

# WEIGHT TRAINING FOR WEIGHT LOSS

## WEIGHT TRAINING CAN AID IN WEIGHT LOSS!

- Most often, we want to lose fat mass, not just weight. Two individuals that are the same height and weight can look very different because their body composition is different (15% vs 30% body fat).
- Resistance training preserves muscle mass when we are reducing calories. Individuals may not experience large reduction in weight, especially at first. Should notice change in how clothes fit, feeling fitter, more toned.
- When weight training at sufficient intensity, calories continue to be burned after exercise, more so than steady-state cardio.

## BEGINNING A WEIGHT TRAINING PROGRAM

- The goal *create sufficient overload* to cause muscle growth
  - Focus on movement quality!
  - 2-3x /week
  - Target all major muscle groups
  - 3-4 sets of 8-12 reps at a moderate intensity for muscle building
  - RPE = 7-8
- Variables to adjust to prevent plateau:
  - Tempo
  - Range of motion
  - Volume (sets & reps)
  - Load (amount of resistance)



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