

# **Инструкция**

## **Тренажер Грудной жим Impulse IT 9301-200**

Полезные ссылки:

[Тренажер Грудной жим Impulse IT 9301-200 - смотреть на сайте](#)

[Тренажер Грудной жим Impulse IT 9301-200 - читать отзывы](#)

# IT9301

CHEST PRESS

## OWNER'S MANUAL



### **! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

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Please assemble according to the actual **weights and Shroud** you buy !

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* Never operate the unit when it has been dropped or damaged.
- \* Never drop or insert anything into any opening in the equipment.
- \* Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- \* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- \* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### Personal Safety During Assembly

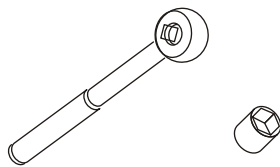
- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Instructions

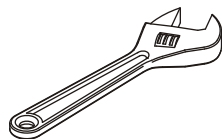
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

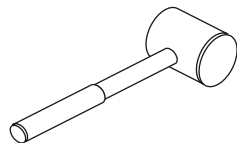
## Tools Required



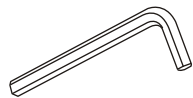
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

## Parts List

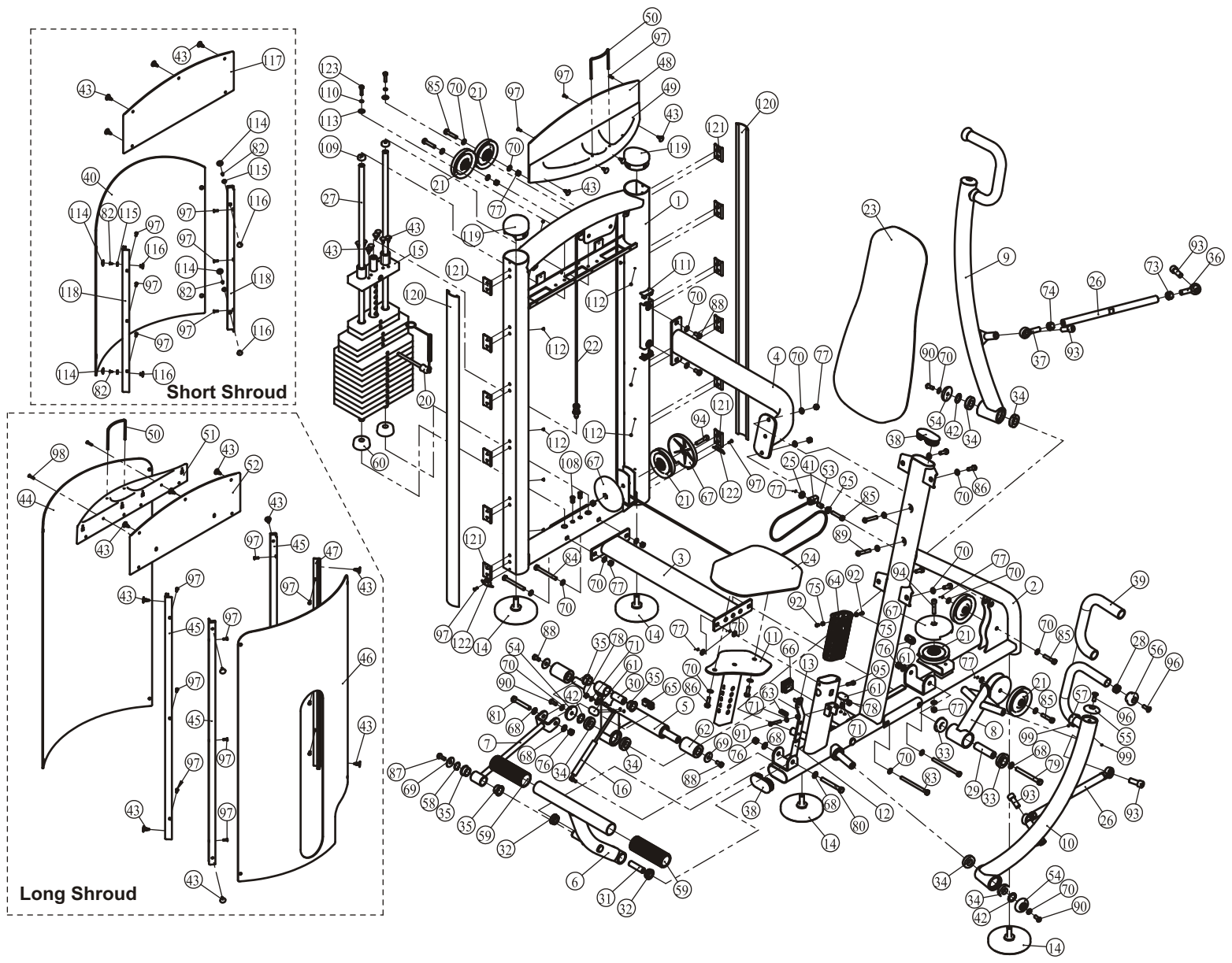
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

