



Jules Duncan Coaching



**Resistance Training
Guidebook**



What is resistance training and why do I need it?

Resistance is a form of strength training (training to make you stronger) using dumbbells, kettlebells, barbells, medicine balls, gym weight machines, any form of weighted resistance equipment or even your own body weight. Resistance meaning resistance against gravity. Workouts like using dumbbells or weight machines are resistance training, Pilates is even resistance training - think about a push up - can you imagine the resistance? Pushing your body away from the floor against gravity!

What are the advantages to resistance training?

- Increases bone density (especially important after menopause)
- Builds muscle fibres to help up retain muscle, which is how you look "toned"
- Improves the health and strength of your heart
- Increases joint stability, helping you avoid injury
- Makes you feel (and look) BADASS!

Don't be worried by the muscle fibre building, you won't look like Arnold Schwarzenegger, but you will look like a Badass with a good ass!