



## **Getting Starting Guide**

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# Mission Statement

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- To provide our members the means by which they can train consistently, sensibly and systematically over a period of time in a safe, clean and professional environment to help prevent injury and improve members' fitness level

# Personal Details

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● Name

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● Male or Female      M    F

● ID

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● Age

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● Weight

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● Health Conditions

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●

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● Gym Entry Date

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● Targets

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# Introduction

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- Whether your aim is to burn fat, bulk up or increase your strength potential, with the right programme, dedication and consistency, success will be yours.
- One of the major reasons people are inactive is because they lack knowledge about fitness training. This booklet can help you understand more about training , making sure that you are moving in the right direction.
- Your days of making excuses are over. Joining a Health & Fitness Centre would be your first step towards a toned and healthier you, decreasing the everyday stress and enjoying the benefits achieved through fitness training.
- So believe in yourself and achieve your goals

# Safety Reminders

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**USE A SPOTTER:** No matter how experienced you are or how light the weight is, you always need someone to spot you.

**USE SAFETY COLLARS:** Collars will prevent weights from tipping over during a lift, which can result in an injury to you or others

**DRINK PLENTY OF WATER:** Drink plenty of water before and during your workout. If you become dehydrated, you will lose the ability to perform better

**PICK UP WEIGHTS PROPERLY:** Bend at the knees and keep your back straight every time you pick up or put down weights

**USE PROPER FORM:** Proper form will provide you with the best results and help you keep away from injuries

**BREATHE CORRECTLY:** Inhale on the negative part of the lift and exhale on the positive part. Never hold your breath

**DO NOT DROP WEIGHTS:** Dropping weights can be dangerous for everyone in the gym. Always put the weights back in a controlled manner.

**DRESS PROPERLY:** Gym shoes is a must,, wearing inappropriate gym attire like sandals can result in injuries such as broken toes.

**USE YOUR HEAD:** If you begin to feel sick, light-headed, or if you experience joint or chest pains, stop your session and get yourself checked out immediately.

**CONSULT YOUR PHYSICIAN:** It is required for everyone to check with his or her physician before beginning any one of the prescribed programs or before increasing the intensity to any of the programs.

# Record Keeping

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## Why Keep Records?

- To know when to increase the weight or reps.
- To know where to start after taking time away from the gym
- To be able to observe your gains over time
- To help you increase your motivation
- To help you detect overtraining

# The X+3 Method

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**Increase the number of reps before increasing the weight.**

The goal of weight training is to gradually increase the resistance over time. Two ways of increasing the resistance are:

**1) Increasing the weight**

**2) Increasing the number of reps**

The X + 3 method states that if you are required to lift X reps with a given weight and are able to accomplish it, then the next time you lift go for X + 1 reps using the same weight. As each exercise begins to feel lighter and lighter, increase your reps up until X + 3. When reps of X + 3 become easily attainable, increase the weight by 2-5 kg (depending on exercise) and return to reps of X, repeating this entire process

## **Example of the X + 3 Method**

You are required to bench press 20kg 10 times.

You complete this set with ease and the next time you train you lift 20kg 11 times. You continue this process until you bench press 20 kg for 13 times. At this point you increase your bench press to 22kg - 25kg and start back with 10 reps, going again through the whole process until you can lift 22kgv -25kg for 13 times with ease.

# Declaration of Variation

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Variation is introducing some sort of change in your workout routine. It is very important in weight training for several physiological and psychological reasons.

## **Some of the most important benefits of variation include:**

Not allowing your body to adapt to any one routine.

Keeping you from getting bored

Targeting, strengthening, and toning every part of every muscle.

