

Exercises for New Weight Trainers

New weight trainers will surely find it difficult in choosing exercises because of a lack of adequate knowledge. You might have come across some interviews in books and magazines where professional weight trainers have discussed how they were able to achieve their physical strength. The truth is that you are not likely to achieve that kind of fitness without determination in training and a strict diet.

As a beginner, it is not advisable to start with the level of workouts those professional trainers you watch on the television or read about in magazines do. Those professionals you admire started with some of these exercises we are about to reveal in this article.

The following exercises will get you started and keep you on track in achieving your goals.

Scientists have investigated these claims repeatedly and they have written on several benefits of these exercises.

Also, these exercises have been carefully put to test by different professionals over the years and the results have been superb.

To get started, you will need some basic equipment like pair of dumbbells and resistance bands which is likely to be provided to you at the gym.

9 Exercises for New Weight Trainers

These exercises are full-body workouts that can be performed three times weekly. Following the exercises below, you should perform three rounds of each exercise and eight to twelve reps per set. When you start to get comfortable with 12 reps, you can increase the weight.

1. Push-Ups

Push-ups should be done slowly and in a controlled manner. Go two seconds down and two seconds back up. After the push-ups, roll onto the ground and perform the chest press.

2. Chest Press

Lay down on the floor and pick up the dumbbells while pressing towards the ceiling. Concentrate on your chest muscles while performing slow and controlled movements. You can rest for a few seconds before doing the next push-ups and chest press.

3. Squats

After you get used to your body weight, begin to incorporate the dumbbells. While squatting, push your butt back to keep the pressure on your knees.

4. Deadlift

From squatting, you move to deadlifts with weight. Go slow while keeping control of your body. Rest for two minutes, and then go back to the other set of two combinations.

5. Pull-ups

This is the hardest exercise for beginners. Therefore, it is advisable to do as much as you can. To make it easier, you can use chairs to get you to the top of the bar.

6. Rows

Perform bent-over rows if you are using dumbbells while the row should be performed with bands when in a seated position.

7. Curls

Use the dumbbells or bands and go slowly. Keep your elbows to your sides and don't use momentum to aid you in your curl.

8. Dips

It should be done on a chair with your hands behind your back. While starting, your feet should be on the ground.

9. Shoulder Press

Shoulder Press can be done while sitting or standing. Hold the dumbbells at shoulder level and press them high over the head.