

Index

• A •

abdominal exercises
 about, 215–226
 mistakes to avoid, 115–116, 220
 myths about, 218–219
abdominal muscles
 about, 216–217
 gadgets for, 115, 219
 pulling in, 134
 strength tests for, 33–34
abductors, 230
accessories, 49
Active isolated stretching (AI), 58, 101, 112–114
adductors, 230
aerobic exercise, 14, 61
aerobic machines, 58
aging. *See* seniors
AI (Active isolated stretching), 58, 101, 112–114
all fours spinal stabilization, 266–267
ankle collar, 54
appearance goals, 274–275
arching your back, 118–119, 166
arm exercises
 about, 199–214
 mistakes to avoid, 200–201
arm muscles, 197–198
assisted dip, 179–180
assisted pull-up, 154–155
athletic events, weight-training for, 275

• B •

back delt fly, 191–192
back exercises. *See also* lower back exercises;
 upper back exercises
 arching your back and, 118–119, 166
 healthy back and balance routines, 304–306
 tips for, 304
back extension, 160–161
back pain
 pelvic tilt for, 157
 preventing, 70, 139, 296–297
 treating, 70
backpacks, 297
balance
 coordination and, 334–335
 gadgets for, 303
 importance of, 14, 295–296, 299–300
 Pilates for, 334–335
 yoga for, 300, 334–335

balance exercises
 balance beam walk, 301, 302
 fulcrum, 302, 303
 ostrich, 302
 routines for, 301–306
 tips for, 304
ball exercises, 12, 357–370
band exercises, 343–356
bands
 about, 343–344
 caring for, 345
 described, 12, 55
 for home gym, 83
 traveling with, 78, 343–344
barbell biceps curl, 201–203
barbell shrug, 148
barbell squat, 67
 barbells
 choosing, 46–47
 collars for, 47, 62–63
 described, 44
 dumbbells versus, 45–48
 fixed-weight, 47
 for home gym, 77, 81
basic abdominal crunch, 221–222
basic weight training principles
 alternate upper and lower body exercises, 285
 always warm up, 58, 284
 apply program variables, 277–279, 285
 do exercises in the right order, 20–21, 277–278
 mix in stretching exercises, 285
 train in one minute sets, 285
 work all major muscle groups, 20, 285
beginner workouts
 dumbbells-and-a-bench routine, 281
 home equipment circuit, 280–281
 mix 'n' match routine at the gym, 281–282
 weight machine circuit, 280
beginners. *See also* getting started
 assessing physical fitness, 30
 identifying goals for training, 34, 274–275
 safety precautions for, 11
 selecting exercises, routines, and settings, 13
 studying weight training, 11–12
 weight training lingo, 16–17, 134–137
belts, 49
bench dip, 210–212
bench press
 arching your back and, 118–119
 described, 169–171
 spotting tips, 67
bent knee side crunch, 224–226
biceps, 197

blood pressure, 60
 body shaping classes, 94
 body weight as resistance tool, 12, 55, 78
 bodybuilders, 18, 58–59, 183, 321, 326
 body-mind connection, 24–25
 bones, building, 2, 328–329
 breakdowns, 318
 breathing
 basic technique for, 137–138
 dangers of holding your breath, 60
 importance of, 59–60
 bursitis, 135
 butt muscles. *See also* lower body exercises
 gluteus maximus (glutes), 229, 233
 pretzel stretch, 107
 sticking up in the air, 121–122, 262

• C •

cable attachments, 54
 cable crossover, 177–178
 cable machines, 53–54
 cable row, 123–124, 152–154
 calories, 376
 calves, 234
 cams, 51
 carbohydrates, 374–375, 377, 378
 cardio exercise, recording, 37
 cardio-resistance circuits, 279–280
 cardiovascular endurance, 16
 cardiovascular fitness, evaluating, 30
 carpal tunnel syndrome, 136, 198, 199
 catalogs, 344
 chest exercises
 about, 164–166
 assisted dip, 179–180
 bench press, 67, 118–119, 169–171
 cable crossover, 177–178
 dumbbell chest press, 67, 172–173
 incline chest fly, 173–174, 175
 mistakes to avoid, 119–120, 166–167
 modified push-up, 167–169
 spotting tips, 67
 vertical chest press machine, 174–176
 chest muscles, 109, 163, 164
 children and teens, 319–322
 chin, tilting toward chest, 136
 chitin, 373
 chocolate, 378–379
 circuits
 cardio-resistance, 279–280
 designing, 316–317
 gym routines, 279–280
 home routines, 280–281
 classes
 etiquette for, 96
 instructor for, 94–95
 pros and cons of, 93–94
 clock or timer, 293

clothing for workouts, 49, 84
 collars for barbells, 47, 62–63
 compression, for treating injuries, 70–71
 concentration curl, 204–206
 cooling down, 61
 coordination, 334–335
 core stabilization exercises
 about, 259, 261–270
 mistakes to avoid, 262–263
 core stabilizer muscles, 260–261
 creatine, 374
 crunches. *See* abdominal exercises
 curved short bar, 54
 Cybex Upper Body Ergometer (UBE), 58
 cyclists, 232

