

Making Everything Easier!™

2nd Australian & New Zealand Edition

Weight Training

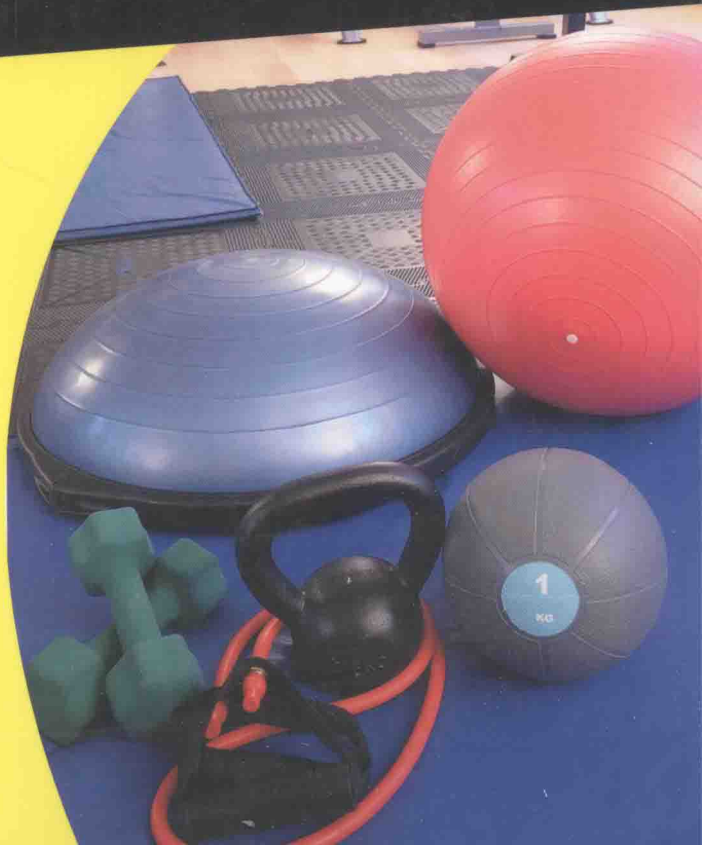
FOR

DUMMIES®

Learn to:

- Customise a safe and effective exercise program to suit your lifestyle
- Use free weights, kettlebells and more to target specific areas
- Complement your workout with Pilates and yoga
- Balance your diet to fuel your workout

Georgia Rickard
Liz Neporent
Suzanne Schlosberg

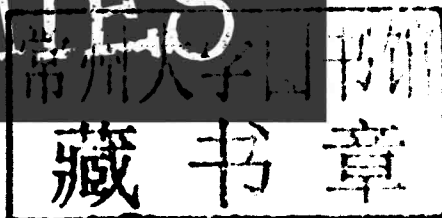


**2nd Australian &
New Zealand Edition**

Weight Training

FOR

DUMMIES®



**by Georgia Rickard, Liz Neporent
and Suzanne Schlosberg**



WILEY

Wiley Publishing Australia Pty Ltd

Weight Training For Dummies®, 2nd Australian & New Zealand edition

Published by
Wiley Publishing Australia Pty Ltd
42 McDougall Street
Milton, Qld 4064
www.dummies.com

Copyright © 2011 Wiley Publishing Australia Pty Ltd

The moral rights of the authors have been asserted.

National Library of Australia
Cataloguing-in-Publication data:

Author:	Rickard, Georgia.
Title:	Weight Training For Dummies / Georgia Rickard; co-authors, Liz Neporent and Suzanne Schlosberg.
Edition:	2nd Australian and New Zealand ed.
ISBN:	9780730376606 (pbk.)
Notes:	Includes index
Subjects:	Weight training. Physical fitness.
Other Authors/ Contributors:	Neporent, Liz. Schlosberg, Suzanne.

