workout with Pilates and yoga
- Balance your diet to fuel your workout

**Georgia Rickard
Liz Neporent
Suzanne Schlosberg**



Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to
www.dummies.com/cheatsheet/weighttrainingau

Get Smart at Dummies.com

Dummies.com makes your life easier with thousands of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step Instructions

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Mobile Phones
- eBay
- Internet
- Food, Home & Garden

Find out "HOW" at Dummies.com



**2nd Australian &
New Zealand Edition**

***Weight
Training***

FOR

DUMMIES®

NOTE: THIS BOOK IS INTENDED TO OFFER GENERAL INFORMATION ON THE TOPIC OF FITNESS. ALTHOUGH THE GENERAL INFORMATION ON FITNESS CONTAINED IN THIS BOOK HAS BEEN REVIEWED BY SOURCES BELIEVED TO BE RELIABLE, SOME MATERIAL MAY NOT BE SUITED FOR EVERY READER AND MAY BE AFFECTED BY DIFFERENCES IN A PERSON'S AGE, HEALTH, FITNESS LEVEL, AND OTHER IMPORTANT FACTORS. READERS ARE STRONGLY ENCOURAGED TO FIRST CONSULT WITH A MEDICAL DOCTOR AND OBTAIN THE SERVICES OF PROFESSIONAL EXPERTS PRIOR TO COMMENCING ANY FITNESS PROGRAMS OR RELATED ACTIVITIES.

**2nd Australian &
New Zealand Edition**

Weight Training

FOR

DUMMIES®

**by Georgia Rickard, Liz Neporent
and Suzanne Schlosberg**



Wiley Publishing Australia Pty Ltd

Weight Training For Dummies®, 2nd Australian & New Zealand edition

Published by
Wiley Publishing Australia Pty Ltd
42 McDougall Street
Milton, Qld 4064
www.dummies.com

Copyright © 2011 Wiley Publishing Australia Pty Ltd

The moral rights of the authors have been asserted.

National Library of Australia
Cataloguing-in-Publication data:

Author: Rickard, Georgia.
Title: Weight Training For Dummies / Georgia Rickard; co-authors, Liz Neporent and Suzanne Schlosberg.
Edition: 2nd Australian and New Zealand ed.
ISBN: 9780730376606 (pbk.)
Notes: Includes index
Subjects: Weight training.
Physical fitness.

Other Authors/
Contributors: Neporent, Liz.
Schlosberg, Suzanne.

Dewey Number: 613.713

All rights reserved. No part of this book, including interior design, cover design and icons, may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording or otherwise) without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Contracts & Licensing section of John Wiley & Sons Australia, Ltd, 42 McDougall Street, Milton, Qld 4064, or email auspermissions@wiley.com.

Cover image: © Anthony Mayatt/iStockphoto

Typeset by diacriTech, Chennai, India

Printed in China by
Printplus Limited

10 9 8 7 6 5 4 3 2 1

Limit of Liability/Disclaimer of Warranty: THE PUBLISHER AND THE AUTHORS MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHORS SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANISATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHORS OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANISATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ.

Trademarks: Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Making Everything Easier, dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing Australia Pty Ltd is not associated with any product or vendor mentioned in this book.

About the Authors

Georgia Rickard

Georgia Rickard is an Australian-born journalist, author and media commentator best known for her practical, down-to-earth approach to health and fitness. Her first experience with weights involved tripping over a barbell and spraining her ankle.

Since then, she has become a lot more familiar with the weights room; working as a health and fitness journalist for titles such as *Cosmopolitan*, *CLEO*, *Women's Health*, *Prevention*, and the *Sunday Telegraph*. She has also been editor of *Australian Healthy Food Guide* magazine, worked as a policy advisor on health and nutrition for the NSW State Government opposition, and is a regular health commentator on Australian radio and TV.

Georgia keeps fit with a combination of weight training, yoga, walking, skateboarding, skiing and dog-chasing; the last of which is undertaken mostly in parks and shopping centres after her two pups Alfie and Kingston. Her ankle has made a full recovery.

Suzanne Schlosberg

Suzanne Schlosberg is a magazine writer known for her humorous approach to health and fitness. She is a contributing editor to *Shape* and *Health* magazines and co-author of *Weight Training For Dummies* and Kathy Smith's *Fitness Makeover*. She is also the author of *The Ultimate Workout Log*, Second Edition, and an instructor in UCLA Extension's Certificate in Journalism Program.

Suzanne writes frequently about her fitness adventures — from her failed tryout for The American Gladiators to her record-setting victory in Nevada's Great American Sack Race, a quadrennial event in which competitors run 5 miles while carrying a 50 pound sack of chicken feed on their shoulders. Suzanne also has chronicled her two bicycle treks across the United States.