• D •

Daily Workout Log (sample), 38
 dehydration, signs of, 61
 Delayed Onset Muscle Soreness, 57–58
 deltoids. *See* shoulder muscles
 desk setup, 296
 detraining, 24
 diet
 carbohydrates, 374–375, 377, 378
 chocolate, 378–379
 energy bars, 377–378
 high-protein, 374–376
 organic and free-range food, 380
 protein, building muscle with, 377
 saturated fat, 376
 weight problems and, 375–376
 whole food, 379
 dropping out, 11, 35
 dumbbell chest press, 67, 172–173
 dumbbell pullover, 145–147
 dumbbell reverse biceps curl, 203–204
 dumbbell shoulder press, 186–187
 dumbbell shrug, 147–149
 dumbbells
 barbells versus, 45–48
 buying, 79, 81
 choosing, 45–46
 defined, 44
 gadgets for, 80
 for home gym, 77, 79–81
 dumbbells-and-a-bench routine, 281

• E •

elbows
 locking, 135, 166
 lowering too far, 119–120
 electronic machines, 52–53
 elevation for treating injuries, 71
 endurance, 16, 31–32
 energy bars, 377–378

equipment and tools. *See also specific equipment*
 accessories, 49
 balls and foam rollers, 12, 303
 bands and tubing, 11, 12
 choosing, 11–12, 275
 free weights, 12, 44–48, 62–63
 health clubs and, 84
 sharing, 97
 weight bench, 48–50, 81–82, 123–125
 weight machines, 12, 50–54
 equipment-free exercising, 78
 etiquette
 for health club workouts, 96–100
 working with a personal trainer and, 92–93
Exercise Balls For Dummies (Wiley), 357
 exercises
 about, 131–134
 choosing, 13, 276
 phrases used with, 134–137
 right order for, 20–21, 277–278
 exertion phase (sticking point), 137
 external rotation, 193–194
 EZ-Curl bars, 47

• F •

failure, taking muscles to, 17
 fingers, safety guidelines, 64
Fitness For Dummies (Wiley), 31
 fitness journal, 30
 fitness level, 277
 fitness tests, 10, 30. *See also* strength tests
Fitness Walking For Dummies (Wiley), 14
 fixed-weight barbells, 47
 flexed-arm hang, 40
 flexibility, 30, 37, 334
 foam rollers, 12, 303
 form. *See also* posture
 importance of, 60–61
 lifting weights off the rack, 62
 returning weights to the rack, 63, 97–98
 tips for, 60
 free weights. *See also* barbells; dumbbells
 benefits of using, 44–45
 defined, 12, 44
 dumbbells versus barbells, 45–48
 safety guidelines for, 62–63
 front raise, 189–190
 fulcrum, 302, 303
 furniture, 297

• G •

gadgets
 abdominal, 115, 219
 about, 77
 for balance, 303
 for dumbbells, 80

gastrocnemius (gastroc), 230
 genetics, 298
 getting started. *See also* beginner workouts
 equipment choices, 275
 exercise preferences and, 276
 fitness level and, 277
 identifying goals for training, 34, 274–275
 lifestyle and, 276
 giant sets, 315–316
 gloves, 49
 gluteus maximus (glutes), 229, 233
 goals
 about, 10–11
 buying equipment and, 77
 identifying, 34, 274–275
 long-term training, 25–27
 setting S.M.A.R.T. goals, 34–35
 support for maintaining, 35–36
 gym bag, 99
 gyms. *See* health clubs; home gym

• H •

hamstrings, 106–107, 230, 234
 hand clasp stretch, 109
 head bob, 168
 health clubs
 about, 85–86
 choosing, 86–88
 etiquette for, 96–100
 locating, 78
 health goals, 274
 heart health, 2–3
 herniated disks, 102–103
 high-protein diets, 374–376
 hip flexors, 230
 home equipment circuit, 280–281
 home gym
 bands and tubing for, 83
 barbells for, 77, 81
 benefits of, 75–76
 designing, 76–77
 dumbbells for, 77, 79–81
 health club features for, 84
 quickie workout setup, 293
 weight bench for, 81–82
 weight machines for, 82–83
 hydraulic and air pressure machines, 52

