



WHY WEIGHTS?

AN INTRODUCTION TO STRENGTH TRAINING

GETTING STARTED

Before you begin the Body Sculpting™ program, you need to learn some basic strength training rules. These are called the **BFCTVD** principles.

B is for **BREATHING**. It is extremely important that you continue to breathe while you exercise. The general rule is to exhale on the exertion part of the strength training movement, or breathe in on the way down. Proper breathing ensures that adequate oxygen is being supplied to your blood stream and muscles.

F is for **FORM**. Proper form dramatically increases the effectiveness of the exercises and reduces the possibility of injury. Try to lift smoothly using a full range of motion, and avoid using short, jerky movements. Do not use momentum to lift the weights.

C is for **CONCENTRATION**. You need to concentrate on isolating the muscle group you are working. Soon you will be able to recognize the different muscles and focus on them individually to obtain maximum results.

T is for **TECHNIQUE**. When you put together proper breathing, form, and concentration throughout the duration of the workout, you develop technique. As you continue to practice the exercises, your technique will greatly improve.

V is for **VISUALIZATION**. An important part of looking the way you want is to visualize yourself looking that way. Create the perfect body in your mind and remind yourself that you are getting one step closer each time you attend your Body Sculpting™ class.

D is for **DISCIPLINE**, the final and most important principle. Discipline means that you make an appointment with yourself and you keep it! Consistency with your workout schedule is imperative if you are serious about seeing results. Set aside at least two days per week and a maximum of three for Body Sculpting™ workouts. Allow 48-hours between workouts to allow your muscles to fully recover.

In 1772, Benjamin Franklin recommended dumbbell training because it contained “a great quantity of exercise in a handful of minutes.” This has always been our philosophy here at Body Sculpting™. We want to provide you with the safest and best possible exercise program that takes the least amount of time to do. We want to help you get in the best shape of your life.

Just look at the benefits of strength training:

- *it gives you more energy*
 - *helps in coping with stress*
 - *improves your self-image*
 - *increases resistance to fatigue*
 - *builds resistance to illness*
 - *tones your muscles*
 - *burns calories to help lose extra pounds and/or helps you stay at your desirable weight*
 - *helps control your appetite*
 - *helps you to be more productive at work*
 - *increases your capacity for physical work*
 - *builds stamina for other physical activities*
 - *increases muscle strength*
 - *improves arthritic conditions*
 - *reduces the risk of diabetes*
 - *fights heart disease*
 - *reduces and eliminates back pain*
 - *helps your heart and lungs work more efficiently*
- Lastly, and most importantly, it makes you look and feel better!!*

Let's not forget the most important health benefit of Body Sculpting™: strength training is your best defense against developing osteoporosis. Osteoporosis is the loss of bone density which is commonly associated with aging. The effects include weak and brittle bones, limited functional capacity and increased risk of bone fractures.

Not only do you lose bone density as you age, but also muscle tissue! It's been determined that we begin to lose a half pound of muscle each year after the age of

50. If nothing is done to combat this loss, you will experience a gradual decrease in physical ability, balance and coordination. Strength training is the most effective way to maintain and increase lean muscle mass which gives you the opportunity to stay strong and independent well into your senior years!

Strength training also plays an important role in the protection and proper functioning of your body. By strengthening the ligaments and tendons, and increasing muscle mass and bone density, you greatly decrease the risk of bodily injury from sports, accidents, or even daily activities such as cleaning house. Strength training also improves posture and gives you self-confidence.

If you have weight to lose, strength training is your best bet for shedding those unwanted pounds. By increasing lean muscle mass, you increase your body's ability to burn calories more effectively; 24-hours-per-day – not just 30-minutes after a workout (like an aerobics class). By increasing muscle, you permanently increase your basal metabolic rate —

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the rate at which your body burns calories. No other form of exercise can do this! The result is a revved up metabolism which burns more calories per hour. If you eat sensibly, strength training is the only form of weight control you will ever need. With Body Sculpting™, you'll be able to lose weight and inches naturally without dieting.

Body Sculpting™ not only provides a great shaping workout for your muscles, but also a cardiovascular workout for your heart. This can be accomplished by limiting the resting time between sets, or moving from one exercise to the next, or by marching in place between sets. The result is a total body cardiovascular strength training exercise program without any jumping, dancing, jazzing or stepping!

Enough of the internal benefits...let's talk figures. Whether you need to work on a single figure flaw or reshape your entire body, strength training is unrivaled in results. Body Sculpting™ is a strength training program designed to create a sleek, athletic look without building muscular bulk.

If you want to live longer, muscles are the answer! Studies have proven that muscles respond to strength training at any age. Senior adults can add 10 years to their lives by merely exercising twice a week; 80-year-olds can **double** their strength in just 10 weeks! It's never too late to start lifting weights.

What keeps you healthy? Sweating doesn't keep you healthy. Stepping or kicking doesn't keep you healthy. Jumping doesn't keep you healthy. Strong, toned muscles are the key to living longer. Remember, the more muscles you have, the healthier you'll be!

**For more information, visit
www.flexcity.com**

ACCOMMODATING ALL FITNESS LEVELS

In the Body Sculpting™ program, you are encouraged to work out at your own pace. It is very easy to decrease the intensity of the program in the following ways:

- Use lighter dumbbells.
- Perform half-repetitions with no weights when first performing the leg exercises.
- Perform 8 or 10 repetitions instead of 12 or 15.
- Sit out a set when you feel like you need a rest.

Conversely, you can **increase** the intensity of the workout by using heavier weights, performing up to 15 repetitions, marching in place between sets, or decreasing the resting time between sets.

THE DAY AFTER

For many people who are new to strength training, the day after the first few workouts can be very uncomfortable. Your muscles (especially your legs) will be very sore and an everyday task, like walking up stairs, will seem impossible.

This is a normal reaction. Stretching increases blood flow to the area and will help you get around easier. It might be necessary for you to stretch several times during the next two days following your first few workouts.

Take some aspirin, if needed, and get back to class! From that point on, you will look forward to the mild soreness you will feel after each workout which will serve as a constant "reminder" that Body Sculpting™ is working and your efforts are paying off.

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