

A black and white photograph of a woman in a gym, captured in the middle of a squat. She is wearing a dark tank top and shorts, and is holding a barbell with weights. The background shows gym equipment and a mirror. A large, semi-transparent purple circle is overlaid on the image, containing the text 'WOMEN WHO LIFT WEIGHTS PRESENTS:'.

**WOMEN WHO
LIFT WEIGHTS
PRESENTS:**

LEARN TO LIFT

AN INTRODUCTION TO HOW TO SQUAT, BENCH PRESS AND DEADLIFT

www.WomenWhoLiftWeights.com

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Introduction

Squats

Squats are mostly known as a leg exercise, but they promote body-wide muscle building by catalyzing an anabolic environment

Squats are also one of the best functional exercises out there, promoting mobility and balance and helping you complete real-world activities with ease

Squats also help you to burn more fat, as one of the most time-efficient ways to burn more calories continually is by developing more muscle

Squats have long been criticized for being destructive to your knees, but research shows that when done properly, squats actually improve knee stability and strengthen connective tissue

Squats are one type of exercise that should be a part of virtually everyone's fitness routine, as they provide whole-body benefit

Squatting variations like barbell back squats and front squats are a favourite among powerlifters, bodybuilders and other athletes for one reason: they work. Not only are they effective for building an insanely strong lower body; they also deliver a number of numerous benefits including increased hormone release and improved flexibility.

Not only do they build muscle and strength in the quadriceps, hamstrings and calves, they also create the ideal environment throughout the entire body. Naturally releasing testosterone and growth hormone, squats provide a highly anabolic environment for all other areas to grow when trained. If you want to increase muscle mass and strength in all areas, squatting will help you get there.

Muscle burns fat. More muscle burns more fat. Being efficient at packing on muscle mass, the squat is a highly effective way to burn more fat. The more muscle you have on your frame, the more calories you will burn during training and at rest. If you want to get lean, stick to the big compound lifts namely the squat.

By simply increasing overall lower body strength, squats help maintain mobility immensely.

Furthermore, by performing squats in a full range of motion you can strengthen the leg muscles at all points enabling you to help prevent weaknesses and increase strength during other performance-related, mobile activities.

Not only will squats put on appreciable amounts of size and strength on your legs, they will also increase performance by helping you jump higher and run faster. This is significant for those involved in sports either for the organized team player or weekend warrior. Squats serve to improve performance that covers a wide spectrum of sports (along with balance and mobility). They are truly the universal exercise.

Squats: Set Up Basics

1. This exercise is best performed inside a squat rack for safety purposes. Set the bar on a rack to just below shoulder level. Set your grip even on the bar. For squat, the closer your hands, usually the more tension you can maintain in your upper back,
2. Step under the bar and place the back of your shoulders (slightly below the neck) across it. Some people go lower with their bars, this all depends on your shoulder mobility.
3. Hold on to the bar using both arms at each side, take a big breath and lift it off the rack by first pushing with your legs and at the same time straightening your torso. Let the weight settle before stepping back.
4. Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back.
5. Take a big breath and try to bend the bar across your back. Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees. Begin to raise the bar by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position.

Squats: Frequently Asked Questions

Q: How far apart should my hands be on the bar?

A: That all depends on your shoulder mobility and if there is a history of shoulder pain/injuries. The closer your grip, the more tension you can usually create in your upper back. However, a really close grip can be painful to some that are just not used to having their arms in that position. As long as your grip is even, there is no right or wrong in this, it's going to be what is comfortable for you.

Q: What position should my feet be in?

A: Usually a lifter will start with their feet just slightly beyond hip width. There are very few lifters who can hit depth (hip below knee) with a really close stance. A little bit wider stance gives space for the hips when you are at the bottom of a squat. The position of the bar on your back will also help determine where your feet should be. If you are a high bar squatter, you will tend to have a narrow stance compared to someone who is low bar. The bar should be over the centre of the foot.

Q: When do I breathe?

