



## Benefits of Strength Training

- **Boost Your Stamina** – As you grow stronger, you will not fatigue as quickly.
- **Develop Strong Bones** – Strength training increases bone density and decreases risk of osteoporosis.
- **Reduce Risk of Injury** – Muscle helps protect your joints from injury and maintain flexibility and balance.
- **Control Body Fat** – As muscle mass increases, your body burns calories more efficiently.
- **Improve Your Sense of Well-Being** – Strength training can boost your confidence.
- **Better Sleep** – People who strength train regularly are less likely to struggle with insomnia.

## Getting Started

- Start slowly with a warm up **of light activity for 5-10 minutes**; you should feel your heart rate elevate & body temperature rise.
- Some muscle soreness is normal; however, if sharp pain or swelling in the joints occurs, it may be a sign that you've overdone it.
- If you need assistance, or if something does not feel right while performing the exercise, please consult with DAHLC staff before continuing.

## Technique

- **Pay attention to correct form** – make sure your alignment is good, as incorrect form can put you at risk for injury.
- **Take your time** – Use slow, controlled motion during each repetition; avoid using momentum.
- **Remember to breathe** – Inhale when it is easy, exhale when it is hard (when exerting the most force).
- **Use your entire range of motion without locking your joints**
- **Strengthen muscles with balance** – Work opposing muscle groups equally (i.e. chest & back)
- **Your body slowly adapts** – If you are consistent with your program, you will need to make changes every 6-12 weeks to continue to progress.
- **Foot Positioning** –
  - **Stance:** feet closer together is harder; feet farther apart is easier and split stance is easier
  - **Foot distance from the anchor:** feet closer to the anchor is harder; feet farther away from the anchor is easier

## Sets, Repetitions, Resistance and Frequency

- Perform one set of each exercise at first and slowly build up to **2-4 sets**.
- **8-20 repetitions** per set are recommended to improve muscular strength and endurance.
- The goal is to **tire or fatigue** your muscles; by the final repetition, you should feel like you can barely finish.
- Strength training should be done **2-3 days per week on non-consecutive days** (for full body programs).

## Proper Etiquette

- Wipe down suspension handles with a pre-moistened wipe when finished.