# Overtraining and Staleness

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Your muscles need at least 48 hours to fully recover from weight training, which is why you should never train the same muscle groups on consecutive days

## Symptoms of Staleness

- Reaching a plateau in training gains
- Having unusual sleeping patterns
- Performing tasks seems more difficult
- Having a decreased appetite leading to unhealthy weight loss
- Having increased irritability and anxiety
- Experiencing depression
- Having a decreased sex drive

# Muscle Fibers

## The Different Folks, Different Strokes Principle

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- Muscles are made of fibers: (i) Fast twitch fibers, (ii) Slow twitch fibers and (iii) Intermediate fibers being properties of both.
- Normally muscle fiber makeup in most people is roughly 25% fast, 25% slow and 50% intermediate
- With proper training some of the intermediate fibers can be converted to fast or slow twitch fibers
- The more fast twitch fibers one has, the more powerful and explosive he will be.
- People with slow twitch fibers will have greater endurance and stamina.
- Depending on your purpose you can weight train in order to build up either muscle fiber.
  
- Training for fast twitch: Explosive Power Training, Strength Training.
- Training for slow twitch: Endurance Training

# Types of Training

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## Endurance/Fat Burning Training

**FOR STAMINA, BURNING FAT , MUSCLE TONING,  
GAINING CARDIOVASCULAR BENEFITS**

**ENDURANCE TRAINING IS MOST BENEFICIAL  
WHEN REST TIME BETWEEN SETS IS LOW,  
NORMALLY 60 SECONDS OR LESS.**

**TRAINING FOR ENDURANCE IS PROPERLY  
PERFORMED BY LIFTING BETWEEN 2 & 3 SETS  
OF AT LEAST 20 REPS WITH WEIGHTS THAT ARE  
TYPICALLY NO HIGHER THAN 60% OF YOUR ONE  
REP MAX.**

## Power/General Fitness Training

**GENERAL FITNESS & POWER TRAINING IS A  
MIXTURE OF STRENGTH & ENDURANCE S  
STRENGTH TRAINING**

# Types of Training

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TO TRAIN FOR GENERAL FITNESS OR POWER, EXECUTE BETWEEN 2 AND FIVE SETS, LIFTING WEIGHTS THAT ARE ROUGHLY 70% OF YOUR ONE REP MAX.. REPS SHOULD BE BETWEEN 8 TO 15 , REST BETWEEN SETS 45 TO 90 SECS.

## Strength Training FOR BULK, SIZE & STRENGTH

-TO OPTIMIZE YOUR RESULTS FROM STRENGTH TRAINING,IT IS BEST TO DO BETWEEN 3 & 5 SETS WITH BETWEEN 1 & 8 REPS OF HEAVY WEIGHTS THAT ARE AT LEAST 85% OF YOUR ONE REP MAX.

GENERALLY RESTING PERIOD IS BETWEEN 2 & 5 MIN BETWEEN SETS.

THE SLOWER THE MOVEMENT, THE MORE BENEFICIAL IT WILL BE TOWARDS BUILDING STRENGTH, SIZE & BULK.

# The One Rep Max Calculator

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- IF YOU KNOW YOUR 1RM, AND YOU WANT TO DO A SET WITH A NUMBER OF REPS, MULTIPLY YOUR REPS BY THAT CO-EFFICIENT TO DETERMINE THE PROPER WEIGHT FOR THE REPS
- IF YOU KNOW YOUR X REP MAXIMUM AND YOU WANT TO FIND OUT WHAT YOUR 1RM SHOULD BE FOR THAT EXERCISE, DIVIDE THE CO-EFFICIENT BY THE CORRESPONDING REP

# The One Rep Max Calculator

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REPS	COEFFICIENT
1	1
2	0.943
3	0.906
4	0.881
5	0.856
6	0.831
7	0.807
8	0.786
9	0.765
10	0.744
11	0.723
12	0.703
13	0.688
14	0.675
15	0.662
16	0.65
17	0.638
18	0.627
19	0.616
20	0.606