A Los Angeles native, Suzanne refuses to walk anywhere, including to Starbucks, one kilometre from her house — to which she commutes daily in her sports utility vehicle.

Liz Neporent

Liz Neporent is a certified trainer and president of Plus One Health Management, a fitness consulting company in New York City. Her job is to make sure the members of more than a dozen fitness centres in hotels and corporations throughout New York are happy, motivated and exercising on a regular basis.

Liz is co-author of *Abs of Steel, Buns of Steel: Total Body Workout* and *Weight Training For Dummies*. She also wrote *Fitness Walking For Dummies*. Additionally, she is the Gear Editor for *Shape* magazine and a regular contributor to *The New York Times*. She appears regularly on TV and radio as an authority on fitness and exercise.

Liz is an avid runner and has competed in more than two dozen marathons and ultra-marathons. She's also a devoted sports climber, walker, hiker and weight trainer. She lives in New York City with her husband, Jay Shafran, and her greyhound, Zoomer.

Authors' Acknowledgements

The authors wish to thank Richard Miller and The Gym Source of New York City for providing exercise equipment for many of our photos. We're also grateful to Arthur Belebeau and Daniel Kron for their wonderful — and speedy — photography and to Chris Gristanti, who generously donated several photos. Trotter Fitness Equipment provided additional photographs.

Many thanks to all the models who appeared in this book. Your time, patience, and of course, images are much appreciated. The models are Patty Bутtenheim, Aja Certain, Terry Certain, Katherine Cole, James Gaspard, Debbie-Deb Hanoka, James Jankiewicz, Spike Jozzino, Subhash Mandal, Amy Ngai, Nancy Ngai, Nicholas O'Sullivan, Alicia Racela, Fred Reid, Doris Shafran, Jay Shafran, Bob Weiter, Carrie Wujeik and Norman Zinker.

Thanks, also, to Reebok for providing clothing and shoes. Some additional clothing was provided by Everlast, Nike and Brooks.

From Georgia

Firstly, I am grateful for the expertise and advice of Nicholas O'Sullivan, who is surely Australia's most informed and useful exercise physiologist (and not too bad looking either, as you can see from some of the pics in this book!). I'd also like to thank Kelly Baker for her wise words in the previous edition; Danielle Tibbles, without whom none of this would have been possible; and the following gems who I am lucky to be surrounded with in everyday life: Alex, Dan, Em, Geri, John, Jono, Kylie, Lex, Liv, Mandi, Maya, Will and Zoe. Last but absolutely not least, I can't say thank you enough to the beautiful team at Wiley Publishing Australia, Rebecca, Hannah, Jenny and Zoë: you've all been an absolute dream to work with.

From Liz

Much gratitude goes to my family, especially my husband Jay Shafran who is supportive beyond belief. Thanks to Suzanne Schlosberg the best writing partner ever. Ever! I would also like to acknowledge the following people who are forced to put up with me in some way: John Buzzerio, Nancy Ngai, Linda Strohmeier, Patricia Buttenheim, Jimmy Buff, Jimmy Rotolo, Stephen Harris, James Jankiewicz, Bob Welter, Subhash Mandal, Holly Byrne, Grace De Simone and Zoomer.

From Suzanne

It would be impossible to find a better writing partner than Liz Neporent. She knows so much, works so hard, and accepts the fact that I will never, ever like her dog. I also want to thank my agent, Felicia Eth, for being on the ball. Alec Boga did a stellar job as my supervisor, and Nancy Gottesman was always there to entertain and distract me. As always, I'm grateful to my family for their support.

Publisher's Acknowledgements

We're proud of this book; please send us your comments through our online registration form located at <http://dummies.custhelp.com>.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial and Media Development

Project Editor: Jenny Scepanovic

Acquisitions Editors: Rebecca Crisp

Editorial Manager: Hannah Bennett

Production

Cartoons: Glenn Lumsden

Proofreader: Liz Goodman

Indexer: Karen Gillen

The authors and publisher would like to thank the following copyright holders, organisations and individuals for their permission to reproduce copyright material in this book.

- Page 14: © Anthony Mayatt/iStockphoto

Every effort has been made to trace the ownership of copyright material. Information that will enable the publisher to rectify any error or omission in subsequent editions will be welcome. In such cases, please contact the Permissions Section of John Wiley & Sons Australia, Ltd.

