

21 Easy-to-Follow Weight Lifting Basics for a Winning Physique

Are you ready to embark on a transformational journey towards a sculpted and athletic physique? Look no further than our comprehensive guide to weight lifting basics, designed to empower you with the knowledge and techniques to unlock your fitness potential.



Bodybuilding Blackjack: 21 Easy-to-Follow Weight Lifting Basics for a Winning Physique by Cheryl Marlene

★★★★★ 5 out of 5

Language	: English
File size	: 287 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 85 pages
Lending	: Enabled



Master the Fundamentals

Before diving into the exercises, it's crucial to lay a solid foundation. This section covers:

- Proper form for compound exercises like squats, deadlifts, and bench press
- Understanding the concept of progressive overload

- Warm-up and cool-down techniques
- Essential safety guidelines

Targeted Exercises for Every Muscle Group

With a solid understanding of the basics, it's time to delve into specific exercises that target each muscle group:

Chest

- Bench press




Bench Press Bar Path Form check



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Straight Line




-  Less efficient
-  Harder on delts
-  Lift less weight



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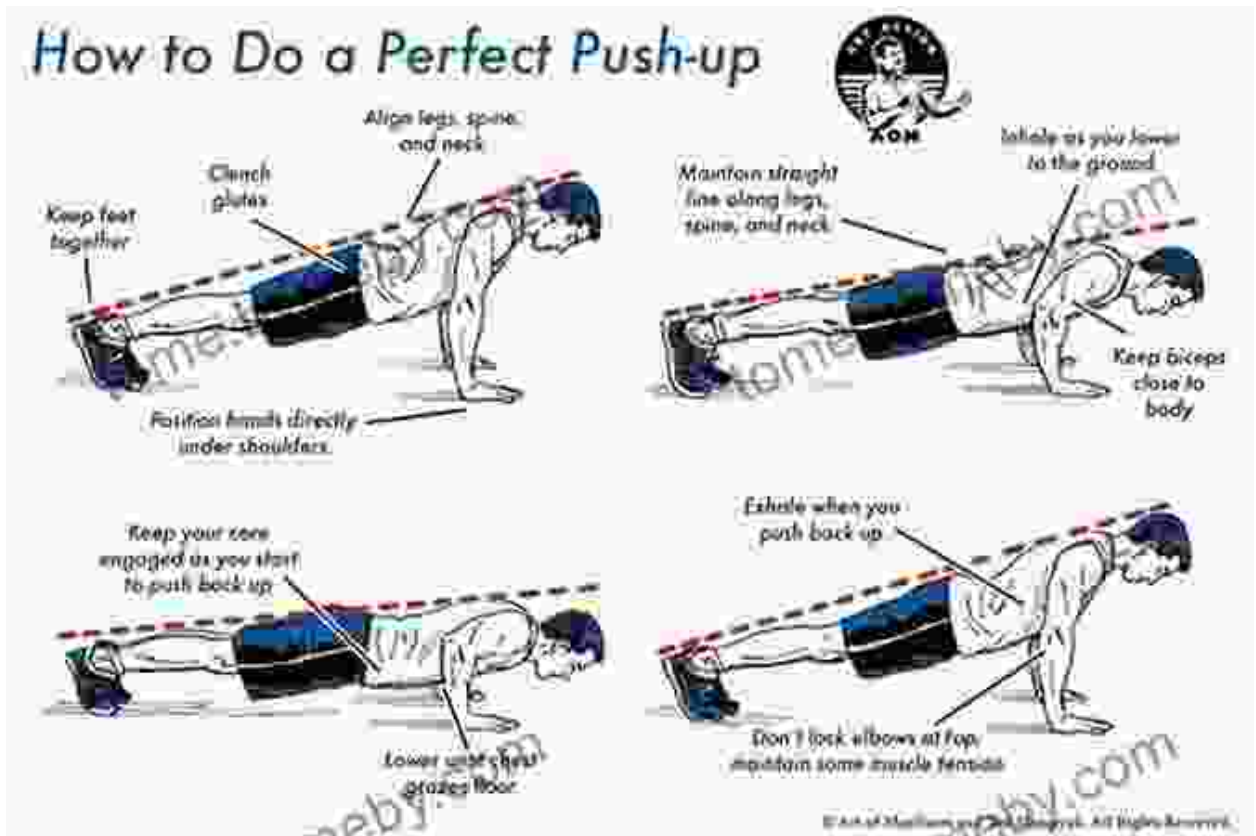
Diagonally-ish