Dewey Number: 613.713

All rights reserved. No part of this book, including interior design, cover design and icons, may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording or otherwise) without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Contracts & Licensing section of John Wiley & Sons Australia, Ltd, 42 McDougall Street, Milton, Qld 4064, or email auspermissions@wiley.com.

Cover image: © Anthony Mayatt/iStockphoto

Typeset by diacriTech, Chennai, India

Printed in China by
Printplus Limited

10 9 8 7 6 5 4 3 2 1

Limit of Liability/Disclaimer of Warranty: THE PUBLISHER AND THE AUTHORS MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHORS SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANISATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHORS OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANISATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ.

Trademarks: Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Making Everything Easier, dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing Australia Pty Ltd is not associated with any product or vendor mentioned in this book.

**2nd Australian &
New Zealand Edition**

Weight Training

FOR

DUMMIES®

About the Authors

Georgia Rickard

Georgia Rickard is an Australian-born journalist, author and media commentator best known for her practical, down-to-earth approach to health and fitness. Her first experience with weights involved tripping over a barbell and spraining her ankle.

Since then, she has become a lot more familiar with the weights room; working as a health and fitness journalist for titles such as *Cosmopolitan*, *CLEO*, *Women's Health*, *Prevention*, and the *Sunday Telegraph*. She has also been editor of *Australian Healthy Food Guide* magazine, worked as a policy advisor on health and nutrition for the NSW State Government opposition, and is a regular health commentator on Australian radio and TV.

Georgia keeps fit with a combination of weight training, yoga, walking, skateboarding, skiing and dog-chasing; the last of which is undertaken mostly in parks and shopping centres after her two pups Alfie and Kingston. Her ankle has made a full recovery.

Suzanne Schlosberg

Suzanne Schlosberg is a magazine writer known for her humorous approach to health and fitness. She is a contributing editor to *Shape* and *Health* magazines and co-author of *Weight Training For Dummies* and Kathy Smith's *Fitness Makeover*. She is also the author of *The Ultimate Workout Log*, Second Edition, and an instructor in UCLA Extension's Certificate in Journalism Program.

Suzanne writes frequently about her fitness adventures — from her failed tryout for The American Gladiators to her record-setting victory in Nevada's Great American Sack Race, a quadrennial event in which competitors run 5 miles while carrying a 50 pound sack of chicken feed on their shoulders. Suzanne also has chronicled her two bicycle treks across the United States.

A Los Angeles native, Suzanne refuses to walk anywhere, including to Starbucks, one kilometre from her house — to which she commutes daily in her sports utility vehicle.

Liz Neporent

Liz Neporent is a certified trainer and president of Plus One Health Management, a fitness consulting company in New York City. Her job is to make sure the members of more than a dozen fitness centres in hotels and corporations throughout New York are happy, motivated and exercising on a regular basis.

Liz is co-author of *Abs of Steel, Buns of Steel: Total Body Workout* and *Weight Training For Dummies*. She also wrote *Fitness Walking For Dummies*. Additionally, she is the Gear Editor for *Shape* magazine and a regular contributor to *The New York Times*. She appears regularly on TV and radio as an authority on fitness and exercise.

Liz is an avid runner and has competed in more than two dozen marathons and ultra-marathons. She's also a devoted sports climber, walker, hiker and weight trainer. She lives in New York City with her husband, Jay Shafran, and her greyhound, Zoomer.

Authors' Acknowledgements

The authors wish to thank Richard Miller and The Gym Source of New York City for providing exercise equipment for many of our photos. We're also grateful to Arthur Belebeau and Daniel Kron for their wonderful — and speedy — photography and to Chris Gristanti, who generously donated several photos. Trotter Fitness Equipment provided additional photographs.