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Stuff to Know Before You Pick Up a Weight</i>	7
Chapter 1: Tools of the Trade.....	9
Chapter 2: How to Avoid Dropping a Weight on Your Toe and Other Safety Tips.....	25
Chapter 3: Testing Your Strength and Tracking Your Progress	37
<i>Part II: Weight Training Wisdom</i>	47
Chapter 4: Joining a Gym or Exercising at Home: Which Is for You?	49
Chapter 5: Choosing Your Guru: Trainers, DVDs and Exercise Classes.....	63
Chapter 6: Weight Training Etiquette.....	77
<i>Part III: The Exercises</i>	87
Chapter 7: How to Read the Exercise Instructions.....	89
Chapter 8: Working Your Back	97
Chapter 9: Working Your Chest	119
Chapter 10: Working Your Shoulders	135
Chapter 11: Working Your Arms.....	151
Chapter 12: Working Your Abdominals	171
Chapter 13: Working Your Core.....	187
Chapter 14: Working Your Butt and Legs	199
Chapter 15: Advanced Weight Training Exercises	227
<i>Part IV: Designing Your Workout Program</i>	245
Chapter 16: Designing a Basic Workout	247
Chapter 17: Expanding Your Repertoire	259
<i>Part V: Beyond the Barbell</i>	273
Chapter 18: Yoga and Pilates	275
Chapter 19: Having a Ball (Almost Literally).....	285
Chapter 20: Whipping Your Heart and Lungs into Shape	299



Chapter 21: Stretching: The Truth 309
Chapter 22: Improving Your Balance and Coordination 321
Chapter 23: Pills, Powders and Potions: Nutrition in a Nutshell 327

***Part VI: The Part of Tens* 339**

Chapter 24: Ten Ways to Educate Yourself about Weight Training 341
Chapter 25: Ten Myths and Misconceptions about Weight Training 353
Chapter 26: Ten Major Weight Lifting Goofs 361
Chapter 27: Ten (Plus Some) Things You Can Do with Latex
 Rubber (G-Rated) 373
Chapter 28: Ten Weight Training Deals and Duds 385

***Index* 393**

Table of Contents

***Introduction* 1**

- What Weight Training Can Do for You 2
- How to Use This Book..... 3
- How This Book Is Organised 4
 - Part I: Stuff to Know Before You Pick Up a Weight 4
 - Part II: Weight Training Wisdom 4
 - Part III: The Exercises..... 4
 - Part IV: Designing Your Workout Program..... 5
 - Part V: Beyond the Barbell 5
 - Part VI: The Part of Tens..... 5
- Icons Used in This Book 6
- Special Icons..... 6

***Part I: Stuff to Know Before You Pick Up a Weight* 7**

Chapter 1: Tools of the Trade 9

- Jargon We Couldn't Resist 10
- A *For Dummies* Guide to Dumbbells and Other Free Weights..... 10
 - Different kinds of dumbbells 10
 - Different kinds of barbells 11
 - Introducing kettlebells 13
 - The value of free weights 14
 - Making the choice: Dumbbells versus barbells 15
- Using a Weight Bench..... 16
- Don't Be Afraid of Weight Machines..... 18
 - What weight machines can do for you..... 20
 - Cable machines: A different breed..... 22
- Stretching Your Workout 22
- Lifting Your Body Weight 22

**Chapter 2: How to Avoid Dropping a Weight on Your
Toe and Other Safety Tips 25**

- The Universal, Immutable Safety Laws of Weight Lifting 26
 - Warm up before you lift..... 26
 - Start with an easy set 26
 - Lighten up..... 27
 - Observe the speed limit..... 27
 - Don't hold your breath..... 27

Use proper form	27
Cool down	27
Rest a muscle at least 48 hours.....	28
Weight Machine Safety Tips	28
Custom fit each machine	28
Watch your fingers.....	29
Don't invent new uses for the machinery.....	29
Free Weight Safety Tips.....	29
The Art of Spotting and Being Spotted	31
Briefing your spotter	31
When you're the spotter	32
Common Weight Training Injuries	33
Overcoming Injuries	35

Chapter 3: Testing Your Strength and Tracking Your Progress 37

The Safest Way to Test Your Strength.....	37
Tracking Your Progress.....	39
What to write down in your log	39
Analysing your workout log.....	41
Be All That You Can Be	42
Fire and Rescue NSW.....	42
The New Zealand Police Force	43
The United States Air Force Academy	44
Medicals	45

Part II: Weight Training Wisdom 47

Chapter 4: Joining a Gym or Exercising at Home: Which Is for You? 49

Joining the Club	49
Lifting Weights at Home.....	51
Choosing a Gym	51
Designing a Home Gym	53
How much space do you have?.....	54
What are your goals?.....	54
How much money can you spend?	54
Will you be using DVDs?	54
Free Weight Options	56
Buying dumbbells	56
Buying barbells	58
Buying a bench.....	58
Investing in Weight Machines	59
Buying Bands	61

