

# The Ultimate Starter Guide to Strength Training for Achieving Action-Packed Results at Reaction Fitness And Health!

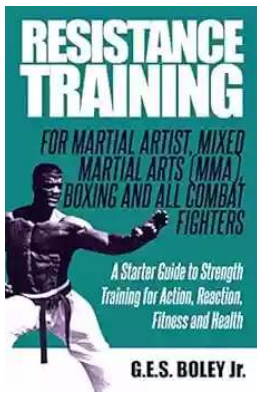
Are you ready to take your fitness and health to the next level? Strength training is a powerful tool that can help you build muscle, increase stamina, and improve overall athleticism. Whether you're a beginner or experienced, this comprehensive guide will provide you with all the information you need to get started and achieve incredible results at Reaction Fitness And Health!

## Why Strength Training?

Strength training, also known as resistance training or weightlifting, involves the use of external resistance to stimulate the muscles. It is a proven method for building lean muscle mass, increasing metabolism, and enhancing overall performance. The benefits of strength training are endless, including:

- Increased muscle strength and tone
- Improved bone density and joint health
- Enhanced athletic performance and endurance
- Boosted metabolism and fat burning
- Reduced risk of chronic diseases like osteoporosis and arthritis
- Improved mental health and overall well-being

With all these remarkable benefits, strength training should be a vital part of your fitness routine.



## Resistance Training: For Martial Artist, Mixed Martial Arts (MMA), Boxing and All Combat Fighters: A Starter Guide to Strength Training for Action, Reaction, Fitness and Health

by G.E.S. Boley Jr. (Kindle Edition)

★★★★☆ 4.4 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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### Getting Started

Before diving into any strength training program, it's crucial to set clear goals and understand your current fitness level. This will help tailor a program that suits your needs and prevents injuries. Here are the initial steps to start strength training:

#### 1. Consult a Professional

Prioritize your safety and consult a fitness professional or personal trainer to guide you through the process. They will assess your fitness level, provide expert advice, and design a program suitable for your goals and abilities.

#### 2. Warm Up

Before each workout, spend at least 10 minutes warming up your body. Incorporate dynamic stretches and exercises that target the major muscle groups

to prepare them for the upcoming strength training session.

### **3. Start with Compound Movements**

Compound exercises engage multiple muscle groups simultaneously, making them highly efficient and effective for strength training. Examples include squats, deadlifts, bench press, and overhead press. Incorporate these exercises into your routine to build a solid foundation.

### **4. Perfect Your Technique**

Technique is everything when it comes to strength training. It ensures optimal muscle engagement and minimizes the risk of injury. Start with lighter weights and focus on mastering the correct form before gradually increasing the load.

### **5. Gradually Increase Intensity**

Progression is key. Increase the weight gradually to challenge your muscles and promote growth. Gradually increasing the intensity will prevent plateaus and optimize your results.

### **6. Allow Time for Rest and Recovery**

Rest and recovery are essential components of any strength training program. Aim for at least one day of rest between intense workouts to allow your muscles to repair and grow. Getting adequate sleep and proper nutrition will also contribute to your overall recovery.

## **Designing Your Strength Training Program**

When designing your strength training program, you need to consider various factors such as your fitness level, goals, and available equipment. Here's a basic framework to help you get started:

## **1. Frequency**

Start with two to three strength training sessions per week. This allows for adequate rest and recovery between sessions while providing enough stimulus for muscle growth.

## **2. Exercise Selection**

Choose exercises that target all major muscle groups. Incorporate compound exercises, such as squats, deadlifts, lunges, rows, and overhead presses, to maximize efficiency.

## **3. Sets and Repetitions**

Aim for 2-3 sets of 8-12 repetitions for each exercise. This rep range is ideal for building both strength and muscle endurance.

## **4. Rest Periods**

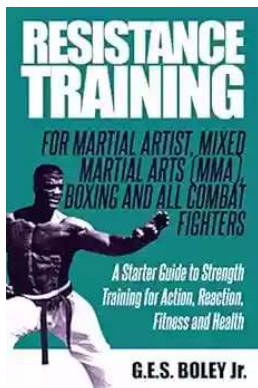
Take 60-90 seconds of rest between sets to allow for muscle recovery without losing momentum. Adjust the rest time based on your goals and the intensity of your workout.

