



# SHOULD YOU REALLY BE LIFTING WEIGHTS?

*Top tips in why to start and how.*



**ELLIE CRAWLEY**

[www.myfeelfit.com](http://www.myfeelfit.com)



# Should you even be lifting?

Our top tips in how to start & how to get the best out of your workout.

## **Make Fitness or training a habit!**

Going to the gym once is definitely a good start, but you won't see any positive changes in your body or mind unless you make it a habit. When skipping the gym becomes a disappointment or an annoyance you know it has become a habit! They say it takes 66 days for a new behaviour to become automatic!

## **Control your lifts**

Quite often we learn by watching others and this isn't always a bad thing unless the correct form isn't being used, and the lift is being performed incorrectly. More often than not bad form comes from lifting too heavy. When that happens, people turn to momentum rather than muscle contraction.



## **More weight can wait!**

In the grand scheme of things how much weight your bicep can lift is irrelevant, learn to connect with the muscle and isolate the muscle group, so you can engage and squeeze that muscle to perform the lift.

### **Do compound lifts**

Yes we are all guilty of starting out and following the latest fad found on social media and in magazines right. We can be easily distracted but complex fancy shit! But going straight to isolation moves that work one muscle group at a time won't get you the best results!

To get the best results in muscle growth and fat loss you need to do compound lifts like squats, bench press, deadlifts, pull-ups, lunges and shoulder presses. These lifts require you to use multiple muscle groups at the same time.

Doing these will allow you to lift more and hit more muscles. You can add in isolate work as you get going. But these big lifts will give you more bang for your buck! My advice is to get a coach to help with some of these moves as they are technical and you want to get them right.



## **Posture is key..**

I see so many people in the gym arching their back in lifts. Your spine needs to be protected - you need it. Arching your back during a lift might get you through it but this will result in injury.

A stable spine stems from a strong core, engage your core through you lifts - yes you can work your abs while squatting! I know crazy huh!

## **Finish every rep**

Letting the weight drop quickly can be dangerous. So make sure you control the downwards movement too. You want you muscles to be strong through the eccentric and concentric part of the lift not just half of it!

## **Think about your muscles.**

The mind muscle connection is the way to maximise a workout. It is not just about counting reps! Focus on what your muscles are doing. This is what mind muscle connection is. Consciously move your muscle in a certain way, so you can target that muscle group!



## **Nourish to flourish!**

The word diet is scary right? But actually it is what we eat everyday.

Nutrition doesn't have to be difficult but to get the best out of your workouts - eat like you mean it!

Keep hydrated through exercise and make sure you are eating carbs - yes carbs, fats - yes fats are good and protein - no this wont make you bulky!

I see a lot of people under fuelling their bodies, this is a thing. So make sure you are following the right programme and help to suit your goals!

## **Learn from our mistakes!**

No one out there knows everything and none of us are perfect but thats the joy of it all! learning, developing and understanding what works best for us.

No two people are the same so therefore tailor to workouts to you, your body, your requirments. And alsowhat you love doing! This will get you the best results!



If you have found this useful or would like to know more. Please get in touch via  
Email - [ellie@myfeelfit.com](mailto:ellie@myfeelfit.com)  
Phone - 07919251169

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