



You have heard the analogy of taking a jar and filling it half full of sand, then adding in some pebbles and finally trying to stuff a few large rocks into it only to discover it won't all fit. But then you take it all out and put in the large rocks first, then the pebbles and finally pour in the sand, and it all magically fits! Strength training should be one of your large rocks. The rest of your exercise endeavors should fit into and flow around a foundation of strength.

## STEP TWO - STRENGTH TRAINING

Why strength train? Let's explore a few reasons.

1. It builds muscle. You're saying, "well duh!" Muscle burns 5 times as many calories per minute as fat does, no matter what you are doing. Running. Your muscle is burning at 5 times the rate of your fat. Cooking dinner. Your muscle is burning at 5 times the rate of your fat. Sleeping. Your muscle is burning at 5 times the rate of your fat. Get it?
2. Muscles have a nicer shape. "Duh again"! The goal to look nice is a great goal to have, even though sometimes we may not want to admit it for fear of appearing vain. When we look good we feel good and when we feel good we are more likely to think clearly and make better choices. So those shapely muscles will not only affect your appearance but indirectly your decision making.
3. It increases strength. "You guys are on a roll with being Masters of the Obvious." Strong is healthy, weak is not. Bottom line. When we are strong ALL tasks are easier, from the simple to the complex, and we do them with less risk of injury. Speaking of injury, when you're hurt, you don't get to exercise, which shoots a hole right through the middle of your health goals. So stay strong, stay injury free, and stay healthy.

That's a lot of stuff that we told you that you already knew. Maybe by now you are thinking geez, tell me something I don't know." But ask yourself, are you doing it? Are you strength training? Are you making it the foundation that everything else sits atop of? Well, if you need a bit more convincing, then here are another 7 great reasons to make an even 10!

4. It creates muscle tone. Muscle tone is that tautness in muscles that make them look firm and not saggy. Muscle tone is a function of the nerves that tell muscles what to do. You can think of it as the electricity flowing to your muscles. Muscle tone is that even at rest, there is a little bit of electricity running to your muscles that keeps them firing, or taut. "I just want to tone, I don't want to bulk, so I am going to use light weights and high reps." This is one of the

biggest misconceptions out there and is totally the worst way to build tone. The heavier you lift, the more electricity you send to the muscle, even at rest and therefore, the muscle has more tone at rest. Lifting heavy will make you bulky is the other really big misconception out there. Don't buy into it. We will discuss this separately.

5. It improves reaction time. When we think about strength training we only tend to think about training our muscles. But guess what tells the muscles what to do? The nerves! So the nerves get a workout too. And as they get a workout they get better and faster. The central and peripheral nervous systems all improve their ability to send signals to the rest of our body from strength training, even the ones in your brain!
6. It improves insulin sensitivity. Tons of research show that strength training increases growth hormone and IGF-1. Both of these hormones are hugely involved in both insulin sensitivity and leanness. If our cells are not sensitive to insulin, we store fat more easily and have a much higher chance of developing diabetes. This reason alone should be a primary reason you strength train for weight management and for good health. Unless you are just one of those people who are just naturally lean no matter what you do, you cannot afford to not be strength training because of what it will do for decreasing fat by improving your insulin sensitivity.
7. It will keep you young. The very definition of aging is your cells dying. As they die, you age. We are not talking about getting older here, as in how many birthdays you have had. We are talking about the actual process of your body aging. Strength training keeps muscle cells from dying off. The fewer that die, the less you age. Stay young by lifting heavy stuff.
8. It improves sleep and reduces chronic pain. A plethora of studies have demonstrated improved sleep from strength training. In addition, a series of studies in older adults showed a 43% decrease in perceived pain after starting strength training. Sleep better and have less pain – that's a bargain!
9. It strengthens bones. Bones get brittle when they don't get used. They get strong when they are stressed. There is no better way to stress bones and therefore make them stronger than with strength training. Breaking bones is no fun. As you get old, breaking bones can cost you your life. Build strong bones.
10. It decreases blood pressure and improves heart function. Strength training has been shown in study after study to decrease blood pressure more than double typical blood pressure lowering medications. In addition, it improves arterial function and reduces inflammation, two key markers for heart disease. The risk for cardiovascular disease goes down by more than 14% just by adding strength training to your routine.

Now let's address that myth about getting too bulky. It's not going to happen. There are a few people that can just look at weights and get all muscley, just like there are people who can just look at a donut and gain 5 pounds, but they're super rare. Most of us have to strength train very seriously with some very intense methods to get bulky beyond what most of us would be comfortable with. Especially women. Related to that, the best way to build strength without bulk is to use heavy weights with lower reps and sets.



Below I have a strength program for you. These exercises alone will build strength and help you feel and move better. It can be more complicated than this, but it doesn't have to be.

# PULLUPS

3 sets x 6 reps



3 sets x 8 reps

# GOBLET SQUATS

# PUSHUPS

3 sets x 16 reps



3 sets x 8 reps

# LUNGES

# 1 LEG DEADLIFTS

3 sets x 8 reps



Repeat 2-3 x per week



If you are looking for more, here is one of my favorite weekly workout plans that only requires a set of dumbbells. You can go to [www.nuvitamove.com/challengeintro](http://www.nuvitamove.com/challengeintro) to download the electronic copy of this workbook so you can use the video links.

## Full Body Dumbbell Workout

### Workout 1

- Dumbbell Snatch x 5 reps [Video](#)
- Dumbbell Straight Leg Deadlifts x 5 reps [Video](#)
- Dumbbell 2 Arm Row x 5 reps [Video](#)
- Dumbbell Swing x 5 reps [Video](#)
- Jump Rope for 30 seconds

Repeat circuit 5 times with 60 seconds rest between rounds

### Workout 2

- Dumbbell Goblet Squat x 15 reps [Video](#)
- Rest 30 seconds
- Dumbbell Overhead Press x 15 reps [Video](#)
- Rest 30 seconds
- Dumbbell Bulgarian Split Squat x 15 reps each leg [Video](#)
- Rest 30 seconds
- Dumbbell Kroc Row x 15 reps each arm [Video](#)

Rest 60 seconds, repeat circuit decreasing the reps each round to 15, 12, 9, 6, 3

### Workout 3

- Dumbbell Step Ups as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds
- Dumbbell Bench Press as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds
- Dumbbell Farmers Walk 30 seconds [Video](#)
- Rest 30 seconds
- Ab Wheel as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds

Repeat 5-6 rounds