## **5. Progression**

As you become comfortable with your initial training routine, gradually increase the weight, repetitions, or sets to challenge your muscles and stimulate growth. It's important to avoid stagnation by continuously pushing yourself.

Strength training is a powerful tool that can transform your fitness and health. By incorporating it into your routine, you'll notice tremendous improvements in muscle tone, strength, and overall athletic performance. Remember to consult a professional, warm up properly, and focus on perfecting your technique. Design a personalized strength training program that suits your goals and gradually

increase the intensity over time. Dedicate yourself to the process, stay consistent, and enjoy the amazing benefits that strength training will bring to your life at Reaction Fitness And Health!



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## Hey! How Much Do You Bench Press?

There's a reason why the bench press is the most popular lift in the gym: it lets you lift more weight and activate more muscle in the upper body than any other move. With just this one lift, you can work your deltoids, your pecs, your triceps, forearms, abdominals, and even your hand muscles. What you didn't know is bench press is also good for punching ... Wow!

But what if I told you there is an exercise many trainers and experts including myself consider the "King" of exercises, would you be interested in learning? Add two more moves and you've got a complete body workout. Squat and deadlift.

That's it. If you didn't know, squats target your glutes (butt), while working your quads and hamstrings and calves and doubling up on your abs. Which is good for kicking. You can never get enough work on your abs, especially when you are being kicked and punched in them for competition or in a self-defense situation, right?

Now round out and wrap up your workout (and your backside) with the deadlift. Everything from your neck down to your calves, your whole spine and back, gets strengthened with the deadlift. With all those muscle groups being affected, you need to train correctly to maximize your gym time and your weight training time. This book is going to make sure you do just that. By understanding the following:

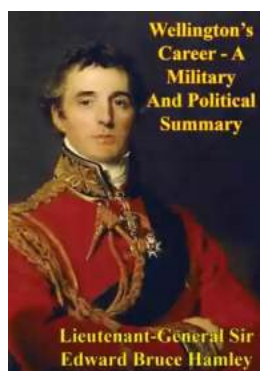
- Technique & Form
- Starting Weights for lifting
- Between repetitions and Workouts
- Nutrition and Food
- Progress on a Daily, Weekly and Monthly Basis
- Expectations for development and Growth

In this book, Resistance Training: For Martial Artist, Mixed Martial Arts (MMA), Boxing and All Combat Fighters, I will tell you that "King" movement mentioned above and what I have learned in my 30 plus years of competing, training and teaching. I understand you may not want to be a combat sports competitor but maybe pick up one or two things to gain strength and a technique to defend yourself well it's in the book.

This quick, easy-to-read book can make the difference between success and frustration. You'll know what you're doing on your first trip to the gym without suffering the insecurities many first-timers do. If you're a gym-rat, you'll pick up new tips and you'll be reassured you're reaching your goals every time you hit the gym. You can track your goals in the included guide.

Click the "Buy Now" tab and let's get started!

See you at the gym!



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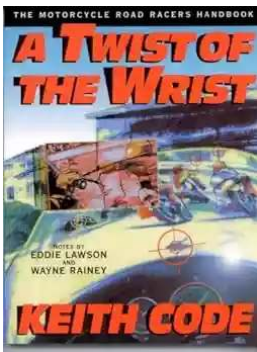
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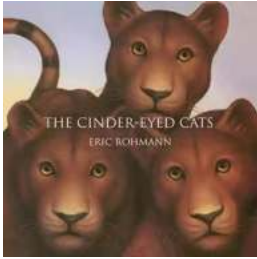
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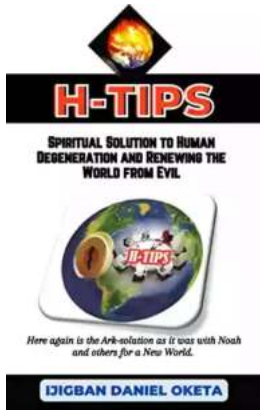
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