

# Beginner Strength Training

Hosted by Jaden Williams

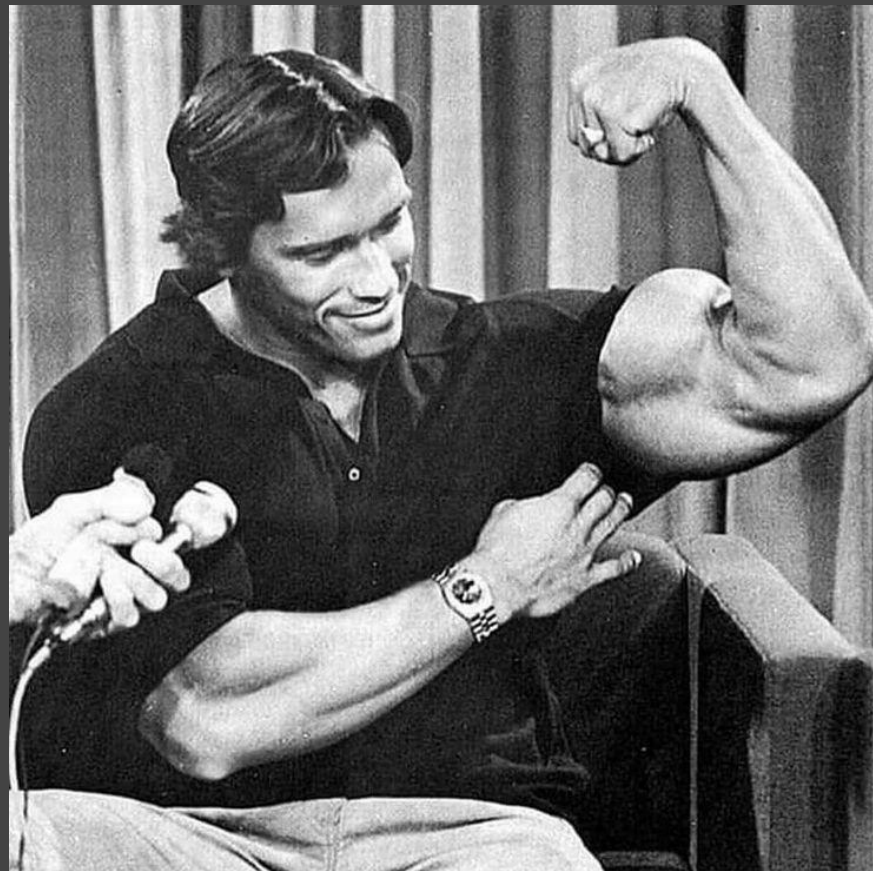
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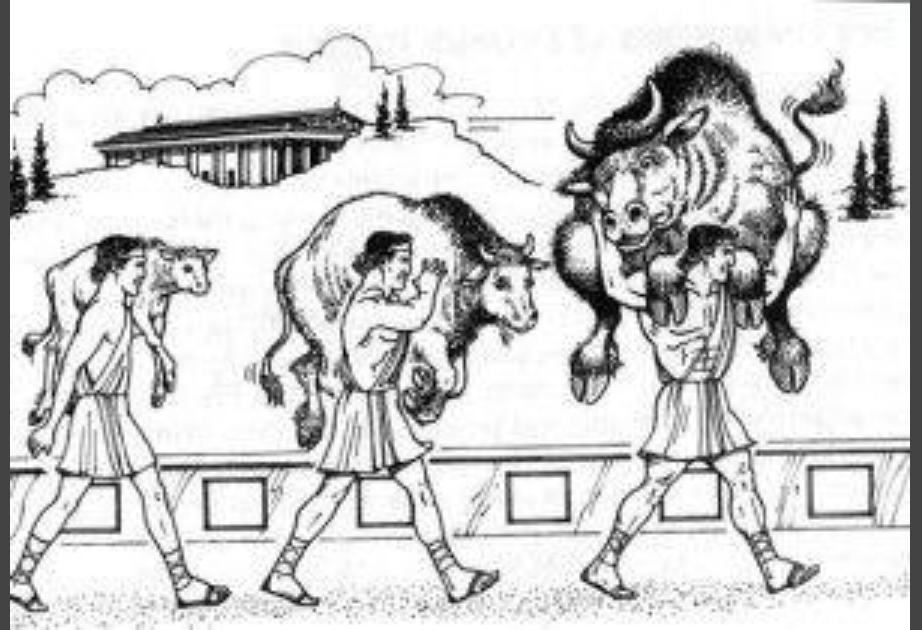
# Welcome to Beginner Training

In this mini course  
you'll learn the ins  
and outs of physical  
training to help you  
get started and set  
you up for the future.



# Progressive overload

When referring to exercising, progressive overload is as you get stronger, the weight you lift will be heavier. The story of Milo from greek is about a boy who carried a bull on his back everyday, as the bull grew larger Milo grew stronger.



# Terms

**Sets:** the number of times you're doing reps

**Reps:** How many times your repeating that exercise

**PR:** Personal record, most commonly used when referencing bench press.

**Active recovery:** Being active while recovering.

# Schedule

- ★ 5 minutes to put stuff away
- ★ Stretches for 10 minutes
- ★ 20 minutes on the slides
- ★ Rest of the time is time to train

# – Topics

Effects of  
Exercise

Weightlifting  
vs Calisthenics

Hypertrophy  
and Strength

Protein sources  
and  
Supplements

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Why steroids  
suck

Explore what you  
learned

# Questions