• I •

ice for injuries, 70
 incline chest fly, 173–174, 175
 injuries, common
 lower back pain, 70, 157
 RICE treatment for, 70–71
 sore knees, 69
 sore wrists, 69

injuries, common (*continued*)
 strained or pulled muscles, 68
 torn rotator cuff, 68–69
 inner thigh lift, 253–254
 inner/outer thigh machine, 249, 251–252
 instructors
 personal trainers, 89–93
 Pilates, 340
 weight training classes, 94–95
 yoga, 339
 insulin, 375–376
 internal rotation, 194–195

• J •

joints, 134, 135. *See also* elbows; knees
 Jones, Arthur (inventor of Nautilus machines), 51
 jumping rope, 76

• K •

knee wraps, 69
 kneeling butt blaster, 240, 242–243
 kneeling leg curl, 247–248
 knees
 locking, 135
 shooting past your toes and, 136
 sore, 69

• L •

larger-sized people, 325–328
 lat pulldown, 150–152
 lateral raise, 188–189
 latissimus dorsi (lats), 140
 leg curl machine, 122, 234, 248–249
 leg extension machine, 245–246
 leg muscles, 229–231. *See also* lower body exercises
 leg press machine, 238–240, 241
 lifestyle
 designing a routine and, 276
 fitting workouts into, 283
 wellness, 13–14
 ligaments, 68
 lingo for weight training, 16–17, 134–137
 log. *See* workout log
 long bar, 54
 long-term training, 25–27
 lower back exercises. *See also* back exercises
 back extension, 160–161
 benefits of, 156–157
 mistakes to avoid, 158
 pelvic tilt, 157, 158–159

pretzel stretch, 107–108
 reach up stretch, 108
 lower back muscles, 156
 lower body exercises
 about, 231–234
 15-minute workouts, 288–289
 mistakes to avoid, 234–235
 lower body muscles, 229–231
 lunge, 237–238, 239

• M •

machine row, 149–150
 machines. *See* weight machines
 mats, 84
 mirror, 84
 mistakes to avoid. *See also* safety guidelines
 abdominal exercises and, 115–116, 220
 arching your back, 118–119, 166
 arm exercises and, 200–201
 behind-the-neck pulldown, 143, 185–186
 butt sticking up in the air, 121–122, 262
 chest exercises and, 119–120, 166–167
 core stabilization exercises and, 262–263
 head bob, 168
 locking the elbows, 166
 lower back exercises, 158
 lower body exercises, 234–235
 lowering the elbows too far, 119–120
 pulling down a bar and, 120–121, 143
 rowing and, 123–124
 shooting knees past your toes, 136
 shoulder exercises and, 184–186
 sitting up and, 123–125
 spotting and, 125–126
 squatting and, 117–118, 236
 stretching and, 102–103
 upper back exercises and, 142–143
 weight plates and, 126–127
 mix 'n' match routines, 281–282
 multifidus, 299
 multigym, 82–83
 muscle conditioning classes, 94
 muscle mass loss, 13
 muscles. *See also specific muscles*
 challenging throughout motion of the exercise, 51
 Delayed Onset Muscle Soreness, 57–58
 endurance tests, 31–32
 imbalanced, 297
 involving several groups at once, 45
 isolating a muscle group, 50
 major muscle groups, 20, 132–133, 285
 protein for building, 377
 resting after workouts, 22
 strained or pulled, 68
 taking to failure, 17

• N •

Nautilus machines, 51
neck
 behind-the-neck pulldown, 143, 185–186
 relaxed, 135
negatives, 318
niacin, 372

• O •

oblique crunch, 224
obliques, 216
one-arm dumbbell row, 143–145
one-rep max, 31
order of exercises, 20–21, 277–278
organic and free-range products, 380
Osteoporosis For Dummies (Wiley), 328
ostrich, 302
overload, 16
overtraining, signs of, 22–23

• P •

pectoralis major, 163
pectoralis minor, 163
pelvic tilt, 157, 158–159
periodization, 26–27
personal trainers, 92–93
Pilates
 about, 332, 339–340
 benefits of, 12, 333–335
 fitting into a fitness program, 336–337
 instructors for, 340
 weight training versus, 336
Pilates For Dummies (Wiley), 340
plank, 263–264
plate mates, 80
plate-loaded machines, 52
PNF (Proprioceptive Neuromuscular Facilitation), 111–112
posture. *See also* form
 back problems and, 295, 296–297
 benefits of, 298–299
 evaluating, 297–298
 proper, 136–137
power blocks, 80
power cage, 53
powerlifting, 18, 49, 138, 165
pregnancy, 322–325
pretzel stretch, 107–108
progress, tracking, 36–38
progression, 17, 307, 308
Proprioceptive Neuromuscular Facilitation (PNF), 111–112
proprioceptors, 299
protein, 374–376, 377

pulldowns and pull-ups, 141
push/pull split routine, 312–313
pyramids, 317

• Q •

qigong, 300
quad press, 243–245
quadriceps (quads), 105–106, 230, 234. *See also*
 lower body exercises