Many thanks to all the models who appeared in this book. Your time, patience, and of course, images are much appreciated. The models are Patty Buttenheim, Aja Certain, Terry Certain, Katherine Cole, James Gaspard, Debbie-Deb Hanoka, James Jankiewicz, Spike Jazzino, Subhash Mandal, Amy Ngai, Nancy Ngai, Nicholas O'Sullivan, Alicia Racela, Fred Reid, Doris Shafran, Jay Shafran, Bob Weiter, Carrie Wujeik and Norman Zinker.

Thanks, also, to Reebok for providing clothing and shoes. Some additional clothing was provided by Everlast, Nike and Brooks.

From Georgia

Firstly, I am grateful for the expertise and advice of Nicholas O'Sullivan, who is surely Australia's most informed and useful exercise physiologist (and not too bad looking either, as you can see from some of the pics in this book!). I'd also like to thank Kelly Baker for her wise words in the previous edition; Danielle Tibbles, without whom none of this would have been possible; and the following gems who I am lucky to be surrounded with in everyday life: Alex, Dan, Em, Geri, John, Jono, Kylie, Lex, Liv, Mandi, Maya, Will and Zoe. Last but absolutely not least, I can't say thank you enough to the beautiful team at Wiley Publishing Australia, Rebecca, Hannah, Jenny and Zoë: you've all been an absolute dream to work with.

From Liz

Much gratitude goes to my family, especially my husband Jay Shafran who is supportive beyond belief. Thanks to Suzanne Schlosberg the best writing partner ever. Ever! I would also like to acknowledge the following people who are forced to put up with me in some way: John Buzzerio, Nancy Ngai, Linda Strohmeier, Patricia Buttenheim, Jimmy Buff, Jimmy Rotolo, Stephen Harris, James Jankiewicz, Bob Welter, Subhash Mandal, Holly Byrne, Grace De Simone and Zoomer.

From Suzanne

It would be impossible to find a better writing partner than Liz Neporent. She knows so much, works so hard, and accepts the fact that I will never, ever like her dog. I also want to thank my agent, Felicia Eth, for being on the ball. Alec Boga did a stellar job as my supervisor, and Nancy Gottesman was always there to entertain and distract me. As always, I'm grateful to my family for their support.

Publisher's Acknowledgements

We're proud of this book; please send us your comments through our online registration form located at <http://dummies.custhelp.com>.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial and Media Development

Project Editor: Jenny Scepanovic

Acquisitions Editors: Rebecca Crisp

Editorial Manager: Hannah Bennett

Production

Cartoons: Glenn Lumsden

Proofreader: Liz Goodman

Indexer: Karen Gillen

The authors and publisher would like to thank the following copyright holders, organisations and individuals for their permission to reproduce copyright material in this book.

- Page 14: © Anthony Mayatt/iStockphoto

Every effort has been made to trace the ownership of copyright material. Information that will enable the publisher to rectify any error or omission in subsequent editions will be welcome. In such cases, please contact the Permissions Section of John Wiley & Sons Australia, Ltd.

Contents at a Glance

Introduction	1
<i>Part I: Stuff to Know Before You Pick Up a Weight.....</i>	7
Chapter 1: Tools of the Trade.....	9
Chapter 2: How to Avoid Dropping a Weight on Your Toe and Other Safety Tips.....	25
Chapter 3: Testing Your Strength and Tracking Your Progress	37
<i>Part II: Weight Training Wisdom.....</i>	47
Chapter 4: Joining a Gym or Exercising at Home: Which Is for You?	49
Chapter 5: Choosing Your Guru: Trainers, DVDs and Exercise Classes.....	63
Chapter 6: Weight Training Etiquette.....	77
<i>Part III: The Exercises</i>	87
Chapter 7: How to Read the Exercise Instructions.....	89
Chapter 8: Working Your Back	97
Chapter 9: Working Your Chest.....	119
Chapter 10: Working Your Shoulders	135
Chapter 11: Working Your Arms.....	151
Chapter 12: Working Your Abdominals	171
Chapter 13: Working Your Core.....	187
Chapter 14: Working Your Butt and Legs	199
Chapter 15: Advanced Weight Training Exercises	227
<i>Part IV: Designing Your Workout Program</i>	245
Chapter 16: Designing a Basic Workout	247
Chapter 17: Expanding Your Repertoire	259
<i>Part V: Beyond the Barbell.....</i>	273
Chapter 18: Yoga and Pilates	275
Chapter 19: Having a Ball (Almost Literally).....	285
Chapter 20: Whipping Your Heart and Lungs into Shape	299



