



BEGINNER WEIGHT TRAINING

5 THINGS
YOU NEED
TO KNOW

www.WomenWhoLiftWeights.com

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Introduction

New To Lifting – 5 Things You Should Know

We have been getting asked a lot of questions on our Women Who Lift Weights Facebook Page and in our Women Who Lift Weights Online Community from people who are just starting to lift weights.

If you are new to lifting weights and just started learning to lift weights and knowing what to do (and what not to do) can be very overwhelming.

A lot of women are intimidated by gyms and the free weights section. It is my goal to help you get over this fear. I want to help educate you so that you feel empowered and confident walking into any weight room because you will have the knowledge, skills and attitude to fit right in.

I have been lifting weights for almost 25 years and have been coaching for 20 years.

I started off as a young kid at 16 years old at my local YMCA across the street from my house. I would walk by the free weight room and be scared to death. Then one day I walked in and my life changed forever.

It is my goal to help you learn important things about lifting weights and to help empower you to begin or enhance your journey of strength and lifting.

In this report I plan to share with you 5 things you should know when you start lifting.

I love lifting so I thought I would share with you some info that will help you in your strength and lifting weights journey.

Stay Strong.

Coach Rob

Here Are 5 Things You Need To Know If You Just Started Lifting Weights

1. Respect The Weight

If you are new to lifting you will soon start to understand the addiction to the iron :). Lifting weights has many benefits for mind, body and the soul.

The first 6 months or so when you start lifting you will get amazing results in strength. Enjoy it. Lifting weights, getting stronger and hitting PR's (Known as Personal Records) is an incredible feeling.

Something you should learn early on is to always respect the weight.

Lifting weights is the best feeling ever, but it's always important to learn to respect the weight. What I mean by this is that it doesn't matter if it's 25 pounds on the bar or 250 pounds on the bar, it can always be your friend or your foe.

Be sure to learn proper technique and always make the weights your friend.

Thankfully women are usually very patient when it comes to lifting. It's a reason why I love coaching women so much. They rely on technique and skill, unlike most men who try to muscle everything.

When you can read this blog post => [5 Reasons I Love Coaching Women](#)



2. Strength Is A Skill

Anyone can walk into a gym and sit down on a machine, put a pin in the machine and go through the motions of that machine.

Yes you are working out, but you are not working on a lift. You are exercising, but you are not truly lifting weights.

If you want to lift weights you should take the time and learn the basic barbell exercises like squats, bench press, deadlifts, overhead presses, front squats, bent over rows and more.

Once you learn the basic foundational barbell exercises you can walk into any gym anywhere and train.

While on the topic of training there is a big difference between working out and training.

Anyone can walk into a gym get on the treadmill and hit a few machines. To me this is working out.

I coach and educate female athletes to train.

When you train you practice lifts, you train to get better, to get stronger, to have a purpose.

Once you start lifting it's important to focus on training, and not working out.

Practice your skills, work on technique, always try to get better.



3. Always Be A Student

I grew up doing a lot of martial arts and it played a very important role in my life in many ways.

In martial arts we are always taught to practice our forms, our technique. The goal should be to get better and work on our skills.

We were also taught to respect our instructors.

We were students of the martial arts.

When it comes to lifting it's important that you always remain a student and to always be learning.

Right now the world has information overload. We have too much information and not enough action and focus.

When it comes to lifting it's like going down the rabbit hole, once you start it's a never-ending process of learning, training and improving.

It doesn't matter if you never touched a barbell or if you are a Worlds Level Power Lifter like me. There will always be room for improvement and knowledge to help you get stronger and improve your technique.

Always be a student and always keep an open mind and learn as much as you can about strength and lifting.



4. Proper Nutrition Is Very Important

If your goal is to build muscle, get stronger, feel amazing and look good then you can not neglect nutrition.

Nutrition is one of the most over looked aspects of training and getting in shape.

Learn as much as you can about proper nutrition for training and for overall health.

Ever hear the old saying “Abs Are Made In The Kitchen” well this is very true.

If you want to maximize your results in the gym and out you need to make nutrition and priority.

Proper nutrition is important for overall health, fat loss, strength and recovery.

If you are going to learn to lift weights eating health and getting the proper foods is important.