| Item No. | Description                                      | Qty | Item No. | Description                                      | Qty |
|----------|--------------------------------------------------|-----|----------|--------------------------------------------------|-----|
| 1        | Weight Stack Frame                               | 1   | 34       | Bearing $\Phi 47 \times \Phi 25 \times 12$       | 6   |
| 2        | Main Frame                                       | 1   | 35       | Bushing                                          | 4   |
| 3        | Bottom Cross Brace                               | 1   | 36       | Right Tie Rod End M16 $\times$ $\Phi$ 16         | 2   |
| 4        | Rear Cross Brace                                 | 1   | 37       | Left Tie Rod End M16 $\times$ $\Phi$ 16          | 2   |
| 5        | Sway Bracket                                     | 1   | 38       | Plug RT50 $\times$ 100                           | 2   |
| 6        | Assistant Bracket                                | 1   | 39       | Grip                                             | 2   |
| 7        | Joint Bracket                                    | 1   | 40       | Shroud                                           | 1   |
| 8        | Sway Pulley Bracket                              | 1   | 41       | Cable End                                        | 1   |
| 9        | Right Press Arm                                  | 1   | 42       | Brass Washer $\Phi 35 \times \Phi 25.4 \times 2$ | 3   |
| 10       | left Press Arm                                   | 1   | 43       | Button                                           | 19  |
| 11       | Seat Pad Support                                 | 1   | 44       | Rear Shroud                                      | 1   |
| 12       | Adjustable Support Sleeve                        | 1   | 45       | Shroud Retainer Plate                            | 3   |
| 13       | Adjustable Support                               | 1   | 46       | Front Shroud                                     | 1   |
| 14       | Adjustable Foot plate                            | 4   | 47       | Right Shroud Retainer Plate                      | 1   |
| 15       | Top Plate                                        | 1   | 48       | Top Front Shroud                                 | 1   |
| 16       | Gas Spring                                       | 1   | 49       | Front Support                                    | 1   |
| 20       | Selector Pin W/Coil                              | 1   | 50       | Arc Bracket                                      | 1   |
| 21       | 4.5" Pulley                                      | 6   | 51       | Rear Support                                     | 1   |
| 22       | Cable                                            | 1   | 52       | Top Rear Shroud-A                                | 1   |
| 23       | Back Pad                                         | 1   | 53       | Spacer $\Phi 10 \times \Phi 14 \times 20$        | 1   |
| 24       | Seat Pad                                         | 1   | 54       | Big Washer $\Phi 55 \times 13$                   | 3   |
| 25       | Spacer                                           | 2   | 55       | Aluminium Cap                                    | 2   |
| 26       | Rod                                              | 2   | 56       | Aluminium Grip Cap                               | 2   |
| 27       | Guide Rod                                        | 2   | 57       | Aluminium Grip Ring                              | 2   |
| 28       | Nut                                              | 2   | 58       | Retaining Snap Ring                              | 1   |
| 29       | Pivot Axle A                                     | 1   | 59       | Foot Sleeve                                      | 2   |
| 30       | Pivot Axle B                                     | 1   | 60       | Weight Rubber Bumper                             | 2   |
| 31       | Pivot Axle C                                     | 1   | 61       | Plug Bumper                                      | 3   |
| 32       | Bearing $\Phi 35 \times \Phi 19.1 \times 13.5$   | 2   | 62       | Wheel                                            | 2   |
| 33       | Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$ | 2   | 63       | Spring                                           | 1   |

