



WOMEN'S WEIGHT TRAINING

AN INTRODUCTION TO LIFTING WEIGHTS | ANDREW DAVIES PERSONAL TRAINING

THE OVERVIEW:

Within the next 4 weeks I will share my knowledge and experience so you can build a stronger, much more confident you.

Together we will cover exercise form and technique, breathing patterns, training tempo, supersets and drop-sets. We will explore the benefits and downfalls of circuit training, heavy weights vs low weights and how you can utilise your time wisely in the gym.

Learn why weight training is the gold standard, the complications and benefits of weight training with the mensural cycle and conditions such as PCOS. Learn about 'newbie gains' and metabolic adaptation/activity thermogenesis. I will help you to understand the basics of human anatomy to give you a clearer understanding on the muscles you will be working and why.

We will touch on nutrition, looking at the best strategies and tools you can put in place to reach your goals. I will answer any questions and concerns regarding your training whether it be in the gym or training at home.

WEEK ONE: QUAD FOCUS & MASTERING THE BASICS

- Dynamic stretching warmup & why
- Understanding reps, sets and rest
- DOMS explanation, is it normal?
- The benefits of weight training
- The barbell squat
- Split squats
- Front and reverse lunges
- The goblet squat
- Leg extensions

WEEK TWO: GLUTE DEVELOPMENT & TECHNIQUE

- Barbell hip thrust
- Single leg hip thrust (advanced & regression)
- Foot positioning before thrusting
- The abductors and medial glutes
- Importance of strong glutes for squats, sports performance and back pain
- Glute body weight exercises
- Adapting training with menstrual cycle & PCOS

WEEK THREE: BUILDING A STRONG POSTERIOR CHAIN

- The deadlift (conventional & trap bar)
- Romanian deadlift (RDL)
- Laying hamstring curl and utilising resistance bands
- Using the TRX effectively
- Kettlebell swing variations
- Posterior chain body weight exercises
- Importance of recording workouts and how to do it

WEEK FOUR: UPPER BODY FOCUS IN A BUSY GYM

- Dumbbell chest press (Bench & floor support, flat and incline)
- Dumbbell chest supported row, bent over dumbbell row & using machines
- Lat pull down machine and utilising other equipment
- Dumbbell and barbell overhead press variations
- How to train your biceps and triceps effectively, what's the benefits?
- Using your time wisely and piecing it all together
- How to train in a busy gym and overcome intimidation in the weights area

COURSE INFORMATION AND HOW TO SIGN UP

- 4 sessions in total (60 min each)
- Max capacity of 5 people per block
- Course price: £80 - payment must be made in advance to secure your place
- One-One available: £45 per session (60 min)
- All participants must complete a 'Client - Trainer agreement' and 'Liability Waiver' form prior to starting the course
- For booking enquires please contact Andrewdavespt@hotmail.com or visit www.andrewdavespt.com/contact

WWW.ANDREWDAVIESPT.COM