



# WHAT ARE YOU WEIGHING? FOR?

**A basic strength routine can change your life**

*By Anne Stein*

**S**trength training isn't just about getting six-pack abs and big biceps. Along with stretching and elevating your heart rate with cardio, strength training is key to maintaining a healthy and active life.

**"Building muscle helps improve everyday function and reduces the risk of age-related weakness and loss of bone density,"** explains C.C. Cunningham, an Evanston-based certified strength and conditioning specialist.

**"As we age, we lose muscle mass. How much [you lose] depends on the amount of activity you take part in,"** Cunningham adds. **"Strength training should be considered one of the primary ways to prevent problems associated with aging."**

Even a simple strength-training program can make a difference in how you feel and your ability to do the everyday tasks that become more challenging as you age, such as lifting groceries and climbing stairs.

To get you started, Chicago-based personal trainer Terrence Terrell has chosen five strength-training exercises that hit all of the major muscle groups and are good for beginners.

"You can always add more, but these are some movements that will benefit the average male or female gym-goer, no matter what their fitness routine is," Terrell says. As you become stronger and fitter, you can change sets, reps and weight used to increase the difficulty of each exercise.

To start, pick a weight you can lift with good form while still challenging your muscles.

Start with a light warm-up (five to 10 minutes of cardio) and stretch before and

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after lifting. Do three sets of 12 to 15 repetitions for each exercise, two to three days a week, and you should see changes in about six to eight weeks.

And of course: Don't forget to breathe! Exhale as you lift, and inhale as you bring the weight back.

PERSONAL TRAINER TERENCE TERRELL DEMONSTRATES STRENGTH-TRAINING EXERCISES. PHOTOS BY JAMES FOSTER

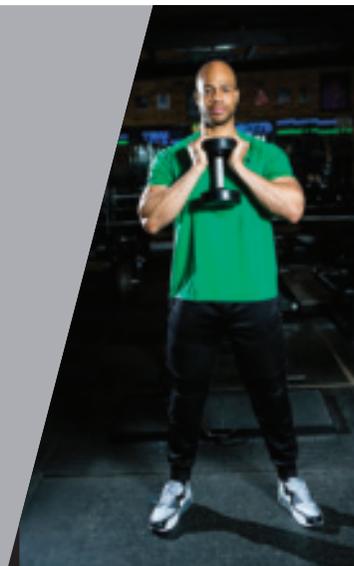
## Strength-Training Exercises for All Levels

### 1 Goblet squat

This lower-body-focused exercise works the quadriceps, hamstrings and glutes, building core stability.

**How to do it:** Hold a dumbbell or kettlebell under your chin and against your chest. With feet shoulder-width apart, slowly sit all the way down to at least a 90-degree angle. Go lower (to your heels) if your knees are comfortable. Slowly come up. If you don't have mobile hips and ankle joints, use a wider stance.

**Modified version:** Lower yourself to a chair or bench, then stand up.



### 2 Seated row

This back-focused exercise works your rhomboids, lats and rear delts.

**How to do it:** Sit on the bench of a seated row machine. Grasp the handle with both hands and prop your feet in front of you so your body is upright. Pull back slowly until your hands are just below your sternum (mid-chest). As you pull, sit upright and squeeze elbows behind you. Return handle to base while hinging forward slightly at the hips with arms extended.

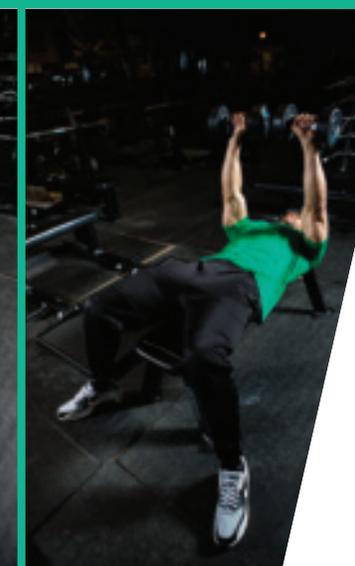
### 3 Push-up or dumbbell chest press

These exercises work the chest muscles. Interchange them for variety.

**Push-up:** Keep your hands on the ground just outside of shoulder width. Your body should be flat as a board as you slowly lower and raise yourself.

**Push-up modification:** Do push-ups on your knees or incline your body with hands on a bench, barbell or on the wall. Keep body flat.

**Dumbbell chest press:** Lie flat on your back on a bench, holding two dumbbells overhead. Lower the weights down toward armpits, then press up and meet to get a good squeeze in chest muscles. In addition to working your chest, this also works the triceps.



## Terrence Terrell's Strength-Training Tips

**Doing exercises incorrectly increases your chance of injury. If you don't feel comfortable putting together and performing a routine on your own, hire a personal trainer or ask a gym staff member or knowledgeable friend to help you.**

**Set smart goals that keep you accountable. They should be specific, measurable, attainable, realistic and on a timetable. "I want to get in shape" isn't specific enough.**

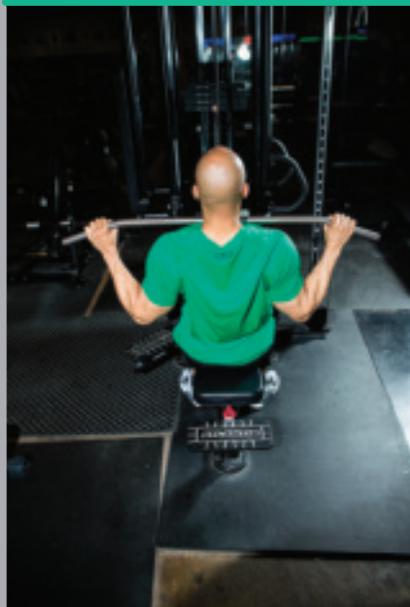
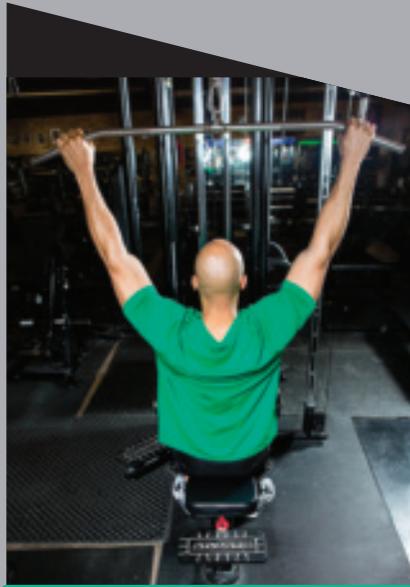
**Have patience. The body you want will come, but it takes time and consistency. There are no shortcuts, only hard work and dedication. >**

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### *Lat pull-down*

An exercise to work your lats and biceps.

**How to do it:** Sit down at a lat machine, body upright and feet flat. Grasp the bar with your hands just outside shoulder width. Keep chest up and shoulders down and back, pulling the bar down to top of chest. Lean back slightly so the bar doesn't hit your head.



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### *Dumbbell shoulder press*

This works your deltoids and triceps.

**How to do it:** Sit on a chair with back support or an upright bench and hold a pair of dumbbells. Keep feet flat, butt all the way back and back flat against the bench. Lift arms with 90-degree angles at the elbows next to ears, then press arms up and bring dumbbells together overhead. Lower down to starting position.+