Chapter 5: Choosing Your Guru: Trainers, DVDs and Exercise Classes	63
Everything You Need to Know about Trainers	63
What a fitness trainer can do for you.....	64
Who's a qualified trainer?	65
How to act during a training session.....	68
An Introduction to Strength Training Classes.....	69
Body sculpting	70
Body Pump	70
What to expect from your instructor	71
All About Weight Training DVDs.....	72
Different types of weight training DVDs.....	73
Where to buy DVDs	73
Downloading clips from the internet.....	75
Chapter 6: Weight Training Etiquette	77
Share the Equipment.....	78
Unload Your Weight Bar.....	79
Return Your Weights to the Right Place	79
Keep Your Sweat to Yourself	80
Don't Block the Flow of Traffic.....	80
Don't Hog the Drinking Fountain	81
Keep the Grunting to a Minimum	81
Don't Tote Around Your Gym Bag	81
Don't Be Afraid to Ask for Advice.....	82
Be Careful When You Offer Unsolicited Advice	82
Don't Dress Like a Porn Star	83
Treat the Locker Room Like Your Own Bathroom	83
Part III: The Exercises	87
Chapter 7: How to Read the Exercise Instructions	89
Introducing You to the Exercises.....	89
Our Favourite Phrases	92
'Switch your core on'.....	93
'Stand up tall with square shoulders and a lifted chest'.....	93
'Don't lock your joints'	93
'Keep your shoulders and neck relaxed'	94
'Tilt your chin towards your chest'	94
'Don't shoot your knees past your toes'	94
'Don't bend your wrists'	94
'Maintain proper posture'	95
Breathing Lessons	95

Chapter 8: Working Your Back	97
Upper Back Muscle Basics	97
Why You Need a Strong Upper Back	98
Keys to a Great Upper Back Workout	99
Mistakes to Avoid When Working Your Upper Back	100
Upper Back Exercises in This Chapter	101
One-arm Dumbbell Row	101
Dumbbell Shrug	103
Machine Row	105
Lat Pulldown	107
Cable Row	108
Assisted Pull-up	110
Lower Back Muscle Basics	112
Why You Need to Strengthen Your Lower Back	113
Keys to a Great Lower Back Workout	113
Mistakes to Avoid When Training Your Lower Back	114
Lower Back Exercises	114
Pelvic Tilt	114
Back Extension	116
Chapter 9: Working Your Chest	119
Chest Muscle Basics	119
Why Strong Pecs Matter	120
Keys to a Great Chest Workout	121
Mistakes to Avoid When Pumping Your Pecs	122
Exercises in This Chapter	123
Modified Push-up	123
Bench Press	125
Dumbbell Chest Press	127
Seated Chest Press machine	129
Cable Crossover	131
Chapter 10: Working Your Shoulders	135
Shoulder Muscle Basics	135
Why You Need to Strengthen Your Shoulders	136
Keys to a Great Shoulder Workout	137
Mistakes to Avoid when Training Your Shoulders	138
Exercises in This Chapter	139
Seated Supported Dumbbell Shoulder Press	139
Lateral Raise	141
Front Raise	142
Back Delt Fly	144
External and Internal Rotation	146
Shoulder Press machine	148

Chapter 11: Working Your Arms	151
Arm Muscle Basics	151
Why You Need Strong Arms	153
Keys to a Great Arm Workout	154
Mistakes to Avoid When Training Your Arms	154
Exercises in This Chapter	155
Barbell Bicep Curl	155
Dumbbell Bicep Curl	157
Concentration Curl	158
Arm Curl Machine	160
Triceps Pushdown	162
Triceps Kickback	164
Bench Dip	165
Assisted Dip	167
Wrist Curl and Reverse Wrist Curl	169
Chapter 12: Working Your Abdominals	171
Abdominal Muscle Basics	171
Why You Need Strong Abdominals	173
Strategies for a Great Abdominal Workout	173
Mistakes to Avoid When Training Your Abdominals	175
Exercises in This Chapter	176
Basic Abdominal Crunch	176
Reverse Crunch	177
Oblique Crunch	180
Bent Knee Side Crunch	181
Wall Roll-up	183
Roll Down Negative Curl	185
Chapter 13: Working Your Core	187
Introducing Core Stabiliser Muscle Basics	187
Enjoying a Strong Core	189
Getting a Core Workout	189
Avoiding Mistakes When Training Your Core	190
Exercises in This Chapter	191
Plank	191
Side Plank	193
All-fours Spinal Stabilisation	194
Reverse Tabletop Plank	196
Lying Leg Extension	197
Chapter 14: Working Your Butt and Legs	199
Butt and Leg Muscle Basics	199
Why You Need Strong Legs	201
Keys to a Great Leg Workout	202