-  More efficient
-  Easy on delts
-  Lift more weight

- Incline dumbbell press



- Push-ups



Back

- Barbell row



- Lat pulldown



- Deadlift



Legs

- Squat



- Leg press



- Calf raise



Shoulders

- Overhead press



- Lateral raise



- Front raise



Triceps

- Triceps extension



- Overhead triceps extension

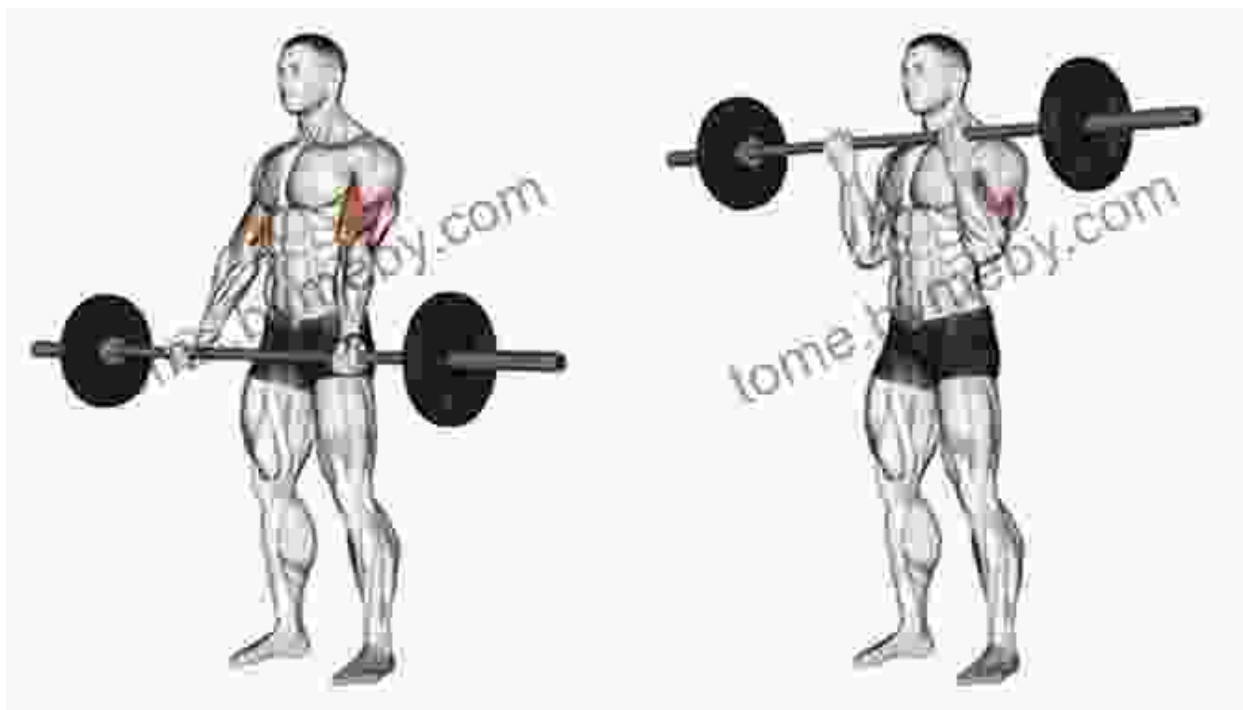


- Triceps pushdown



Biceps

- Barbell curl



- Hammer curl



- Concentration curl



The Fuel for Success: Nutrition

Weight lifting goes hand in hand with proper nutrition. This book provides:

- Guidance on macronutrient (carbohydrates, protein, fats) intake
- Hydration strategies for optimal performance
- Sample meal plans tailored to your fitness goals

Achieve Your Peak Performance

In addition to the technical aspects, this guide also covers:

- Setting realistic fitness goals

- Overcoming plateaus and staying motivated
- Injury prevention and recovery techniques

Free Download Your Copy Today

Unlock the secrets to a sculpted and athletic physique with "21 Easy-to-Follow Weight Lifting Basics for a Winning Physique." Free Download your copy today and embark on a transformational journey towards your fitness dreams.

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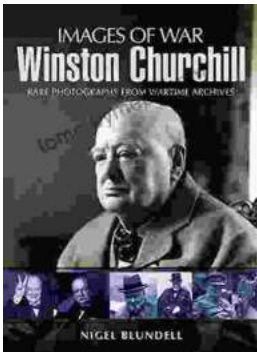
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