A: You want to take a big belly breath at the start of your squat, while you are still in that upright position. Hold your breath and then squat. Some people like to let their breath out when their almost back to the top. If you are a new lifter, you may want to hold it till your fully at the top since letting it out too early can cause your core to collapse, opening up the chance for injury and not completing the lift.

Q: How deep should I squat?

A: That all depends. A powerlifting competition squat for IPF says that the hip has to be below the knee, or below parallel. Unless you are a competitor, you should squat as deep as is comfortable for you. Everyone has different hip, ankle mobility, ect, so there is no one answer. New lifters, we will work box squats and try to see if it is possible to hit parallel and there are things you can do to improve depth but not everyone is mechanically designed to squat below parallel. For more information on how to improve squat depth, check out this article

Squats: Frequently Asked Questions

Q: Where should I look during a squat?

A: For 90% of people, look straight ahead or slightly up. There are some who can lift extremely well while looking down but the majority of people who look down will have the bar roll up their back a little during a heavy squat. For me personally, if I look down, I go down. I actually look really high up in an effort to keep my body more upright during a squat. Play a round with it and see what works for you.

Q: How many reps should I perform?

A: There are a lot of variables that determine how many reps you should perform. This is basic break down. This is not set in stone the numbers can and will vary.

– 1-5 Reps = Strength

– 5-12 Hypertrophy

– 12-16 Muscular Endurance

– 16 + Not strength totally something else lol (Sorry I don't ever recommend over 15 reps unless it's specific for a reason).

Q: How heavy should I lift?

A: How "heavy" you should lift is relative to you. We all have different strengths and weights that we use. The goal should be that you use a weight that is comfortable for you. Out of 1 being easy and 10 being hard training at 7 - 8 intensity for the most part is a great start.

Bench

The bench press exercise activates a large number of muscle groups in the upper-half of your body. Such groups include your pecs, deltoids, your forearm muscles, hand muscles and your abdominals. The bench press exercise activates a large number of muscle groups in the upper-half of your body. Such groups include your pecs, deltoids, your forearm muscles, hand muscles and your abdominals.

Increase Push Strength. The bench press does work when it comes to making you stronger on push exercises. This is because it hits the chest, shoulders and triceps hard. These muscles are then made stronger for other push exercises like the barbell overhead press or dips.

As a weight training exercise, the bench press helps your body increase muscle mass, which can in turn lead to a reduction of fat. Just as it strengthens the muscles, the bench press also has the capacity to strengthen the bones. The bench press exercise activates a large number of muscle groups in the upper-half of your body. Such groups include your pecs, deltoids, your forearm muscles, hand muscles and your abdominals. The bench press exercise activates a large number of muscle groups in the upper-half of your body. Such groups include your pecs, deltoids, your forearm muscles, hand muscles and your abdominals.

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Bench: Set Up Basics

There are a couple of different ways to set up for the bench press. For a powerlifting bench, most athletes will use an exaggerated arch. Very few powerlifters will go flat backed.

1. Setup for the bench barbell bench press by setting the height of the rack. The bar height depends on your arm length and how wide your grip is going to be but a good starting point is roughly 18 inches from the chest. You should always warm up with an empty bar.
2. Lie back on a the flat bench. You are going to want to create tension in the upper shoulder and back. I like doing this by putting my feet up on the bench and really grinding my shoulders into the bench. Then slowly lower your feet one leg at a time. Make sure your heels are firmly planted on the floor.
3. Using a medium width grip and palms facing forward (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position.
3. Take a big breath, trying to make your chest as big as possible. Slowly lower the bar straight down to the middle of your chest. Be sure to not just let the bar drop to your chest, it should be lowered with some control as maintain that tension. Pause, then raise the bar back up.

Bench: Frequently Asked Questions

Q: How wide should I go with my grip?

A: The wider your grip, the less distance the bar has to travel, which usually makes for a stronger bench press. However, the wider grip may aggravate any pre-existing shoulder issues. A narrow grip is easier on the joints, so if you have any issues already, you don't want to make them worst.

Q: When should breath?

A: You always want to take a big breath before you unrack the bar and then re-breathe before you start the press. Take a big breath at the top and hold it until you either get all the way back to the top or at least 3/4 of the way to the top. You release it too early and you won't be able to get the bar to lock out. Releasing it 3/4's of the way up can actually help finish the lift.