Mistakes to Avoid When Working Your Lower Body.....	204
Exercises in This Chapter.....	204
Squat.....	205
Lunge.....	207
Leg Press machine.....	208
Kneeling Butt Blaster.....	211
Dumbbell Step-ups.....	213
Leg Extension machine.....	214
Kneeling Leg Curl.....	216
Leg Curl machine.....	217
Inner/Outer Thigh machine.....	219
Side-lying Leg Lift.....	221
Standing Calf Raise.....	223
Toe Lift.....	224

Chapter 15: Advanced Weight Training Exercises 227

Important Safety Cautions.....	228
Exercises in This Chapter.....	229
Chin-up.....	229
Push-up.....	231
Dip.....	233
Military Press.....	234
Preacher Curl.....	236
French Press.....	238
Barbell Squat.....	239
Stiff-legged Deadlift.....	241
Hanging Abs.....	243

Part IV: Designing Your Workout Program 245

Chapter 16: Designing a Basic Workout 247

Jargon You Actually Need to Know.....	248
The Rap on Reps.....	248
The Scoop on Sets.....	249
Essential Elements of a Weight Routine.....	250
Work all of your major muscle groups.....	250
Do the exercises in the right order.....	251
Don't exercise the same muscle two days in a row.....	252
How to Custom-design a Routine.....	252
Your goals.....	252
Your equipment.....	254
Your exercise preferences.....	254
Your lifestyle.....	254
Your current level of fitness.....	255

Sample Beginner Routines.....	255
Machine circuit	255
Dumbbells-and-a-bench routine.....	256
The time-crunch routine	256
The mix 'n' match routine.....	257
Chapter 17: Expanding Your Repertoire	259
The Big Picture: Organising Your Program Month to Month.....	259
Weight Training Week by Week.....	262
The upper body/lower body split.....	263
Push/pull split routine.....	265
Ideas for Organising Your Daily Workout	267
Super sets	268
Giant sets	269
Circuits	270
Advanced Training Techniques	270
Pyramids	271
Breakdowns	271
Negatives.....	272
 <i>Part V: Beyond the Barbell.....</i>	 273
Chapter 18: Yoga and Pilates	275
What's the Difference Between Yoga and Pilates?.....	275
What Will Yoga and Pilates Give You That Weight Training Won't?	276
Yoga and Pilates engage your whole body	276
Yoga and Pilates increase your flexibility	277
Yoga and Pilates can improve your balance, coordination and concentration.....	278
Can Yoga and Pilates Replace Weight Training?.....	278
How Can I Fit Yoga and Pilates into My Fitness Program?	279
More Details About Yoga	280
Different styles of yoga.....	281
Finding a qualified yoga instructor.....	282
The Lowdown on Pilates	282
 Chapter 19: Having a Ball (Almost Literally)	 285
Picking Out the Right Ball.....	285
Using Exercise Balls Safely	286
How Often Should I Use My Ball?.....	287
Exercises in This Chapter.....	287
Ball Crunch	288
Ball March.....	289

Ball Oblique Crunch	290
Ball Extension	291
Ball Plank	293
Ball Push-up	293
Ball Leg Lift	294
Ball Bridge	296
Ball Side-Lying Outer Thigh Lift	297
Ball Side-Lying Double Leg Lift	298
Chapter 20: Whipping Your Heart and Lungs into Shape	299
What Type of Activities Count as Aerobic Exercise?	300
How Many Days a Week Should I Do Aerobic Exercise?	301
Should I Do Aerobic Exercise Before or After My Weight Workouts?	302
Is It True That I'll Lose More Weight If I Exercise at a Slower Pace?	302
Finding Your Target Heart Rate	303
How Do I Measure My Heart Rate?	304
What Level of Intensity Will Give Me the Best Results?	306
If I Do Aerobic Workouts Regularly, When Will I Start Seeing Results?	306
What Is the Best Cardiovascular Machine?	307
Can I Make Cardio Exercise Machines Less Boring?	307
Chapter 21: Stretching: The Truth	309
Why Stretching Is So Controversial	309
Discovering the Different Methods of Stretching	311
Traditional stretching	312
Assisted stretching	316
Proprioceptive neuromuscular facilitation (PNF)	317
Active isolated (AI) stretching	319
Chapter 22: Improving Your Balance and Coordination	321
Losing Balance with Age	322
Balance Exercises	323
Vibration Machines	326
Other Nifty Balance Gadgets	326
Chapter 23: Pills, Powders and Potions: Nutrition in a Nutshell	327
The Scoop on Fat-Burning and Muscle-Building Supplements	328
Chitin	329
Creatine	330
'Fat-blocking' pills	331
Herbal supplements	331

