

Intro Weight Training

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I am going to leave most of the design of a weight program up to the individual, but I do have a few pointers. First, during the first 4-6 weeks the focus should be on allowing your body to adapt to the process of weight lifting. This means that the weights should be light (40-60% of your maximum), repetitions should be high 15-30, and you should do many sets (3-5). The first time you may want to keep the repetitions to 15 and only do 2 sets, especially if you have never lifted before. After this initial phase, transition to doing 3-4 sets of 10-15 reps at weights were you can only do this number of reps. Finally, a starting list of good exercises for cycling is:

- Leg press
- Lat pull-down
- Squats
- Chest press or push-ups
- Leg extensions
- Leg curls
- Seated row
- Abdominal with twist

If you haven't lifted weights before either look up proper form for the exercises online or go with a friend who is more experienced (or do both!).