Q: Should my feet be on the bench?

A: Ideally you want to get your feet on the ground when bench pressing. You should try to have your toes or feet touching the floor. If you have trouble reaching the floor you can put blocks or plates under your feet.

Q: Does the bar have to touch to my chest?

A: Yes. You should always have the bar touch your chest unless you have pain or discomfort. A lot of women start to cut reps short when they get tired or things get heavy. Always try to touch the bar to your chest.

Deadlifts

It builds core stability. The deadlift directly targets all of the major muscle groups responsible for correct posture and core strength. Correct deadlifting technique enables one to hold their back straight when engaging in daily activities, due to its emphasis on maintaining a straight back throughout its movement. It has a real life application. Lifting objects from the ground, from a variety of angles, is enhanced through regular deadlifting. The real life functionality of the deadlift comes into play when one becomes strong enough to lift a heavy object (furniture for example), while decreasing the likelihood of injuring themselves. It develops gripping strength. If done without wraps, the deadlift will strengthen the grip like no other movement due to the sheer weight involved (it is not uncommon for one to work up to 300+ pounds for repetitions). Deadlifting increases your core strength and adds to core stability,

Deadlifting targets all of the muscles responsible for your posture and enables you to keep your back straighter during regular daily activities. The Deadlift works more muscles than any other exercise, including the squat.

The Deadlift is one of the safest weightlifting exercises you can perform. You aren't going to get pinned under the weight or have to worry about it pulling you over backwards. If you get into trouble, you can simply drop it...making for a loud bang, no doubt, but no damage. You also don't have to have a spotter to perform this exercise.

The Deadlift can help prevent injuries by increasing the strength of your muscles around critical tendons and ligaments. Supporting joints with strong muscles is crucial to preventing injury, especially in the hamstrings and lower back

Deadlifts: Conventional Set Up Basics

For a conventional deadlift, it is a lot more hamstring and lower back. The conventional deadlift has a relatively large ROM, especially compared to the sumo deadlift.

1. Start with your feet roughly shoulder width apart and toes slightly externally rotated. The bar should not be touching your shins but lined up with the knuckle in your big toe.
2. Keep your chest up and send your hips back to the wall behind you while letting your arms hang straight down in front of you. Grab the bar with your hands roughly shoulder-width apart (slightly outside of your shins) and arms fully outstretched. Keeping your chest up, take a big breath, brace your core, pull the tension out of the bar, drive through your heels, pushing the ground away, stand all the way up and finish by squeezing your glutes.
3. Make sure your arms are long, completely straight and your shoulders are not shrugging towards your ears. You should be tall and upright.
4. Take another breath and return the bar to the starting position.

Deadlifts: Sumo Set Up Basics

1. Start with your feet slightly outside of shoulder width and maintain your weight from the outside of your heels through your mid foot.
2. Keep your chest up and send your hips back to the wall behind you while letting your arms hang straight down in front of you.
3. Grab the bar with your hands shoulder width apart and arms fully outstretched. Take a big breath, brace your abs, pull the tension out of the bar, drive through your heels, stand all the way up and finish by squeezing your glutes.
4. Make sure your arms are long, completely straight and your shoulders are not shrugging towards your ears. Return the bar to the starting position using the exact same motion in reverse.

Deadlifts: Frequently Asked Questions

Q: How do I know which style is best for me?

A: There are 2 main types of deadlifts. That is conventional and sumo. Conventional is your hands outside your knees and your feet about shoulder width apart. Sumo your hands go inside your knees with your feet wider than shoulder width.

It's good to train both but one style will feel more natural.

Q: Where should I look when deadlifting?

A: You can look up, look down, look straight ahead it doesn't really matter. You can look wherever you want. One thing that is important is finding what feels good for you. I would recommend looking at the horizon with eyes and chin slightly up for beginners. Don't change your head position or look side to side.

Q: What should I have on my feet for deadlifts?

