RESISTANCE TRAINING
&
BODY COMPOSITION
RESISTANCE TRAINING

• For a muscle to improve in **strength**, it must be forced to work at a higher level than it is used to working.

• The muscle must be **overloaded**.
BENEFITS OF RESISTANCE TRAINING

• Improved muscular strength

• Decreased risk of chronic diseases

• Improved ability to manage chronic diseases

• Increased bone mineral density

• Body fat reduction

• Weight maintenance
Before you start, warm up with dynamic stretching to protect yourself from musculoskeletal injuries.

Warming up prepares your body for upcoming physical activity.

Proper warm ups increase blood flow to working skeletal muscles and increase muscle temperature.
HOW OFTEN SHOULD YOU DO RESISTANCE TRAINING?

• 2 – 3 days per week

• Wait at least 2 days before targeting the same major muscle groups in a workout

• Major muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms
SKELETAL MUSCLE & AGING

• Many age-related changes in skeletal muscle can be decreased if you lead an active life instead of a sedentary lifestyle.

• Studies show that older adults who are sedentary can become stronger & more mobile in response to exercise... it's never too late!
WHAT IS BODY COMPOSITION?

- Percentages of fat, bone, water, & muscle in the human body
- Higher body fat % is linked to a host of chronic diseases, so maintaining a healthy body composition is important!
BODY COMPOSITION AND AGING

- Studies have shown that **fat mass** increases & **muscle mass** decreases with age.

- Age-related fat mass is often distributed in the abdominal region, which is an area associated with cardiovascular disease & diabetes.
BODY COMPOSITION & RESISTANCE TRAINING

- Research shows that resistance training has positive effects on body composition *(more muscle, less fat!)*

- Resistance training is more than just improving your body composition. It can lead to healthy behaviors, & can empower longer, healthier, & happier lives!
RESISTANCE TRAINING FOR MAJOR MUSCLE GROUPS

LEGS

SQUAT WITH MEDICINE BALL (WITH CHAIR AS GUIDE)

Hold a ball and stand with feet shoulder width apart and in front of a chair that is facing you.

Bend your knees and lower your body toward the floor. The chair seat is a guide so that your knees do not pass over your toes.

Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass beyond the toes.
Resistance Training for Major Muscle Groups

HIPS

DUMBBELL DEADLIFT

Place a dumbbell between your ankles standing shoulder width apart.

Then slowly reach down and grab the weight by bending forward at the hips.

Snap the weight up as quick as you can using the hips to drive the movement.

Lower the weight back to its starting position in a controlled manner.
ABDOMEN

BODYWEIGHT PLANK

Bend your arms and place your elbows directly beneath your shoulders. Separate your feet hip-width apart. Lift your body off of the floor by engaging your abdominals, legs, and glutes.

Keep your gaze downward. Pretend like you’re tucking your tail between your legs to keep your glutes engaged.

Hold the plank for 30 seconds at first, and eventually work your way up to 60 seconds or more.
RESISTANCE TRAINING FOR MAJOR MUSCLE GROUPS

LOW BACK

SUPERMAN (ON BOSU)

Lie faced down on a Bosu.

Next, slowly raise your arms and legs upward off the ground.

Then, lower your arms and legs slowly back to the ground.
Resistance Training for Major Muscle Groups

**MID-BACK**

Scapular Depression

Start out by letting your arms and shoulders relax, letting the machine pull your arms up.

Draw your shoulder blades down and back as if to put them in your back pockets.

Slowly release the contraction and let your arms go back to their starting position.

There should be NO BEND in elbows.
RESISTANCE TRAINING FOR MAJOR MUSCLE GROUPS

CHEST

FREE WEIGHT CHEST PRESS

Lie on your back with your elbows bent.

Next, slowly raise up your arms toward the ceiling while extending your arms straight up.

Slowly bend your elbows to lower your arms to the starting position.
RESISTANCE TRAINING FOR MAJOR MUSCLE GROUPS

ARMS

ELASTIC BAND BICEP CURL

Hold an elastic band in your hand.

Keep your arm at your side.

Bend your elbow to bring your hand up toward your shoulder.

Slowly lower your arm back down.

Keep your palm face up the entire time.
Resistance Training Workshop

Join our wonderful interns & trainers, Adrian & Ulises, as they answer these questions: What is resistance training? How can you use it to improve your body composition & health?

WHAT:

Join our wonderful interns & trainers, Adrian & Ulises, as they answer these questions: What is resistance training? How can you use it to improve your body composition & health?

WHEN: Wednesday, July 8 @ 12 pm

WHERE:
The Learning Center @ the LifeFit Center (KIN 106A)

If you have additional questions, please contact Emily Sopo at (562) 985-2079 or emily.sopo@csulb.edu
Summer Yoga

Led by Leiana

Fridays @ 8:15—9:30 a.m. in KIN 107
June 26 - August 21
(Class will be cancelled on July 3 & July 10)

FREE TO LFC & OLLI MEMBERS