



► **Workshop: Advanced Weight Loss** **Chapter 4, Lesson 1: Workout Strategies**

This week's lessons will focus on the risks of overexerting yourself, the benefits of circuit training, and ways to build lean body mass.

Don't Overdo It in the Gym

Being enthusiastic about starting your new workout plan is great, but be careful how hard you work your body, especially if you aren't used to doing a lot of physical exercise. Be sure to stretch the muscle groups you plan on working out before and after your workout, as they may not be used to being exercised, which can make them more susceptible to strains and tears. Instead of going at your workout with a full head of steam, ease your body into this new activity. Don't be afraid to use light weights and shorter workout times, and gradually progress into harder workouts. Remember, keeping your heart rate up is the best way to ensure you are burning calories.

Circuit Training Programs

Circuit training is a form of body/resistance-conditioning that targets strength building and endurance. An exercise "circuit" is typically a list of exercises focused on working out one specific muscle group like your upper body, lower body, or core. As you complete one circuit, move on to the next circuit, typically with small intervals of rest in between to keep your heart rate up. Exercises in each circuit are usually done using just your body or low-weight resistance. An example of a basic "Upper Body Circuit" could consist of 25 pull-ups, 25 push-ups, and 25 sit-ups. A basic "Lower Body Circuit" could be 25 lunges, 25 squats, and 25 calf raises. Create your own Circuit Training Program with exercises you enjoy.

Building Lean Body Mass

Building mass takes time, especially lean mass. Adding lots of calories to your diet and lifting heavy weights will add mass quickly, but a large portion of this mass will be fat. Building lean mass requires strict diet control—adding calories gradually to support your muscle growth, and doing the right workout can help you succeed. But each person's body is different. Here are some basic tips to building healthy muscle:

- **Start by choosing a muscle group** (shoulders, chest, quads, etc.) and weight resistance level heavy enough to tire out your muscles after 12 repetitions of a given exercise.
- **Give your muscles time to recover.** Rest at least one full day between exercising each specific muscle group. Listen to your body, and don't ever exercise an injured muscle.
- **When you can easily do more repetitions** of a certain exercise, gradually increase the weight.

Next Steps

- 1. Read** "Exercising for a Healthy Life"
- 2. Read** "Circuit Workouts"
- 3. Take** the Chapter 4 quiz

Remember

Circuit training helps build strength and increases endurance.