A: I highly recommend using flat shoes like chuck taylors or minimalist sneakers. You can also wear just socks and go barefoot as well. I don't recommend running sneakers for deadlifts.

For more info about footwear and deadlifts read this article ==> <http://womenwholiftweights.com/tip-wear-flat-shoes-or-go-barefoot-when-you-deadlift/>

Q: When should I use an undercover grip?

A: When grip starts becoming an issue then you can change to a mixed grip. I recommend most warm ups be done with an over/over grip. Once things get heavier and you notice the bar getting harder to hold you can change to a mixed grip. One hand under and one hand over.

For more info about grip and deadlifts read this article ==> <http://womenwholiftweights.com/5-ways-to-improve-your-grip-strength-for-deadlifting/>

Q: Should I wear a belt when deadlifting?

A: Yes for most part. Anytime you go heavy on deadlifts it's always a good idea to wear a belt.

Read this article for more info ==> <http://womenwholiftweights.com/shouldwomenwearabelt/>

Q: When should I breath during a deadlift?

A: A simple rule is if the bar is moving you are not breathing. Learn to breath and brace your core and create full body tension. A simple way to do this is to get your air and hold your breath just before you start the lift.

Sample Strength Program

Suggested Weekly Split

Mon -Rest

Tues.- Push

Wed- Rest

Thur- Pull

Fri- Rest

Sat- Legs

Sun- Sled and Rower

There is a tendency to perform the exercises quickly. Don't – as not only will this affect the desired results, but also when you neglect the tempo, often the quality of performance will diminish, which can increase the risk of injury.

The tempo represents how long to perform each phase of an exercise:

Definition Of Tempo is as follows IE. 5-0-X

5 = Eccentric (the lowering portion of the exercise)

0 = The Pause

X = Concentric Phase - X =AFAP (as fast as possible)

Day 1: Push

Rest 45 sec. Between reps and 90 sec. Between exercises.

Barbell Bench Press.....12/10/8/6
2x0x0 tempo

Tricep Push Down.....12/12/12/12
0x1x0 tempo

Standing Barbell Shoulder Press.....10/8/8/6
0x0x2 tempo

Flat Bench Dumbbell Fly.....10/10/10/10
2x1x0 tempo

Incline Dumbbell Fly.....10/10/10/10
2x1x0 tempo

Day 2: Pull

Underhand Grip Bent Over Row.....10/8/8/6
0x1x2

Deadlift.....8/8/8/8
0x1x2 tempo

Single Arm Dumbbell Row.....10/8/8/6
0x1x2 tempo

Seated Reverse Dumbbell Fly.....12/10/8/6
0x1x2 tempo

Straight Bar Cable push Down.....10/8/8/6
0x1x2 tempo

Legs

Barbell Back Squat.....10/10/8/6
2x1x0 tempo

Glute Ham Raise.....6/6/6/6
2x1x0 tempo

Barbell Front Squat10/10/8/6

Dumbbell Wide Leg Lunge.....10/10/8/6

Heavy Sled Push..... 4 sets up the lane.
Slow tempo

Sled work and Rower

1. Rower. Set it at a heavy setting 5 mins rower. Increase rowing time by 2 mins every week!!!
2. Sled Push 4 sets up the sled lane
3. Sled Pull 4 sets up one way
4. Heavy Sled Drag 4 sets up the lane
5. Sled Bat wings 4 sets up the lane
6. Sled Rows 4 sets up the sled lane
7. Rower Cool down 5 min

Exercise Descriptions

Barbell Bench Press

1. Setup for the bench barbell bench press by setting the height of the rack and adding the weight you're going to use.
2. Lie back on a the flat bench. Using a medium width grip and palms facing forward (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position.
3. Slowly lower the bar straight down to the middle of your chest. Pause, then raise the bar back up. Do not lock your elbows out or rest at the top, go straight back into your next rep.
4. Repeat for desired reps.
5. Place the bar back on the rack.



