

15 Minute Workout for Beginners

We encourage you to start out with 5 or ten pound dumbbells in each hand and lift as we have described, starting from your side, curling the weight up and pressing overhead one weight at a time. Do as many repetitions as you feel capable of until you are breathing heavy, perspiring and invigorated. Increase the weight of the dumbbells as you find the sessions becoming too easy. If you find yourself getting too tired while doing vertical lifts, then switch over to doing deep squats (without weights for beginners) for five or ten minutes. Consider buying a heart monitor to practice staying within the target heart rate based on your age. I predict after a few months of training four times a week, just 15 minutes a day, you will make incredible progress both in your strength level and in reshaping your body.

The Importance of Strict Form

When lifting weights, the speed that you do a set is of major importance. Each repetition should be done with as much force in strict form and control as possible, while moving the weight. In other words, lift the weight in a controlled fashion, without swinging the weight and try to prevent momentum from taking over. When you lift the weight through the full range of motion at greater poundage, both the intensity and stimulation to the muscles is increased.

You must begin each set with a weight that is not too heavy or too light so that you can move quickly while keeping strict form. Strict form means you are using proper biomechanics and posture to avoid injury.