• R •

rack, 62, 63, 97–98
range of motion (ROM), 16–17
reach up stretch, 108
rectus abdominis, 216
repetitions, 16, 18–19, 36
rest and recovery
 about, 17
 detraining and, 24
 importance of, 61–62
 in-between sets, 279
 overcoming injuries and, 70
 overtraining and, 22–23
 sleep and, 23
 stretching during, 285
 between workouts and, 22
Rest, Ice, Compression, Elevation (RICE), 70–71
reverse crunch, 222–223
reverse plank, 267–269
reverse-grip lat pulldown, 152
rhomboids, 140
RICE (Rest, Ice, Compression, Elevation), 70–71
roll down negative curl, 226–228
rollers, 12, 303
ROM (range of motion), 16–17
rope (cable attachment), 54
rotator cuff
 about, 182
 protecting, 184
 torn, 68–69
routines. *See* workouts
rowing, 123–124, 141. *See also* upper back
 exercises
runners, 232

• S •

safety guidelines. *See also* mistakes to avoid
 beginning weight training and, 11
 bending the wrists and, 136
 breathing properly, 59–60
 for children and teens, 321
 collars and, 47, 62–63
 cooling down, 61
 free weights and, 62–63

- safety guidelines (*continued*)
 - joint problems and, 134
 - for larger-sized people, 326–327
 - locking your knees and, 135
 - for prenatal and postpartum women, 323–324
 - resting your muscles, 61–62
 - for seniors, 330
 - starting with lighter weights, 58–59
 - using proper form, 60–61
 - warming up before you lift, 58, 284
 - weight machines and, 64–65
 - weight training classes and, 95
 - saturated fat, 376
 - seniors
 - back problems and, 295–296
 - balance and, 295–296, 299–300
 - leg strength and, 231
 - muscle mass loss and, 13
 - safety guidelines, 330
 - weight training for, 329–330
 - sets
 - about, 17, 19
 - giant sets, 315–316
 - recording in workout log, 36
 - resting in-between, 279
 - super sets, 314–315
 - training in one minute sets, 285
 - warming up and, 58–59
 - settings. *See* health clubs; home gym
 - shoes, 49, 298
 - shoulder exercises
 - about, 183–196
 - mistakes to avoid, 184–186
 - shoulder muscles
 - about, 182
 - hand clasp stretch for, 109
 - relaxing, 135
 - shrug roll, 148
 - side plank, 265–266
 - side-lying leg lift, 252–253
 - sign-in sheet, 84
 - sitting up, correctly, 123–125
 - sit-ups versus crunches, 219
 - sleep, 23
 - the slide, 269–270
 - S.M.A.R.T. goals, 34–35
 - smart locks, 80
 - Smith machines, 53
 - Smith, Randy (fitness expert), 53
 - soleus, 230
 - specificity, 16
 - speed of movements, 16–17
 - split routines
 - about, 308
 - push/pull split routine, 312–313
 - upper body/lower body split, 309–311
 - spotting, 65–68, 125–126
 - sprains, symptoms, 68
 - squats
 - band squat, 345–346
 - barbell squat, 67
 - described, 235–237
 - mistakes to avoid, 117–118, 236
 - spotting tips, 67
 - standing calf raise, 234, 255–256
 - sticking point (exertion phase), 137
 - stomach exercises. *See* abdominal exercises
 - storage containers, 293
 - straight short bar, 54
 - strength
 - correcting imbalances, 46
 - defined, 16, 31
 - weight training and, 2
 - strength tests
 - abdominal, 33–34
 - about, 30–32
 - Seattle Fire Department, 41
 - United States Air Force, 40–41
 - upper-body, 32–33
 - U.S. Marines, 39–40
 - stretching
 - about, 14, 101–104
 - Active isolated (AI), 58, 101, 112–114
 - assisted, 109–110
 - guidelines, 103–104, 105
 - hand clasp stretch, 109
 - injury prevention and, 102–103
 - mixing into workouts, 285
 - Proprioceptive Neuromuscular Facilitation (PNF), 111–112
 - reach up stretch, 108
 - 10-minute stretch workout, 292
 - traditional, 104–109
 - warming up versus, 104, 105
 - studying weight training, 11–12
 - super sets, 314–315
 - supplements, 371–374
- T ●
- tai chi, 300
 - telephone headset, 297
 - tendons, 68
 - tennis elbow, 135, 199
 - thigh exercises. *See* lower body exercises
 - tibialis anterior, 230
 - toe lift, 256–257
 - tools. *See* equipment and tools
 - total-body workouts
 - about, 308
 - 15-minute at home, 286–287
 - 15-minute gym, 285–286
 - towel for workout, 49
 - tower, 53
 - trainers, personal, 89–93

