



Ladies, Lift that Weight!

One of the common things I hear from a lot of women when I first meet them for a fitness consultation is, “I don’t want to lift heavy weights because I don’t want to look like a bodybuilder”. The fact of the matter is that the bodybuilders that you see on TV are likely a) on a number of very expensive pharmaceuticals, b) eating anywhere from 5,000 to 10,000 calories a day, and c) performing very intense specialized bodybuilding workouts.

So, unless you are doing any or all 3 of the above mentioned practices, you don’t need to be worried about turning into Lou Ferrigno. If we look at weight lifting in terms of which is most beneficial for long-term weight loss, moderate to heavy weight lifting takes the cake.

I define moderate to heavy weight lifting as lifting as much weight as possible within an 8-12 repetition range. Usually performing 3sets per exercise. The focus of the workouts should be on compound movements such as squats, deadlifts, chest press (not chest fly!), rowing/pulling, lunging etc. These exercises recruit more muscle fibers than any other. Shaping exercises such as biceps curls and leg extensions should come at the end of the workout after you have finished all of your compound movements.

Why lift heavy?

- 1) This is the best way to increase your LBM (lean body mass). When you increase this number your metabolism is elevated as long as you maintain this LBM. This means you will burn more calories in a day even when you sit on your ass! How cool is that?
- 2) Your muscle fibers will be more responsive to the foods you eat. Muscles need much more recovery after this type of training and much of your food will go towards muscle replenishment as opposed to fat storage.
- 3) Your “problem spots” such as your butt will tighten up much faster than with doing the Jane Fonda workouts. The reality is if you can do something for a continual set of 20-50 reps then it is likely too easy. There is not enough load (weight) to stimulate that muscle to make a measurable change.

- 4) You won't have to do nearly as much cardio. Because of the metabolic changes that heavy weight training creates, you won't have to do hours of boring cardio. Your body will be storing less fat and burning more calories all the time! (Note you should still do cardio a couple of times a week to maintain fitness and heart health)

I encourage you to take a step back from your high rep training and spend 3 weeks focusing on moderate to heavy weight training. Focus on proper lifting technique and increase your weights gradually as you progress.

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