Weight Training For Dummies, 2nd Australian & New Zealand Edition _____

Chapter 21: Stretching: The Truth	309
Chapter 22: Improving Your Balance and Coordination	321
Chapter 23: Pills, Powders and Potions: Nutrition in a Nutshell	327

***Part VI: The Part of Tens* 339**

Chapter 24: Ten Ways to Educate Yourself about Weight Training	341
Chapter 25: Ten Myths and Misconceptions about Weight Training	353
Chapter 26: Ten Major Weight Lifting Goofs.....	361
Chapter 27: Ten (Plus Some) Things You Can Do with Latex Rubber (G-Rated)	373
Chapter 28: Ten Weight Training Deals and Duds	385

***Index* 393**

Table of Contents

Introduction 1

What Weight Training Can Do for You	2
How to Use This Book.....	3
How This Book Is Organised	4
Part I: Stuff to Know Before You Pick Up a Weight	4
Part II: Weight Training Wisdom	4
Part III: The Exercises	4
Part IV: Designing Your Workout Program.....	5
Part V: Beyond the Barbell	5
Part VI: The Part of Tens	5
Icons Used in This Book	6
Special Icons.....	6

Part I: Stuff to Know Before You Pick Up a Weight 7

Chapter 1: Tools of the Trade 9

Jargon We Couldn't Resist	10
A <i>For Dummies</i> Guide to Dumbbells and Other Free Weights.....	10
Different kinds of dumbbells	10
Different kinds of barbells	11
Introducing kettlebells	13
The value of free weights.....	14
Making the choice: Dumbbells versus barbells	15
Using a Weight Bench.....	16
Don't Be Afraid of Weight Machines.....	18
What weight machines can do for you.....	20
Cable machines: A different breed.....	22
Stretching Your Workout	22
Lifting Your Body Weight	22

Chapter 2: How to Avoid Dropping a Weight on Your Toe and Other Safety Tips 25

The Universal, Immutable Safety Laws of Weight Lifting	26
Warm up before you lift.....	26
Start with an easy set	26
Lighten up	27
Observe the speed limit.....	27
Don't hold your breath.....	27

Use proper form	27
Cool down	27
Rest a muscle at least 48 hours	28
Weight Machine Safety Tips	28
Custom fit each machine	28
Watch your fingers	29
Don't invent new uses for the machinery	29
Free Weight Safety Tips	29
The Art of Spotting and Being Spotted	31
Briefing your spotter	31
When you're the spotter	32
Common Weight Training Injuries	33
Overcoming Injuries	35

Chapter 3: Testing Your Strength and Tracking

Your Progress 37

The Safest Way to Test Your Strength	37
Tracking Your Progress	39
What to write down in your log	39
Analysing your workout log	41
Be All That You Can Be	42
Fire and Rescue NSW	42
The New Zealand Police Force	43
The United States Air Force Academy	44
Medicals	45

Part II: Weight Training Wisdom 47

Chapter 4: Joining a Gym or Exercising at Home:

Which Is for You? 49

Joining the Club	49
Lifting Weights at Home	51
Choosing a Gym	51
Designing a Home Gym	53
How much space do you have?	54
What are your goals?	54
How much money can you spend?	54
Will you be using DVDs?	54
Free Weight Options	56
Buying dumbbells	56
Buying barbells	58
Buying a bench	58
Investing in Weight Machines	59
Buying Bands	61