transversus abdominis, 216
 trapezius (traps), 140
 traveling, 78, 343–344
 triangle-grip lat pulldown, 152
 triceps, 198
 triceps dip machine, 212–213
 triceps kickback, 209–210
 triceps pushdown, 207–209
 tubing. *See also* band exercises
 benefits of, 55
 buying, 344
 described, 11, 12, 343
 TV infomercials, 276

• U •

UBS (Cybex Upper Body Ergometer), 58
 United States Air Force, 40–41
 upper back exercises. *See also* back exercises
 about, 141–155
 mistakes to avoid, 142–143
 upper back muscles, 139–141
 upper body
 Cybex Upper Body Ergometer (UBE), 58
 15-minute upper workouts, 288–289
 reach up stretch, 108
 strength tests, 32–33
 upper body/lower body split, 309–311
 U.S. Marines, 39–40

• V •

variables of a workout, 277–279, 285
 variety, 308, 314
 vertical chest press machine, 174–176
 videos/DVDs, 77, 89, 344
 vocabulary. *See* lingo for weight training

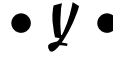
• W •

walking, 14, 58
 warming up
 Active isolated stretching (AI) for, 58
 importance of, 58, 284
 lighter weights for, 58–59
 stretching versus, 104, 105
 water bottle, 49
 water, drinking, 61
 weight bar, unloading, 97
 weight bench
 about, 48–50
 buying, 81–82
 sitting up from, 123–125
 varieties of, 48
 weight level, choosing, 278–279

weight machine circuit, 280
 weight machines
 advantages of using, 50–51
 arm curl machine, 206–207
 cable, 53–54
 cable attachments for, 54
 custom fitting, 64
 described, 12
 electronic, 52–53
 for home gym, 82–83
 hydraulic and air pressure, 52
 inner/outer thigh machine, 249, 251–252
 leg curl machine, 122, 234, 248–249
 leg extension machine, 245–246
 plate-loaded, 52
 power cage, 53
 safety tips for, 64–65
 seat belt for, 64
 the Smith machine, 53
 spotting tips for, 68
 stuck weight stack and, 64
 triceps dip machine, 212–213
 vertical chest press machine, 174–176
 weight-stack machine, 51
 weight training
 benefits of, 2–3, 9–10
 dropping out, 11, 35
 reasons for choosing, 274–275
 studying, 11–12
 variety and, 308, 314
 weights
 carrying safely, 126–127
 dropping, 63, 124
 lifting off the rack, 62
 lifting too quickly, 59
 recording in workout log, 36
 returning to the rack, 63, 97–98
 safety guidelines, 98
 for warming up, 58–59
 Wharton, Phil and Jim (*The Whartons' Book of Stretching*), 113
 whole foods, 379
 Wiley Publishing
 Exercise Balls For Dummies, 357
 Fitness For Dummies, 31
 Fitness Walking For Dummies, 14
 Osteoporosis For Dummies, 328
 Pilates For Dummies, 340
 Yoga For Dummies, 339
 workout log
 analyzing, 37
 Daily Workout Log (sample sheet), 38
 described, 49
 recording information in, 36–37, 293
 workouts
 basic principles of, 284–285
 beginner's routine, 279–282
 for children and teens, 322

workouts (*continued*)

- designing your own, 273–279
 - for larger-sized people, 327–328
 - lingo used in, 16–17, 134–137
 - long-term training, 25–27
 - missing, 24
 - pregnancy and, 324–325
 - variables of, 277–279, 285
- wrist curl and reverse wrist curl, 213–214
- wrists, 69, 136
- W-shaped barbell, 47



yoga

- about, 331–332
 - for balance, 300, 334–335
 - benefits of, 12, 333–335
 - fitting into a fitness program, 336–337
 - instructors for, 339
 - styles of, 337–339
 - weight training versus, 336
- Yoga For Dummies* (Wiley), 339