Triceps Push Down

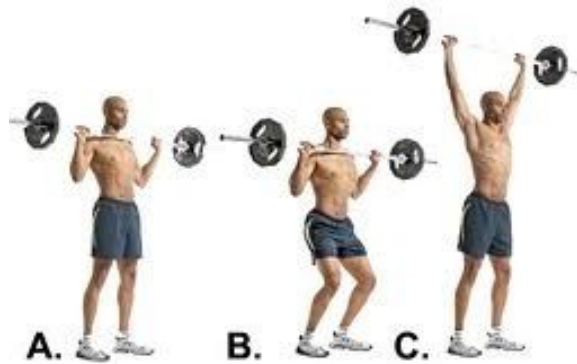
1. Stand facing a standing cable machine.
2. Grasp a high pulley with your palms facing each other.
3. Place your hands side by side.
4. Position your elbows to your sides. Your arms should be no higher than your chest.
6. Push your upper arms straight down by your sides. As you do this, turn your palms so that they face the floor.
8. At the bottom of the motion, squeeze your triceps. Slowly return your arms to their original position.



Exercise Descriptions

Standing Barbell Shoulder Press

1. Step under the bar in a split-stance position. Grasp the bar with your hands slightly wider than shoulder width, palms facing forward. Your elbows should be bent and pointing down.
2. Position the bar in line with the top of your chest, collarbone, and front of your shoulders. Pull your shoulder blades down and back. Brace your torso by contracting your abdominal/core muscles.
3. Exhale and slowly press the barbell overhead, straightening both elbows at the same time. Maintain your body and head alignment.
4. Inhale. In a slow and controlled manner, bend your elbows and lower the bar. Maintain your body, head and wrist alignment. Do not allow your wrists to bend or the low back to arch.



Flat Bench Dumbbell Fly

1. Position yourself on a free standing flat bench, flat on your back.
2. When you begin this movement, you want your arms to be stretched out wide to your sides with your elbows slightly bent and your palms facing inward, toward one another.
3. At the peak of the movement, really squeeze your pecs together for a one-count. When returning to the start position, be sure to lower the dumbbells in a slow and controlled fashion.



Exercise Descriptions

Incline Dumbbell Fly

1. Incline dumbbell flys hit the upper part of the pectoral muscles. Set up for incline dumbbell flys by setting an incline bench to an angle of around 30-45 degrees.
2. Grasp a set of dumbbells and sit on the end of the incline bench with the dumbbells resting on your thighs.
3. Lay back on the bench and extend your arms up, holding the dumbbells with a neutral grip (palms facing each other). The dumbbells should not be touching. Keep your feet planted on the floor for balance. Bend your arms slightly. This is the starting position for the exercise.
4. Slowly lower the dumbbells out to your sides in a semi-circle. Rotate at the shoulders only, keep your arms slightly bent.
5. Once the dumbbells are about level with your chest, squeeze the chest muscles and raise the dumbbells back up using the same path of motion (semi circle) as you did on the way down.
6. Without letting the dumbbells touch, slowly lower them back again.



Underhand Grip Bent Over Row

1. Bend knees slightly and bend over bar with back straight. Grasp bar with underhand grip.
2. Pull bar to waist. Return until arms are extended and shoulders are stretched downward. Repeat.



Exercise Descriptions

Sumo Deadlift

1. Position feet under bar with very wide stance.
2. Squat down and grasp bar between legs with shoulder width or slightly narrower mixed grip.
3. Lift bar by extending hips and knees to full extension.
4. Pull shoulders back at top of lift if rounded. Return and repeat.



Single Arm Dumbbell Row

1. Kneel over side of bench by placing knee and hand of supporting arm on bench.
2. Position foot of opposite leg slightly back to side. Grasp dumbbell from floor.
3. Pull dumbbell to up to side until it makes contact with ribs or until upper arm is just beyond horizontal.