Chapter 5: Choosing Your Guru: Trainers, DVDs and Exercise Classes63

Everything You Need to Know about Trainers	63
What a fitness trainer can do for you.....	64
Who's a qualified trainer?	65
How to act during a training session.....	68
An Introduction to Strength Training Classes.....	69
Body sculpting	70
Body Pump	70
What to expect from your instructor	71
All About Weight Training DVDs.....	72
Different types of weight training DVDs.....	73
Where to buy DVDs	73
Downloading clips from the internet.....	75

Chapter 6: Weight Training Etiquette77

Share the Equipment.....	78
Unload Your Weight Bar.....	79
Return Your Weights to the Right Place	79
Keep Your Sweat to Yourself	80
Don't Block the Flow of Traffic.....	80
Don't Hog the Drinking Fountain	81
Keep the Grunting to a Minimum	81
Don't Tote Around Your Gym Bag	81
Don't Be Afraid to Ask for Advice.....	82
Be Careful When You Offer Unsolicited Advice	82
Don't Dress Like a Porn Star	83
Treat the Locker Room Like Your Own Bathroom	83

Part III: The Exercises..... 87

Chapter 7: How to Read the Exercise Instructions89

Introducing You to the Exercises.....	89
Our Favourite Phrases	92
'Switch your core on'	93
'Stand up tall with square shoulders and a lifted chest'.....	93
'Don't lock your joints'	93
'Keep your shoulders and neck relaxed'.....	94
'Tilt your chin towards your chest'	94
'Don't shoot your knees past your toes'	94
'Don't bend your wrists'	94
'Maintain proper posture'	95
Breathing Lessons	95

Chapter 8: Working Your Back	97
Upper Back Muscle Basics	97
Why You Need a Strong Upper Back	98
Keys to a Great Upper Back Workout	99
Mistakes to Avoid When Working Your Upper Back	100
Upper Back Exercises in This Chapter	101
One-arm Dumbbell Row	101
Dumbbell Shrug	103
Machine Row	105
Lat Pulldown	107
Cable Row	108
Assisted Pull-up	110
Lower Back Muscle Basics	112
Why You Need to Strengthen Your Lower Back	113
Keys to a Great Lower Back Workout	113
Mistakes to Avoid When Training Your Lower Back	114
Lower Back Exercises	114
Pelvic Tilt	114
Back Extension	116
Chapter 9: Working Your Chest	119
Chest Muscle Basics	119
Why Strong Pecs Matter	120
Keys to a Great Chest Workout	121
Mistakes to Avoid When Pumping Your Pecs	122
Exercises in This Chapter	123
Modified Push-up	123
Bench Press	125
Dumbbell Chest Press	127
Seated Chest Press machine	129
Cable Crossover	131
Chapter 10: Working Your Shoulders	135
Shoulder Muscle Basics	135
Why You Need to Strengthen Your Shoulders	136
Keys to a Great Shoulder Workout	137
Mistakes to Avoid when Training Your Shoulders	138
Exercises in This Chapter	139
Seated Supported Dumbbell Shoulder Press	139
Lateral Raise	141
Front Raise	142
Back Delt Fly	144
External and Internal Rotation	146
Shoulder Press machine	148

