



Get Fit. **Life Tip.** Chicks n' Weights

Myth: Women who lift weight will become bulky and big.

Fact: Women don't have enough testosterone in their body to add big muscle mass. Most women are looking to add lean muscle which can be achieved by strength training. By adding strength training to your routine you will be able to speed up your metabolism, burn fat and increase bone density.

Things to keep in mind when strength training:

1) When selecting your weights, it is important to select weights that aren't too light.

Test: If you can breeze through 20-30 reps with a weight it's too light. Keep the weight heavy enough where you start to struggle at 15 reps.

2) Diet and nutrition also play a role in your appearance. Foods that are high in fat, carbs and sugar will give you the appearance of being bulky. Stick to fruits, vegetables, whole grains and lean proteins to get the most nutritional caloric consumption.

3) Super set your work out routine. Start out by doing a strength training exercise, then a body weight exercise that uses a similar movement and end with high intensity cardio drill.

Example: Leg Press, Squats and lateral jumps.

Workouts like this will keep endurance and metabolism high as well as adding strength, and give women that lean look that they desire.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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