Resistance Training

# Resistance training is a form of physical activity designed to improve your body’s muscular strength, power, and endurance.

## Benefits of Resistance Training

* Improved muscle & bone health.
* Reduces body fat & increases lean body mass.
* Lowers blood pressure.
* Lowers LDL or “bad” cholesterol.
* Helps to prevent injury.
* Improves self-confidence.

## FITT Principle

F stands for Frequency. At least two days per week with at least one day of rest in between.

I stands for Intensity. It is different for everyone. Choose a weight that is heavy enough to tire your muscles. Weight should be light enough that you can still do the exercise correctly.

The first T stands for Time. Complete each exercise 8 to 12 times. Repeat the exercise for the same number of times. If you feel strong enough, repeat a third time.

The second T stands for Type. Do at least one exercise per main muscle group.

## Resistance Training Exercises

### Different ideas and tips for resistance training exercises can be found below.

1. Push-up. This exercise will work your chest muscles. Get into a plank position with your elbows extended and feet together. Hands should be about shoulder width apart from each other. Take a deep breath. Bend your elbows and bring your chest as close to the ground as possible. Exhale and push your body back to the original position.

For modification #1, drop your knees to the ground for the starting position. Do the push-up part normally.

For modification #2, perform the push-up on an higher surface, such as a table, chair, etc. Place hands on the surface and do the push-up normally.

Tip: Keep your hands in front of your chest!

1. Seated Chest Fly with a Band. This exercise will work your chest muscles. Sit in a chair with a secure back rest. Wrap the resistance band firmly around the back of the chair and grab each end of the band with your hands so you are facing forward. Sit up tall. Extend your elbows away from the center of your body so the palm of each hand is facing the wall in front of you. Have a slight bend in your elbows. Take a deep breath. As you breathe out, bring your hands together in front of your body as if you were giving someone a “bear hug.” Keep your back against the chair. Perform 10-15 repetitions.

1. Shoulder raises with a band. This exercise will work your shoulder muscles. Stand or sit with both feet firmly in the center of the resistance band. Place your arms at your side with a slight bend in the elbows. While holding each end of the band, raise your arms until they are about shoulder level. Slowly bring your arms back down to your side. Breathe out as your arms go up. Breathe in as your arms go down. Bring your feet close together to make the exercise easier. Move them farther apart to make it difficult. Perform 10-15 repetitions.

Tip: Shoulders are more mobile, but less stable than other joints. Be cautious!

1. Shoulder Press with a band. This exercise will work your shoulder muscles. Stand up tall in the center of the resistance band. While holding each end of the resistance band, bring your arms up so that your elbows are facing the floor and the palms of your hands are facing each other. Breathe in. As you breathe out, press your arms up over your head until they are fully extended. Carefully return to the starting position. Perform 10-15 repetitions.
2. Bent over row with a band. This exercise works your back muscles. Stand over the resistance band with both arms at your sides. Hold onto each end of the band and bend at the waist until your chest is almost parallel with the floor. Slightly bend your knees to take pressure off your lower back. With your arms extended in front of you, pull the ends of the band back by bending your elbows and squeezing your shoulder blades together. Gently return to the starting position. Perform 10-15 repetitions.

Tip: Bent knees. Flat back. Elbows close.

1. Seated row with a band. This exercise works your back muscles. Sit on the floor with your legs extended in front of you. Grab each end of the resistance band and wrap it around your feet. Sit up tall, and breathe in. As you breathe out, bend at the elbows and pull back on the band with each end. Return to the starting position. Perform 10-15 repetitions.
2. Biceps curl with a band. This exercise will work your bicep arm muscles. You can do this exercise while standing or sitting. Place both feet in the center of the resistance band. Place your arms at your sides, fully extended. Breathe in. As you breathe out, pull the band up toward your shoulders. Slowly return to the starting position. Perform 10-15 repetitions.
3. Triceps kickback with a band. This exercise will work your triceps arm muscles. Stand in the middle of the resistance band holding on to each end. To start, bend your knees slightly, bend forward at your hips, and bend your elbows. Once you are in position, take a deep breath. As you breathe out, extend your elbows. Finish the exercise by returning elbows to bent position.
4. Walking lunge. This exercise will work your hamstring leg muscles. Stand tall with arms at your sides. Take one step forward into a lunge position, bending at the hip and knee. Be sure to keep knee joint at 90 degrees. Return to the starting point by bringing the opposite leg forward into a standing position. Modification #1: While performing the lunge, place your hand on an object for stability such as a wall or chair.
5. Squat. This exercise will work your quadriceps leg muscles. Stand up tall. Place your arms out in front of you and sit back so that your hips tilt and your knees stay behind your toes. Drop down to the point where you feel comfortable. Make sure to keep the weight of your body in your heels throughout exercise. As you come back to standing position, breathe out. Modification #1: While performing the squat, place your hand on the object for stability such as a table or chair. Modification #2: Perform the squat normally but sit on a chair or bench at the bottom of the exercise.

Tip: Learn to sit before you squat. Keep your weight in your heels. Keep your chest up.

1. Crunch. This exercise will work your abdominal muscles. Lie down on a smooth surface. Bend your knees while keeping the bottom of your feet on the ground. Place your hands behind your ears or across your chest. Breath in. As you breathe out, flex your abdominals and curl up to the point where you feel comfortable. Return to the starting position. Modification #1: Do the crunch on a stability ball (if available). Modification #2: Use a partner to help perform exercise. Grasp hands and have them give you slight assistance on the way up.
2. Russian twists with a band. This exercise will work your abdominal muscles. Sit on the floor with both legs out in front of you with a slight bend in the knees. Keep your heels on the floor. Wrap the resistance band around the soles of your shoes, and bring the ends together so that you can hold each end with both hands. Sit firmly with a straight back. Breathe in. As you breathe out, twist your body at the hips so that you move the ends of the band to one side of your body. Then, twist your body until the ends of the band are on the opposite side. For a harder exercise, bring your heels off the floor as you twist. Perform 10-20 reps on each side.

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