

# Essentials of Strength Training – Q&A

- **Q: On the terminology slide, you talked about supersets. Can you explain what a drop set is?**
- A: So, a superset and a drop set can both be used to add variety to your strength training routine, but they are different from one another. Remember, supersets are when you do 2 different strength training exercises back to back and then rest. So, as an example, you may do 12 push ups and then 12 squats, then rest. That would be a superset. The way to do a drop set is to 1st warm up with a light weight. Rest. Then, use a heavy weight to do as many repetitions as you can, then immediately drop to a slightly lighter weight and do as many repetitions as you can, then immediately drop one more time to an even slightly lighter weight and do as many repetitions as you can...all with the same exercise, then rest. That is a drop set.
- **Q: I see the benefits of strength training, but still don't want to go to a gym? What can I do?**
- A: You've got a number of options here. A place to start is doing body weight exercises at your home. You can do push ups leaning against the wall, squats or lunges, crunches or planks, and dips using a chair. If you're ready to invest a little bit of money in some strength training equipment, you could get some exercise bands. The set of bands I bought cost around \$50. It came with 5 bands of different tensions and a booklet that describes the various exercises you can do with the bands.
- **Q: For someone who's new to strength training, what type of program do you recommend?**
- A: If you're brand new, you may want to consult your doctor to get the green light to get started. Then, start slowly and progress gradually as you become more fit. The recommendations we discussed earlier talked about strength training 2x/wk. This is a good initial goal. You could do a full body strength training routine on both Monday and Thursday. The muscle groups I'd suggest would be legs (which could be squats), chest (which could be push ups), shoulders (which could be shoulder press), back (which could be a lat pull down), and abs (which could be the plank). You could start by doing this Monday and Thursday...2 sets for each exercise and 10-15 reps per set...then in time progress to 3 sets, then 4 sets per exercise.