Exercise Descriptions

Seated Reverse Dumbbell Fly

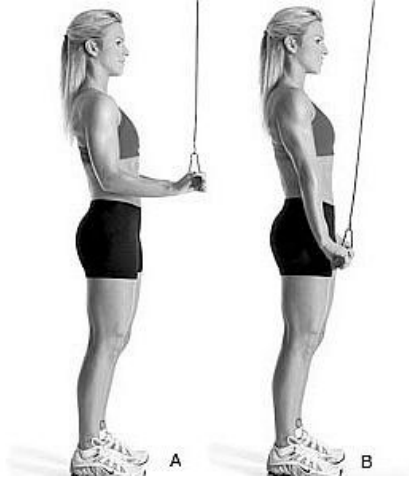
1. Grab a the set of dumbbells you want to use and sit on the end of a flat bench with your knees together.
2. Place the dumbbells between your feet and the end of the bench.
3. Lean over until your chest is resting on your thighs (or as far as you can go).
4. Grasp the dumbbells with your palms facing inward and pick them up of the floor. This is the starting position for the exercise.
5. Keeping your arms slightly bent and rotating at the shoulders only, slowly raise the dumbbells up following a semi-circle path.
6. Raise them as high as they can go, and squeeze your shoulder blades together.
7. Pause, and then slowly lower the weight back to the starting position. Repeat for desired reps.



Exercise Descriptions

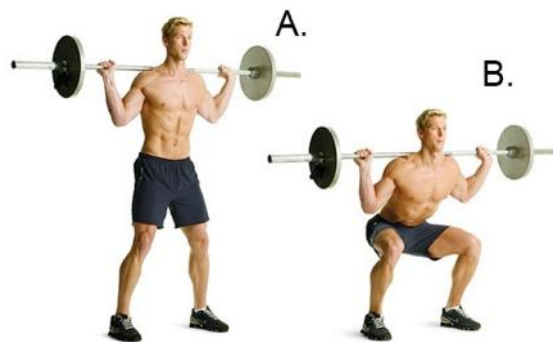
Straight Bar Cable push Down

1. Face high pulley and grasp cable attachment with overhand narrow grip. Position elbows to side.
2. Extend arms down. Return until forearm is close to upper arm. Repeat.



Barbell Back Squat

1. This exercise is best performed inside a squat rack for safety purposes. Set the bar on a rack to just below shoulder level. Step under the bar and place the back of your shoulders (slightly below the neck) across it.
2. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso.
3. Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back.
4. Inhale. Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees. Begin to raise the bar by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position.



Exercise Descriptions

Glute Ham Raise

1. Place ankles between ankle roller pads with feet on vertical platform and position knees on pad with lower thighs against large padded hump.
2. From lower position, raise torso by extending hips until fully extended. Continue to raise body by flexing knees until body is upright. Lower body by straightening knees until body is horizontal. Continue to lower torso by bending hips until body is upside down. Repeat.



Barbell Front Squat

1. This exercise is best performed inside a squat rack for safety purposes. First set the bar on a rack that best matches your height. Rest the bar on top of the deltoids and cross your arms while grasping the bar for total control.
2. Lift the bar off the rack by first pushing with your legs and at the same time straightening your torso.
3. Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out.
4. Inhale. Begin to slowly lower the bar by bending the knees as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees
5. Begin to raise the bar by pushing the floor mainly with the middle of your foot as you straighten the legs again and go back to the starting position.



Exercise Descriptions

Dumbbell Wide Leg Lunge

1. Hold an appropriately weighted dumbbell in each hand using a closed grip. Arms should be fully extended and dumbbells should be in a neutral position at the sides of your body.
2. While keeping your back straight, step forward with your lead leg. Visualize a spot on the floor as a marker to ensure that each repetition will be of the same distance.
3. Once lead leg hits your visual marker, inhale and allow knee to bend until it reaches a 90 degree angle. At this point, the knee should be positioned over the ankle and the knee of your back leg should be approximately 2 to 3 inches off the floor.
4. Exhale and forcefully push through the heel of the lead leg until you've reached the starting position once again.
5. The movement can either be repeated once again with the same leg or the lead leg can be alternated from left to right until failure is reached.



About the Authors



Rob King owner and creator of Heavyweights Training Center. 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, Men's Health Magazine, Inside Fitness, Elitefts, MMA Sports and Arnold schwarzenegger.com

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:

- Competed in several bodybuilding shows
- Competed in powerlifting, winning National Championships and winning 2 medals at the World Powerlifting Competitions
- 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