



New to Free Weight Training?

Research has shown that **free weights** promote quicker **strength gains** and they require more balance and coordination than resistance machines.

Free weights recruit more muscle groups and more muscle fibers than variable resistance machines, which tend to only isolate specific muscles. This means that you can burn more calories!



Oldham
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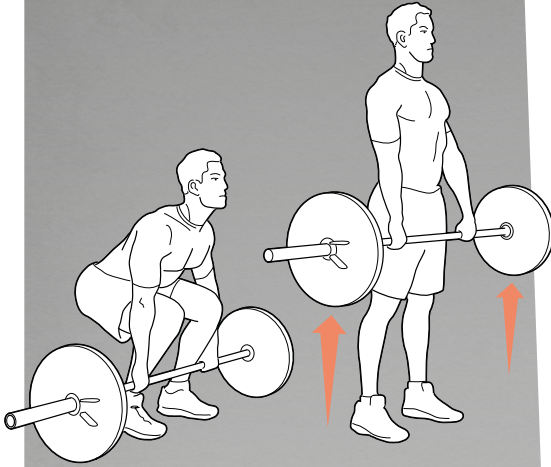


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A FEW EXAMPLES



Deadlift

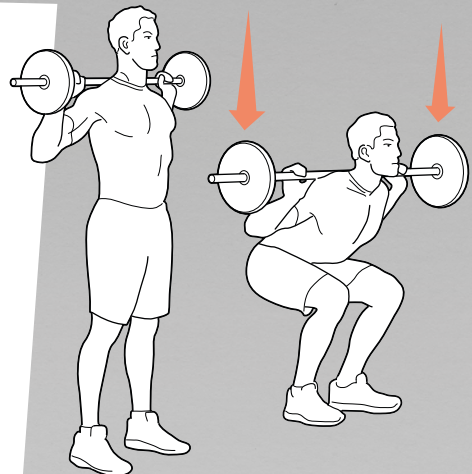
For your lower back, bottom & backs of your legs

- Start with your feet shoulder width apart and your knees bent and hold the bar close to your shins with an overhand or alternate grip just outside your knees.
- Look forwards, tighten your tummy and position your shoulders over the bar, keeping your back straight and shoulders back.
- Start the lift by pushing with your bottom and pushing down through your heels.
- Keeping your shoulders back, the bar should rise up your shins.
- As the bar passes your knees, push your hips forwards.

Squat

For your legs & bottom

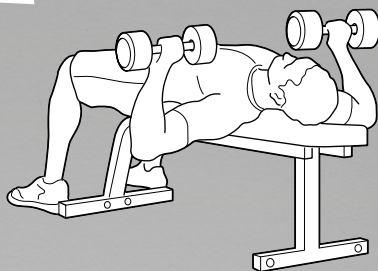
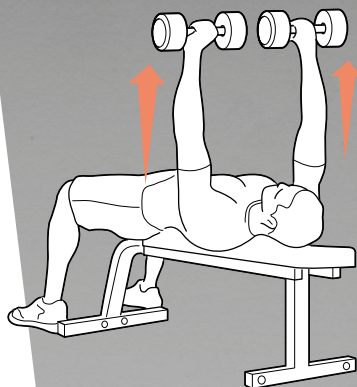
- Start with your feet shoulder width apart and your toes turned out slightly.
- Rest the bar on the back of your shoulders (not on your neck) and grip the bar close to your shoulders.
- Keep your elbows back and hold your tummy in tight.
- Lower until your thighs are parallel to the floor, keeping your knees in line with your toes and a natural arch in your back keeping weight through your heels.



Chest press

For your chest, arms & shoulder

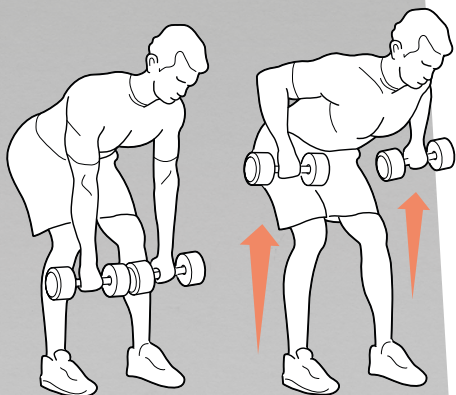
- Lie flat on the bench and hold the dumbbells at chest level.
- Ensure the wrist stays in line with the elbow.
- Hold your tummy in tight and press the weights up slowly, then lower to the start.

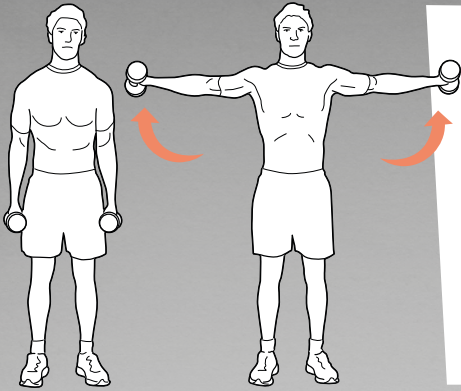


Bent over row

For your upper back & arms

- Start with your back straight, tummy tight and shoulders back.
- Lean forward from the hips, not the waist.
- Stand with feet shoulder width apart and bend your knees slightly.
- Hold dumbbells just outside knees.
- Pull the weights up to your chest bone, allowing wrists to turn naturally during the movement and squeeze your shoulder blades together at the top of the movement.
- Slowly lower the dumbbells back to the starting position.





Lateral raises

- Stand with your feet shoulder width apart, weights by your sides, your body upright and tummy tight.
- Lift the weights out to the sides with straight arms.
- Stop at shoulder level and hold for a moment before lowering.

Always.....

Strive for good technique rather than being able to lift a heavier weight.
Keep full control of the weights.
Remember to exhale through the exertion phase of the exercise.

Muscle facts.....

- **Largest** – The gluteus maximus of the bottom. This is a big bulky muscle.
- **Longest** – The Sartorius is a long thin muscle that runs from the outer thigh down to the inner knee area.
- **Strongest** – There is no correct answer to this as there are many ways to measure strength. The masseter (jaw muscle) is the strongest based on weight, but the soleus (calf muscle) can produce the greatest force.
- **Smallest** – The stapedius of the inner ear. At five hundredths of an inch (1.27 millimeters) this muscle helps conduct sound vibrations.
- **Broadest** – The latissimus dorsi is the largest back muscle that runs from the lower back to the upper arm bone.

For help designing your own personal programme please contact one of our instructors today.