Look for our “Muscle Building Nutrition” book on our site
www.WomenWhoLiftWeights.com



5. Be Patient & Consistent

Once you start lifting weights it becomes a life long journey.

Some people start and they quit, but if you are like me and you love lifting and strength it will become something you do for the rest of your life.

Lifting weights, fitness and strength are part of my life. I can't imagine my life without it.

It's important to remember that lifting is a marathon not a sprint.

Be patient in your training.

Be consistent.

If you want results train at least 3 days a week, every week.

A lot of people struggle to “get in better shape” but they don't put in the work.

If you want to get stronger, build muscle and feel amazing then make lifting weights and fitness part of your daily life.

Be patient with your strength results, don't rush.

Avoid injuries when possible. Think slow and steady progress over short term results.

The journey of a thousand miles starts with one step. The journey of strength



About the Authors



Rob King owner and creator of Heavyweights Training Center & Women Who Lift Weights.

I have been in the fitness profession now for almost 20 years. I am the creator of Rippedin42, Builtin42, the 14-Day Fat Loss Challenge, and Transformin42. These programs are the backbone of our gym, Heavyweights Training Center.

My education in fitness is varied. I have intensely examined everything from fat loss to strength training, lower back injuries and recovery to sports supplements, to sports nutrition and much more.

In recent years, I have written for T-Nation, Strong Magazine, , Muscle Insider, Inside Fiitness, Men's Health Magazine, Inside Fitness, Elitefts, MMA Sports and Schwarzeneger.com & more.

Certifications Include:

- Training For Warriors Level 1 Coach with Martin Rooney**
- Training For Warriors Level 2 Coach with Martin Rooney**
- CPPS (Certified Physical Preparation Specialist) with James Smith & Joe DeFranco**
- Bio-Signature Level 1 with Charles Poliquin**
- Certified Turbulence Training Coach Level 1 with Craig Ballantyne**
- WTF Black Belt Tae Kwon Do**

Experience:

- 2 Times IPF Worlds Medalist**
- Common Wealth & National Record Holder**
- Common Wealth Champion, National Champion**
- Coached athletes to go onto win Pro Bikini Cards, win Powerlifting Championships and break Powerlifting Deadlift Records**

About the Authors



Danielle Rideout, is co-owner of Heavyweights Training Center and sponsored Athlete. I've always been interested in fitness, but nothing seemed to hold my attention for long. Machines bore me...I need a challenge! This is where HWTC comes in. I started with the 'Ripped in 42' programs and was hooked.. When the Built in 42 program was developed I saw the biggest change in my physique. It's what comes from lifting heavy weights! I developed a love of lifting all things heavy. The key to the success of these programs for me was goal-setting and being held accountable to it. HWTC not your typical gym, nor do we want to be. Lifting weights and pushing sleds is fun. I wanted to put my passion, knowledge and genuine love of helping people to work.

I created the Stronger in 42 to help women learn to lift, become empowered and gain confidence.

Certifications Include:

- Training For Warriors Level 1 Coach with Martin Rooney
- ISSA Personal Training
- CPPS (Certified Physical Preparation Specialist) with James Smith & Joe DeFranco
- Precision Nutrition

Experience:

- Competed in several bikini shows
- Competed in powerlifting, winning Provincial Competitions
- Coached athletes to go onto win Powerlifting Nations, set National Squat Records and win medals at the World's Powerlifting Championships
- Magnum Sponsored Athlete

Women Who Lift Weights Online Community

Join Us & Become Part Of Our Strong Community.

Inside Women Who Lift Weights Community you will be surrounded by positive like minded women

With our Women Who Lift Weights Community you will get info on training, nutrition, supplementation and more for women only.

Our info is a mix of programs, video, articles, images and more to help you learn the way that works best for you. Designed specifically for women.

What's Included In Your Membership?

25+ Programs

25+ Nutrition Programs

50+ Videos

20+ Articles & Reports

250 + Recipes

Private Facebook Community & More.

Get Access to ALL our Online Challenges FREE

A New Program Added Every Month

A New Video Added Every Day

Get all of your fitness and strength questions answered by Coach Rob & Coach Danielle

Get more info and join us now

www.WomenWhoLiftWeightts.com/Community

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