The Lowdown on Protein	332
The high-protein diet craze	332
Can protein pump you up?	334
How much protein do you really need?	335
Do Energy Bars Really Give You Energy?	335
Are energy bars good meal replacements?	336
Which ingredients should I look for?	336
Snacking and Drinking for Exercise	337
Easy snack ideas	337
What about sports drinks?	338

***Part VI: The Part of Tens* 339**

Chapter 24: Ten Ways to Educate Yourself about Weight Training 341

Read Fitness Magazines	341
Be a Voyeur	343
Browse the Internet	344
Read Books	345
Weight training books we like	346
Signs of a lousy weight training book	347
Hire a Cyber Trainer	348
Watch Fitness TV Shows	349
Hook Up with an Advice Board	349
Hire a Qualified Dietitian	350
How to find a qualified dietitian	350
Signs of a sharp dietitian	351
Keep a Training Diary	352
Get Certified as a Trainer	352

Chapter 25: Ten Myths and Misconceptions about Weight Training 353

Myth #1: You'll Get Huge Unless You Lift Light Weights	353
Myth #2: You're the Only One in the Gym Baffled by the Equipment	354
Myth #3: Lifting Weights Is Dangerous	355
Myth #4: Thigh Exercises Will Slim Your Thighs, and Ab Exercises Will Whittle Your Middle	355
Myth #5: The Best Trainers Are Those With the Best Bodies	356
Myth #6: Lifting Weights Won't Help You Lose Weight	356
Myth #7: There's One Best Weight Training Program	357
Myth #8: Stretching Is a Good Warm-up for Weight Lifting	357
Myth #9: Free Weights Are for Muscle-heads and Machines Are for Beginners	358
Myth #10: Not Everyone Needs to Strength Train	358

Chapter 26: Ten Major Weight Lifting Goofs 361

Cheating Your Abs	361
The wrong way to crunch	361
The right way to crunch	362
Squatting Too Far	362
The wrong way to squat	362
The right way to squat	363
Arching Your Back	363
The wrong way to bench press	364
The right way to bench press	364
Lowering Your Elbows Too Far	364
The wrong way to lower your arms	365
The right way to lower your arms	365
Pulling a Fast One	365
The wrong way to pull down a bar	266
The right way to pull down a bar	366
Sticking Your Butt Up	367
The wrong way to use the Leg Curl machine	367
The right way to use the Leg Curl machine	367
Exaggerating the Row	368
The wrong way to row	368
The right way to row	368
Carrying a Weight Plate Too Casually	369
The wrong way to carry a weight plate	369
The right way to carry a weight plate	370
Finishing an Exercise the Wrong Way	370
Sitting up the wrong way	370
Sitting up the right way	370
Spotting Too Much — Or Not Enough	371
The wrong way to spot	371
The right way to spot	372

Chapter 27: Ten (Plus Some) Things You Can Do with Latex Rubber (G-Rated) 373

Handling Bands on the Run	373
Using an Exercise Band	374
Discovering Ten Excellent Band Exercises	375
Band Squat	375
Band Butt Blaster	376
Band Outer Thigh Lift	377
Band Calf Press	378
Band Lat Pulldown	379
Band Push-up	380
Band One-arm Shoulder Press	381
Band External and Internal Rotation	382
Band Double Bicep Curl	383
Band Triceps Extension	384

Chapter 28: Ten Weight Training Deals and Duds 385

Five Great Weight Training Investments 385
 An adjustable weight bench 386
 Hand protection 386
 A personal trainer 387
 Exercise bands 387
 A weight training diary 387
Five Weight Training Rip-offs 388
 Electrical stimulation devices 388
 Weight belts 389
 High-rep classes 390
 Ab gizmos 390
 Terrible trainers 391

***Index* 393**

Introduction

When the first edition of *Weight Training For Dummies* was published in the US, lifting weights was on the verge of becoming a mainstream phenomenon. Women, Baby Boomers, seniors — all of these groups were starting to get the message: Hoisting hunks of iron benefits everyone, not just bodybuilders with shoulders wider than the wingspan of an aeroplane.

Today weight training has become even more popular. Most gyms now offer personal training, provide classes on weight training, and have their weight training section patronised not just by oversized men in training for roles in *The Incredible Hulk* — but women, too.

