



Full Body Basic Strength Training

Do you often wonder what exercises should be included in a strength training routine?

It can be very confusing trying to set up a strength training routine on your own. The simplest solution is a full body routine, performed 2 or 3 times per week.

There are seven basic body movements that can be incorporated into an exercise routine. These basic body movements include push, pull, squat, single-leg exercise, hinge, core work, and carry. You will not need to split the body into different parts, unless you so desire. You may have heard of arm day or leg day? Choose one exercise from each category to get a great full body workout. Perform 3 sets of each exercise, 8-12 times, increasing weight/resistance when each exercise becomes easy to perform.

PUSHING: Pushing exercises include bench press, push-ups, and shoulder press. These exercises will work the chest, shoulders, and triceps (back of arm).

PULLING: Pulling exercises include rows, seated rows, lateral pull downs, and chin-ups. These exercises will work the back and biceps (front of arm).

SQUATS: Squats include the barbell squat, bodyweight squat, and dumbbell squat. Squats are great for the quads (thighs), calves, glutes (butt), and core (abs).

SINGLE-LEG: Single-leg exercises include forward lunges, step-ups, and reverse lunges. Single-leg exercises work the same body parts as squats, but they actually require more core and balance.

HINGING: Hinging movements include deadlift, kettlebell swing, and hip thrusts. Hinging exercises are outstanding for your lower back, glutes, and core.

CORE: Core exercises include reverse crunches, planks, and dead bugs. These exercises improve your core strength. A strong core will help support your entire body.

CARRY: Examples include farmer's carry, waiter's carry, and overhead carry. Lifting and walking with a heavy weight is a great functional exercise that will improve your grip strength, balance, and core strength.



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You're probably wondering how to incorporate these exercises into a workout routine. You can create a strength training routine by picking one exercise from each category. Let's start with a push and a single-leg exercise. An example would be alternating between the bench press and step-up. Perform 3 sets of 8-12 repetitions (reps) for each exercise. Next, let's choose a pull and squat. Alternate between the seated row and body weight squat, again 3 sets of 8-12 reps. Now, choose a hinge, core, and carry. How about the deadlift, reverse crunch, and farmer's carry? The carry exercise can be done by walking 20-30 feet holding a dumbbell in each hand, 3 times. Alternate between all three exercises, with the deadlifts and crunches for 3 sets of 10 reps.

Here's another potential workout routine. Start with a hinge and a push, such as the deadlift and shoulder press. Next, pulling and lunging, bent-over rows and reverse lunges. Again, alternate exercises for 3 sets of 8-12 reps. Finish by alternating between planks, goblet squats, and suitcase carry. Suitcase carry is performed by using one dumbbell carried in one hand, which works your core by requiring you to stand up straight with the weight only on one side. This completes your workout.

As you can see, it's very simple to design your own strength training routine. Stick with the same basic movements. Perform exercises for 3 sets of 8-12 reps. Increase weight as you get stronger. These full body workouts can be done every other day, with a goal of 2 or 3 days per week. Give your body a day to recover between workouts if you are following a full body routine. If you choose to divide the body up into different muscle groups, you may lift weights more often.

Strength training will help you retain muscle strength and muscle mass as you lose weight. Focus on losing fat while retaining muscle. Don't focus on just losing weight.