

# Women's Strength Training - Weight Lifting 101

By Patricia Zelkovsky

## Starting Your Weight Lifting Workout

Lifting weight 45 minutes three times a week will not turn you into a muscular person. In fact it will only tone your muscles into a firmer and tighter look. In order for women to grow muscle they must have an extremely hard-training regimen since as discussed in the previous article about the myths of women's training. Women can only produce a very limited amount of testosterone (the main component for muscle growth) thus have a hard time growing their muscles. With this in mind, the most that you can get if you work out in a moderate manner is a fitter, slimmer and tighter body.

Also remember like any exercise program, you should consult with a medical doctor, especially if you have a medical problem, very overweight or have been sedentary for a long time. It is also important to start with a personal trainer when you do strength training who will get you in a good program and will watch your progress effectively. There are a lot of "trainers" who don't have the proper certificates and have minimal experience out there. These unlicensed trainers are usually the muscle-bound jocks who hang out in the gym for hours every day and are nice enough to dispense their training methods but unfortunately this information may not always be correct. So politely say thank you, then seek the information from a certified trainer.

There are many certifications available but the best gage of an instructor's certification and experience would probably be The American College of Sports Medicine and The American Council on Exercise Certifications. Both of these institutes can be visited online and most trainers in different states that have an "ACE Certificate" are shown on the ACE website.

The best way when you are starting is to start off with resistance, go with a resistance that's too easy rather than something too strenuous. The most important goal when starting out is learning and mastering proper technique. If you get strained and the weight is too much, the chance of injuring yourself is higher.

Once you have the pattern of working out and you have the technique down, increase the resistance. Choose a weight or resistance that makes your muscles tired at the end of that particular set of reps.

## Picking Your Weight Training Exercise

There are lots of different ways to get stronger - dumb bells, calisthenics, weight machines, free weights, and stretch bands. Beginners will have an easier time using machines, since they have proper form and all you need is to follow the motion. Strength training doesn't have to be done at a gym. It can be done at home, with simple equipment, such as free weights and stretch bands, and perhaps with an added incentive of having a workout buddy or a workout tape.

Finally, to make your training pay off, you should have a good weekly schedule. Remember that the secret to weight training is consistency. This will ensure that your strength training will yield maximum results in no time.

## About the Author

If you're interested in taking your fat-loss efforts to an entirely new level, go to the following site and grab a free fat loss report which details 27 unique methods for boosting your metabolism and losing belly fat. <http://Belly-Fat-Busters.com> Article Source:

[http://EzineArticles.com/?expert=Patricia\\_Zelkovsky](http://EzineArticles.com/?expert=Patricia_Zelkovsky)

Source: <http://www.womansinfo.com>