However, just because weight training has become more popular doesn't mean it has become any less intimidating for novices. It's only natural for a beginner to be baffled by the equipment and the lingo. You may look at a barbell and wonder how you're going to lift the thing while remaining on good terms with your lower back muscles. You may stare at a weight machine and wonder which end the homemade pasta comes out of. You may wonder what it means when a trainer says, 'Do three sets of eight reps on the Lat Pulldown and then super set with the Seated Row.'

In this second edition written specifically for Australians and New Zealanders, we don't just give you the knowledge and the confidence to start a weight training program either at home or at a gym. We also describe more than 150 exercises, including a combination of the latest moves and classic exercises, provide exercises suitable for novices and veterans alike, and update you on the latest in weight training equipment, websites, DVDs, research and gym classes. Plus, we address pressing questions, including:

- ✓ What's the key to building strength and tone without getting bulky?
- ✓ Can any nutritional supplements actually help you build muscle or burn fat?
- ✓ Which gives you better results: free weights or machines?
- ✓ Should you do yoga and Pilates in addition to weight training?
- ✓ Should you wear a weight belt and gloves or are these accessories just for show?
- ✓ Can you trust weight training information you read on the internet?

- ✔ How do you distinguish the qualified trainers from the quacks?
- ✔ What should you say if a fellow gym member asks to use the machine you're using?
- ✔ If you're overweight, should you lose weight before you lift weight?

In *Weight Training For Dummies*, we tell you about safe weight lifting techniques, steer you toward equipment bargains, entertain you with stories about fellow lifters and inspire you to keep pumping iron when you'd rather pump a keg and fire up the backyard barbecue. In fact, we take care of just about everything except lifting the weights. We figured we'd save that job for you.

What Weight Training Can Do for You

We all have different reasons for wanting to lift weights. Undoubtedly, many of these reasons have to do with looking better. Sculpted arms and toned 'abs' have become something of a fashion statement. But we can think of more compelling and, ultimately, more satisfying reasons to lift weights. Here's a reminder of what weight training can do for you:

- ✔ **Keep your bones healthy.** The average woman loses about one per cent of her bone mass each year after age 35. Men are susceptible to brittle bones, too. Lifting weights can drastically slow the rate of bone loss — and may even reverse the process. With strong bones, you won't become hunched over as you age, and you'll lower your risk of life-threatening fractures. No matter what your age, it's never too late to start strengthening your bones.
- ✔ **Help control your weight.** When you lose weight through dieting and aerobic exercise (such as walking or bicycling), you lose muscle along with fat. This can be a problem: When you lose muscle, your metabolism slows down, so you're more likely to regain the weight. By adding weight training to the mix, you can maintain (or increase) your muscle and thereby maintain (or even boost) your metabolism. Although weight training is no magic bullet for weight loss, many obesity experts consider it to be an essential part of any weight control program.
- ✔ **Increase your strength.** Lifting the front end of a fire engine may not be among your goals in life, but a certain amount of muscle strength does come in handy. Weight training makes it easier to haul your stacks of newspaper to the recycling bin and drag your kids away from a video game. Studies show that even 90 year olds can gain significant strength from lifting weights.

- ✔ **Boost your energy.** Forget about dodgy dietary supplements. One of the best energy boosters around comes not in a bottle but on a weight rack. When you lift weights, you have more bounce in your step. You can bound to the bus stop or sail through your company's annual charity walk-a-thon.
- ✔ **Improve your heart health.** For years we've known that aerobic exercise such as walking, jogging and cycling can lower your risk of heart disease and high blood pressure. But new research suggests that weight training may offer these benefits as well. Specifically, studies show that lifting weights can lower your risk of having a heart attack or stroke by lowering your LDL ('bad') cholesterol and reducing blood pressure.
- ✔ **Improve your quality of life.** Any activity that accomplishes all of the above has to make you a happier, more productive person. (Research suggests that weight training can even relieve clinical depression.) Of course, hoisting hunks of steel is no instant cure-all, but you'd be surprised at how much satisfaction a pair of 5 kilogram dumbbells can bring into your life.

