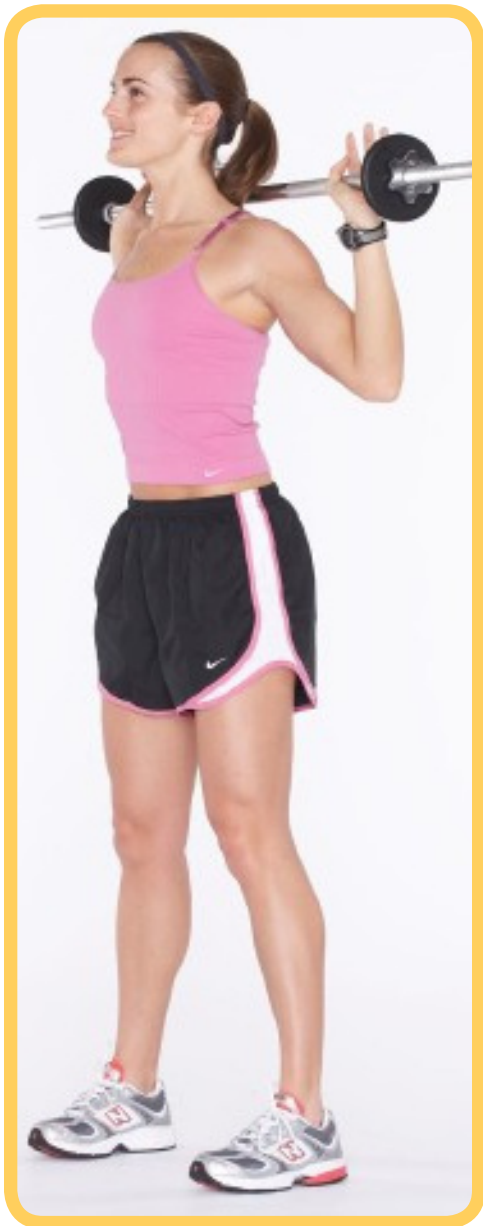


# The Sports Academy's Weekly Fitness Tip

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## *Two Golden Rules of Strength Training*

Observe these two rules of strength training for a safer, more productive workout that will deliver maximum results.



### ***Rule #1: Train all body parts equally***

Don't just focus on a certain part of the body that you want to bolster or tone up, exercise all parts of your body equally. Ignoring muscles or muscle groups creates an imbalance that may lead to injury and chronic pain. In addition, imbalanced muscle definition is not aesthetically pleasing. Train all your body parts equally to look toned all over.

### ***Rule #2: Observe proper weight lifting form***

Maximize your hard work and minimize injury by follow proper weight lifting form. To improve form, be sure to:

1. Warm up.
2. Engage your core (and squeeze your glutes).
3. Breathe. Exhale as you lift the weight, inhale as you lower the weight.
4. Practice controlled weight lifting. Slow down and lift and lower in a controlled fashion.
5. Reduce weight. Your chosen weight should be challenging but not impossible.
6. Rest. Avoid working the same muscle group two days in a row.
7. Seek help from personal trainers. Ask a member of our professional staff for assistance and recommendations.

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