



BEGINNER'S GUIDE TO STRENGTH TRAINING



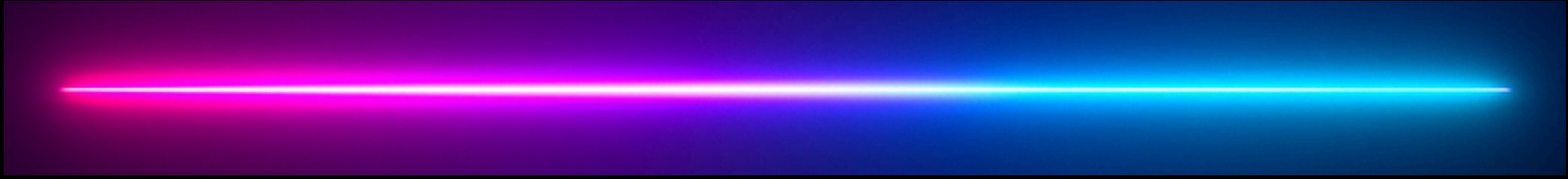
EVERYTHING YOU NEED TO KNOW TO
GET STARTED.



FIT & PROUD



WHAT IS STRENGTH TRAINING?



**TRAINING AGAINST
RESISTANCE**



BUILDS STRENGTH



BUILDS MUSCLE



IMPROVES YOUR HEALTH

EXAMPLES:



**MACHINES • DUMBBELLS
• BARBELLS • RESISTANCE
BANDS**



WHY STRENGTH TRAINING?



BUILD MUSCLE



BURNS CALORIES



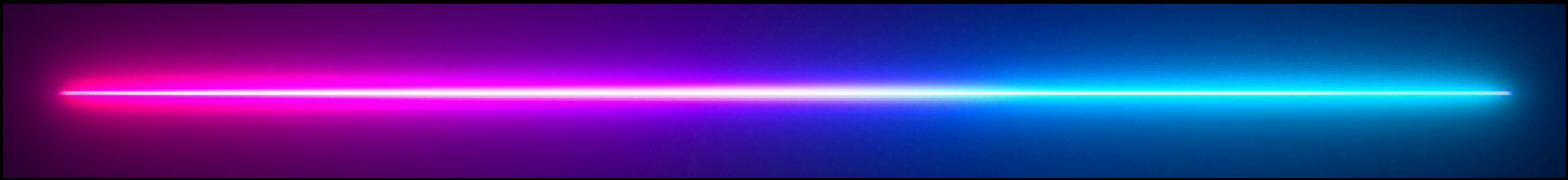
SHAPES YOUR BODY



IMPROVES YOUR HEALTH



WHY NOT JUST CARDIO?



GREAT FOR YOUR HEART



**DOESN'T BUILD MUCH
MUSCLE**



**STRENGTH TRAINING
SHAPES YOUR BODY**



BEST RESULTS = DO BOTH



HOW MANY DAYS?



BEGINNER



2–3 SESSIONS/WEEK



INTERMEDIATE



3–4 SESSIONS/WEEK



CONSISTENCY BEATS

PERFECTION



HOW MANY EXERCISES?



5–8 EXERCISES



**START WITH COMPOUND
MOVEMENTS**



**ADD A FEW ISOLATION
EXERCISES**



KEEP IT SIMPLE



COMPOUND EXERCISES



**WORK MULTIPLE
MUSCLES**



BURN MORE CALORIES



SAVE YOU TIME

EXAMPLES:



LEG PRESS



CHEST PRESS



LAT PULLDOWN



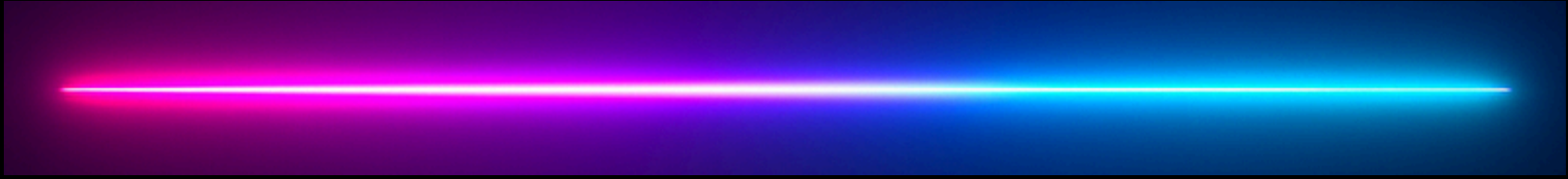
SEATED ROW



SHOULDER PRESS



HOW MANY SETS & REPS?



2–4 SETS



8–12 REPS



PROGRESS OVER TIME



KEEP IT SIMPLE



✓ TRAIN 2-4 TIMES/WEEK

✓ FOCUS ON THE BASICS

✓ GET STRONGER OVER
TIME

✓ STAY CONSISTENT

📈 SMALL IMPROVEMENTS =
BIG RESULTS



**SAVE THIS POST FOR
YOUR NEXT GYM
SESSION.**



**USE THIS AS YOUR NEXT WORKOUT
CHECKLIST.**



**Follow Fit & Proud
Simple fat loss for gay men 30+.**



FIT & PROUD