Chapter 11: Working Your Arms	151
Arm Muscle Basics	151
Why You Need Strong Arms	153
Keys to a Great Arm Workout	154
Mistakes to Avoid When Training Your Arms	154
Exercises in This Chapter	155
Barbell Bicep Curl	155
Dumbbell Bicep Curl	157
Concentration Curl	158
Arm Curl Machine	160
Triceps Pushdown	162
Triceps Kickback	164
Bench Dip	165
Assisted Dip	167
Wrist Curl and Reverse Wrist Curl	169
Chapter 12: Working Your Abdominals	171
Abdominal Muscle Basics	171
Why You Need Strong Abdominals	173
Strategies for a Great Abdominal Workout	173
Mistakes to Avoid When Training Your Abdominals	175
Exercises in This Chapter	176
Basic Abdominal Crunch	176
Reverse Crunch	177
Oblique Crunch	180
Bent Knee Side Crunch	181
Wall Roll-up	183
Roll Down Negative Curl	185
Chapter 13: Working Your Core	187
Introducing Core Stabiliser Muscle Basics	187
Enjoying a Strong Core	189
Getting a Core Workout	189
Avoiding Mistakes When Training Your Core	190
Exercises in This Chapter	191
Plank	191
Side Plank	193
All-fours Spinal Stabilisation	194
Reverse Tabletop Plank	196
Lying Leg Extension	197
Chapter 14: Working Your Butt and Legs	199
Butt and Leg Muscle Basics	199
Why You Need Strong Legs	201
Keys to a Great Leg Workout	202

Mistakes to Avoid When Working Your Lower Body.....	204
Exercises in This Chapter.....	204
Squat.....	205
Lunge.....	207
Leg Press machine.....	208
Kneeling Butt Blaster.....	211
Dumbbell Step-ups.....	213
Leg Extension machine.....	214
Kneeling Leg Curl.....	216
Leg Curl machine.....	217
Inner/Outer Thigh machine.....	219
Side-lying Leg Lift.....	221
Standing Calf Raise.....	223
Toe Lift.....	224

Chapter 15: Advanced Weight Training Exercises.....227

Important Safety Cautions.....	228
Exercises in This Chapter.....	229
Chin-up.....	229
Push-up.....	231
Dip.....	233
Military Press.....	234
Preacher Curl.....	236
French Press.....	238
Barbell Squat.....	239
Stiff-legged Deadlift.....	241
Hanging Abs.....	243

Part IV: Designing Your Workout Program..... 245

Chapter 16: Designing a Basic Workout.....247

Jargon You Actually Need to Know.....	248
The Rap on Reps.....	248
The Scoop on Sets.....	249
Essential Elements of a Weight Routine.....	250
Work all of your major muscle groups.....	250
Do the exercises in the right order.....	251
Don't exercise the same muscle two days in a row.....	252
How to Custom-design a Routine.....	252
Your goals.....	252
Your equipment.....	254
Your exercise preferences.....	254
Your lifestyle.....	254
Your current level of fitness.....	255

Sample Beginner Routines.....	255
Machine circuit	255
Dumbbells-and-a-bench routine.....	256
The time-crunch routine	256
The mix 'n' match routine.....	257
Chapter 17: Expanding Your Repertoire	259
The Big Picture: Organising Your Program Month to Month	259
Weight Training Week by Week.....	262
The upper body/lower body split.....	263
Push/pull split routine.....	265
Ideas for Organising Your Daily Workout	267
Super sets	268
Giant sets	269
Circuits	270
Advanced Training Techniques	270
Pyramids	271
Breakdowns	271
Negatives.....	272
 Part V: Beyond the Barbell.....	 273
Chapter 18: Yoga and Pilates	275
What's the Difference Between Yoga and Pilates?.....	275
What Will Yoga and Pilates Give You That Weight Training Won't?	276
Yoga and Pilates engage your whole body	276
Yoga and Pilates increase your flexibility	277
Yoga and Pilates can improve your balance, coordination and concentration	278
Can Yoga and Pilates Replace Weight Training?	278
How Can I Fit Yoga and Pilates into My Fitness Program?	279
More Details About Yoga	280
Different styles of yoga.....	281
Finding a qualified yoga instructor.....	282
The Lowdown on Pilates	282
 Chapter 19: Having a Ball (Almost Literally)	 285
Picking Out the Right Ball.....	285
Using Exercise Balls Safely	286
How Often Should I Use My Ball?.....	287
Exercises in This Chapter.....	287
Ball Crunch	288
Ball March.....	289