



## 10 Important General Training Rules

1. Warm up before every training session.
2. Select your weight load so that you will reach failure in anywhere from 12-15 reps. If you are just starting out the first six workouts you should use very light weights and you should not try to go to failure. If strength gains are to be maximised, rest for several minutes between sets and machines. Lower general repetitions to about 8-10. If cardiovascular are to be maximised, move as quickly as possible between sets and machines. General repetitions should be between 12-15.
3. Continue each exercise to the point of momentary failure, which is when no additional reps can be completed in good form. If you reach 15 reps in good form increase the weight 5% for your next workout.
4. During positive movement always count: one, two. During negative movement (when lowering resistance) always count: one, two, three, four. By this you accentuate the lowering or negative phase of every repetition.
5. Never rest the weights upon the weight stack between reps!
6. Move slower, not faster if ever in doubt about speed. No movement should be conducted in less than 2 seconds. Do not throw the weights or explode in them. This is both dangerous and non-productive.
7. Concentrate on flexibility by letting the machine slowly draw you into stretched starting position. Permanent gains in flexibility will only come through static stretching, but letting the machine stretch you will improve range of motion through which you will develop usable strength. In case of missing flexibility do not force immediately to full range of motion; adapt slowly over a longer period to full pre-stretching range.
8. Always breathe naturally.
9. Vary your workouts often. Your body will get used to your routine. Varying means new order, new variations and new exercises. Consult your coach, or ask for exercise charts.
10. In case you have pain during exercise, stop your workout immediately and ask your coach or consult your doctor.