How to Use This Book

You can use this book in several ways:

- ✔ If you're a novice, we suggest you start by reading Parts I and II — these parts get you comfortable with the equipment, the lingo, the safety basics and the etiquette. Then skip to Part IV, which explains how to design a weight routine that meets your needs. (You may want to refer back to this part every now and then.) Then go back to Part III, which shows you the exercises. In your spare time, like when you're not busy lifting weights, hit Parts V and VI.
- ✔ If you already know an E-Z Curl bar from a horseshoe grip and know that in the weight training world, a circuit has nothing to do with electrical currents, you can go straight to Part III and find numerous exercises for each body part. You may also want to focus on Part IV, which describes how to combine these exercises into a routine that fits your schedule and your equipment preferences.
- ✔ No matter what your level of knowledge about weight training, you can always use this book as a reference. Flip to the index and look up any specific topic, such as hamstring stretches, fitness magazines or high-protein diets.

How This Book Is Organised

Weight Training For Dummies is divided into six parts. In general, you can read each part — or any chapter within it — without having to read what came before. When you come to a section that does require prior knowledge, we refer you to the chapter that provides the background. Here's a rundown of each part.

Part I: Stuff to Know Before You Pick Up a Weight

Lifting isn't one of those activities like, say, hopscotch that you can competently engage in after a one-minute explanation. Before you hop aboard the Leg Press, you need to know a bit of weight training jargon and understand key safety precautions. This part explains terms such as power cage, spotter and plate-loaded weight machine — terms that you can use to impress guests at your next cocktail party. This part also teaches you how to test your own strength and chart your progress in a weight training diary.

Part II: Weight Training Wisdom

In this part, we offer insight into the less technical aspects of weight lifting. We clue you in to equipment bargains, help you size up health clubs and warn you about smarmy salespeople. We tell you which DVD instructors to invite into your living room, which group strength training classes to avoid and how to recognise a quality trainer. We also fill you in on the finer points of weight training etiquette, like what to do when a gym member is hogging the Butt Blaster.

Part III: The Exercises

We suspect this part is what prompted you to buy the book. Here we demonstrate a wide variety of exercises for all your major muscle groups. Each chapter includes a muscle diagram (so that you can locate your 'quads' and your 'deltoids') and an ever-so-brief physiology discussion. We demonstrate exercises for novices and veterans, home lifters and gym members. We also explain how to modify many of the exercises if you have trouble with your back, your knees or other joints.

Part IV: Designing Your Workout Program

You can't combine any dozen exercises and call them a workout any more than you can throw on random articles of clothing and call 'em an outfit. To get good results and avoid injury, you need to carefully select your exercises. In this part, we explain the essential elements of any weight routine. Then we explain how to custom design a program so that it suits your goals and your schedule.

Part V: Beyond the Barbell

Pumping iron will get you only so far. To get healthier and look better, you also need to eat sensibly, regularly engage in aerobic exercise and stretch your muscles. In this part, we explain how to balance your weight workouts with the other important components of fitness. We debunk myths about stretching, and we explain just how much walking, stairclimbing or swimming you should do each week. We introduce you to yoga and Pilates, two popular disciplines that can complement your strength workouts, and we show you several exercises to improve your balance and coordination. We also set the record straight on the pills, powders and potions sold at gyms and health food stores.

Part VI: The Part of Tens

This part is a hodgepodge of important weight training subjects. We recommend ways to educate yourself about weight training, such as reading fitness magazines, participating in internet advice boards and spying on fellow health club members. We describe common weight training errors and warn you against bogus gizmos, including electrical stimulation devices that claim 'You quickly shape up doing nothing at all!'

Icons Used in This Book

No For Dummies book would be complete without our signature icons. Here's a list of the ones we use in this book.



We use this icon when we tell a true story, like the time Liz snapped her face with a rubber exercise band, the time Suzanne carried a 23 kilogram sack of chicken feed for 8 kilometres and the time that one guy we know got stuck under a barbell — and waited for 20 minutes before calling for help.



The Myth Buster superhero rescues you from misleading notions, fighting for truth, justice and a good weight training workout. For example, he points out that high-protein diets are *not* the key to weight loss and that abdominal training will *not* eliminate your love handles.



When you see the Tip icon, you know that we're pointing out an especially helpful weight training hint or giving you a headstart on an effective strategy.



The Warning icon warns you about the con artists lurking at the depths of the fitness industry, hawking useless gadgets like electronic muscle stimulators. We also use this icon to signal mistakes that can cause injury, such as bending your knees too far or lifting too much weight.

Special Icons

The following icons are used primarily in the chapters that demonstrate exercises: Chapters 8 through to 15.



This officer is on the posture beat, reminding you about good technique so that you don't become the proud new owner of a sprain, tear or worse. He tells you when to keep your shoulders relaxed, your abdominal muscles tight and your knees bent.



This Joint Caution icon suggests that you skip or modify the exercise if you've ever injured the joint indicated, such as the knee or lower back. Even if you've never suffered an injury, pay special attention to the joints in question and watch out for any discomfort.