# The One Rep Max Calculator

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- Examples

YOUR WORKOUT FOR SQUATS CALLS FOR YOU TO DO 3 SETS OF 8 REPS

YOUR CURRENT 1RM ON THE SQUAT IS 100KG

$100 \times 0.786 = 78.6$ . YOU SHOULD BE ABLE TO DO 8 REPS WITH AROUND 80kg

YOU CAN BENCH PRESS 120kg FOR 6 REPS

YOU NEED TO KNOW YOUR 1 RM FOR THIS EXERCISE  
 $120 \text{ DIVIDED BY } 0.831 = 144\text{kg}$ . YOUR 1 RM ON THE BENCH PRESS SHOULD BE AROUND 145 KG

# The Programs

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- Level I Beginners
  - Level II Somewhat intense
  - Level III Moderate intensity
  - Level IV Above average intensity
  - Level V Very intense
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- **The program levels are based on three other factors**
    1. Frequency
    2. Time
    3. Advanced training methods

# The Programs (cont..)

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- **LEVEL I**

- 3 DAYS PER WEEK – ENTIRE BODY- REST EVERY OTHER DAY

- **LEVEL II**

- 3 DAYS PER WEEK – ENTIRE BODY – REST EVERY OTHER DAY
- ANTAGONISITIC -3 DAY SPLIT 4 DAYS A WEEK
- SYNERGISTIC – 3 DAY SPLIT 4 DAYS A WEEK

- **LEVEL III**

- ANTAGONISTIC - 3 DAY SPLIT – 4 DAYS A WEEK
- SYNERGISTIC -3 DAY SPLIT – 4 DAYS A WEEK
- ANTAGONISTIC - 2 DAY SPLIT 4 DAYS PER WEEK – UPPER & LOWER BODY TRAINING ON THE SAME DAY
- 2 DAY SPLIT 4 DAYS PER WEEK –UPPER & LOWER TRAINING ON DIFFERENT DAYS
- SYNERGISTIC – 2 DAY SPLIT 4 DAYS PER WEEK – UPPER & LOWER BODY TRAINING ON THE SAME DAY
- ENTIRE BODY EVERY TRAINING DAY –REST EVERY OTHER DAY

# The Programs (cont..)

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- **LEVEL IV –**
- 3 DAY SPLIT 4 DAYS A WEEK – ANTAGONISTIC TRAINING
- 3 DAY SPLIT 4 DAYS A WEEK – SYNERGISTIC TRAINING
- 2 DAY SPLIT 4 DAYS PER WEEK - AMTAGONISTIC TRAINING – UPPER & LOWER BODY ON THE SAME DAY
- 2DAY SPLIT 4 DAYS PER WEEK - UPPER & LOWER DIFFERENT DAYS
- 2 DAY SPLIT 4 DAYS PER WEEK – SYNERGISTIC TRAINING – UPPER & LOWER TRAINING ON THE SAME DAY
  
- **LEVEL V**
- ANTAGONISTIC - 2 DAY SPLIT 4 DAYS PER WEEK -UPPER & LOWER BODY ON THE SAME DAY
- 2 DAY SPLIT 4 DAYS PER WEEK – UPPER & LOWER BODY ON DIFFERENT DAYS
- SYNERGISITIC – 2 DAYS SPLIT 4 DAYS PER WEEK – UPPER & BODY TRAINING ON THE SAME DAY

# Choosing the Right Programs

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## IMPORTANT FACTORS TO CONSIDER

- WEIGHT TRAINING EXPERIENCE
- TIME AVAILABILITY
- PERSONAL PREFERENCE BETWEEN ANTAGONISTIC (OPPOSING MUSCLES) AND SYNERGISTIC (PUSH/PULL METHOD)
- PROGRAM LEVELS
- TRAINING TECHNIQUES

## TRAINING TECHNIQUES

- TRAINING TO FAILURE
- FORCED REPS
- NEGATIVES
- SUPERSETS
- TRI SETS
- PRE -EXHAUST
- BURNOUTS (STRIPPING METHOD)
- PYRAMID METHOD
- 21'S
- CYCLING
- CIRCUIT TRAINING

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The End