

A HOW-TO GUIDE

# Strength Training For Woman



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## INTRODUCTION TO STRENGTH TRAINING

# What Is Strength Training?

Strength training is a type of exercise that focuses on building muscle and increasing strength. Many women shy away from strength training because they believe that it will make them "bulk up" or look too muscular. However, this is a common myth. Strength training can actually help women achieve a toned and lean physique, without adding bulk. In addition to improving physical appearance, strength training has a myriad of health benefits. It can improve bone density, reduce the risk of injury, improve balance and coordination, boost metabolism, and even decrease symptoms of anxiety and depression.



In conclusion, strength training is an excellent form of exercise for women. It can improve physical appearance, overall health, and even mental well-being. With proper technique, consistency, and progression, women can see incredible results from incorporating strength training into their fitness routine.

## THE PHYSICAL BENEFITS

# Physical Benefits You Can Expect!

- 1. Increased Strength:** Regular strength training can lead to a significant increase in muscular strength. Women can expect to see improvements in their overall strength, which can help them perform daily activities with more ease.
- 2. Improved Body Composition:** Strength training helps build lean muscle mass, which can help women achieve a more toned and defined physique. It can also help boost metabolism, leading to further weight loss and fat loss.
- 3. Increased Bone Density:** Strength training has been found to increase bone density, which is especially important for women who are at a higher risk of osteoporosis.
- 4. Improved Posture:** Building a strong core and back muscles can help improve posture and prevent back pain.
- 5. Social Support:** Gyms can provide a supportive environment where women can connect with others who share their goals and provide support and encouragement along the way.
- 6. Potential Challenges:** Women may face challenges such as navigating the gym environment, learning proper form and technique, and dealing with negative self-talk or stereotypes about women and strength training. However, with proper guidance and support, these challenges can be overcome.

## THE MENTAL HEALTH BENEFITS

# Mental Health Benefits!

- 1. Reduces symptoms of anxiety and depression:** Strength training has been found to decrease symptoms of anxiety and depression in women. It helps to release endorphins, which are natural mood boosters, and also reduces cortisol, known as the stress hormone.
- 2. Boosts self-esteem and confidence:** Strength training improves women's physical appearance and enhances their self-image, leading to increased self-esteem and confidence. It's also a great way to challenge and overcome mental barriers.
- 3. Improves cognitive function:** Strength training has shown to improve cognitive function, including memory, attention, and focus in women.
- 4. Reduces symptoms of ADHD:** Regular strength training has been found to reduce symptoms of ADHD in women, such as impulsivity, inattention, and hyperactivity.
- 5. Enhances sleep quality:** Strength training can also improve sleep quality in women, which is important for overall mental health. Overall, strength training can have a positive impact on women's mental health, from reducing symptoms of anxiety and depression to boosting self-esteem and cognitive function.

THE MOST BENEFICIAL TYPE OF TRAINING

# Strength or Cardio for Fat Loss?

## **The Common Myth:**

A common myth that many females fall into is doing a lot of cardio to get the defined look they desire, when in reality resistance training will be much more effective to reduce body fat while gaining or retaining muscle because we can continually progressively overload (do more) in our training sessions and then boost our energy expenditure for up to 48 hours after our workout while our body repairs the muscle tissue.

Whereas when we do cardio, we get diminishing returns the longer we do it and once we finish our training session, we stop burning extra energy.

In conclusion, if you had to choose between strength training or cardio, you would always choose strength training due to its overall health benefits and ability to aid in fat loss but to speed up the process there may be an incorporation of both strength training and cardiovascular exercise.

## **[Strength Training Article](#)**

THE BONE REMODELLING PHASE

# The Bone Remodelling Phases!

**'The bone remodelling phases change throughout our life.**

Osteoblasts are involved in the 'building' of bone and osteoclasts are involved in the dissolving old bone and both types of cells are integral in bone remodelling.

As we age the osteoblasts activity is reduced and at a greater level for woman during and post menopause with the reduction in oestrogen levels.

The exciting aspect of the appropriate type of strength training is, THAT IT CAN ACTUALLY ACTIVATE THE OSTEOBLAST ACTIVITY AND ENSURE THE BONE MINERAL DENSITY DOES NOT REDUCE AT A RAPID RATE

TEMPLE GYM STRENGTH TRAINING PROGRAM

# Strength Training Program!

## Overview:

Our Strength Training program has been carefully put together by our team to help you engage in strength training with confidence. Apart from the sessions, we will bring you an array of education and help you see the benefits of strength training for both your workouts and your daily lifestyle.

## What You Can Expect:

- 2 Strength sessions per week
- Structured Workouts
- Closed Group Access
- Training App & programming
- Temple Gym 24/7 Access
- Like Minded People

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WHY WE CAN HELP YOU

# High Level Support & Education!

## Temple Gym

Temple Gym is a community based gym striving to provide the highest level of support and education for our members and the local community.

We want to ensure you can take steps in the right direction and ultimately achieve your health and lifestyle goals.



## Atkins Health

We are partnered with Atkins Health who are a progressive Allied Health company who provide a very high level of Exercise Physiology and Personal Training services. Along with Temple Gym, Atkins Health will ensure you are on the right track and progressing towards your goals.



## Complimentary Consultation

If you are thinking this looks like a good fit for you, click the link below and one of our team will be in touch to book your complimentary 15 min consultation.

## CONCLUSION

### Beginning the journey

When beginning a strength training program, it's important to start with lighter weights and gradually increase intensity (progressive overload) over time. It's also important to focus on proper form to avoid injury. Exercises such as squats, lunges, push-ups, and plank variations are great for beginners. As you become more comfortable with strength training, you can incorporate heavier weights and more advanced exercises, such as deadlifts, bench presses, and chin-ups. It's important to challenge your muscles in order to continue seeing progress and avoid plateaus.

### Consistency

Factors like motivation and excitement will come and go throughout the journey, the one thing that will get you to where you want to be is consistency. Make a commitment to yourself and stick to that commitment.

## SIGN UP HERE