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

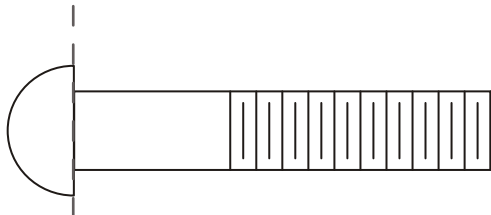
| Item No. | Description                  | Qty | Item No. | Description                 | Qty |
|----------|------------------------------|-----|----------|-----------------------------|-----|
| 64       | Plastic Tube Guide           | 2   | 95       | Socket Head Cap Screw M8*30 | 1   |
| 65       | Plug □ 25*50                 | 1   | 96       | Flat Head Cap Screw M10*30  | 4   |
| 66       | Plug □ 44.5                  | 1   | 97       | Flat Philips Screw M5*16    | 17  |
| 67       | Pulley Cover                 | 3   | 98       | Flat Philips Screw M5*25    | 2   |
| 68       | Flat Washer Φ13*Φ24*1.5      | 6   | 99       | Socket Set Screw 10-32*3.2  | 4   |
| 69       | Flat Washer Φ38*Φ11*2        | 3   | 100      | Hex Key s=5                 | 1   |
| 70       | Flat Washer Φ11*Φ20*2        | 32  | 101      | Hex Key s=6                 | 1   |
| 71       | Flat Washer Φ9*Φ16*1.6       | 3   | 102      | Hex Key s=8                 | 1   |
| 73       | Hex Nut M16 (Right)          | 2   | 103      | Hex Key s=12                | 1   |
| 74       | Hex Nut M16 (Left)           | 2   | 104      | Hex Key s=3/32"             | 1   |
| 75       | Hex Nut M6                   | 2   | 105      | Wrench                      | 1   |
| 76       | Nylon lock Nut M12           | 3   | 106      | Lube                        | 1   |
| 77       | Nylon lock Nut M10           | 13  | 107      | Hex Key s=4                 | 1   |
| 78       | Nylon lock Nut M8            | 2   | 108      | Rivet Nut M8                | 2   |
| 79       | Hex Head Bolt M12*120        | 1   | 109      | Rubber Plug Φ29*Φ19*10      | 2   |
| 80       | Hex Head Bolt M12*100        | 1   | 110      | Spring Washer Φ8            | 2   |
| 81       | Hex Head Bolt M12*85         | 1   | 111      | Plug                        | 2   |
| 82       | Self-Tapping Screw ST4.2*10  | 4   | 112      | Button Φ8.1*7               | 10  |
| 83       | Hex Head Bolt M10*135        | 2   | 113      | Flat Washer Φ9*Φ22*1.6      | 2   |
| 84       | Hex Head Bolt M10*100        | 2   | 114      | Plastic Cover Φ21*5.7       | 4   |
| 85       | Hex Head Bolt M10*50         | 5   | 115      | Plastic Washer Φ13*3        | 4   |
| 86       | Hex Head Bolt M10*30         | 6   | 116      | Connect Button Φ18*12       | 4   |
| 87       | Hex Head Bolt M10*25         | 1   | 117      | Top Rear Shroud             | 1   |
| 88       | Hex Head Bolt M10*20         | 4   | 118      | Short Shroud Retainer Plate | 2   |
| 89       | Button Head Cap Screw M10*65 | 2   | 119      | Plug Φ95.4*61               | 2   |
| 90       | Button Head Cap Screw M10*25 | 3   | 120      | Side Cover                  | 2   |
| 91       | Button Head Cap Screw M8*55  | 1   | 121      | Plastic Block               | 12  |
| 92       | Button Head Cap Screw M6*12  | 2   | 122      | L Bracket                   | 2   |
| 93       | Socket Head Cap Screw M16*40 | 4   | 123      | Hex Head Bolt M8*30         | 2   |
| 94       | Socket Head Cap Screw M10*50 | 2   |          |                             |     |



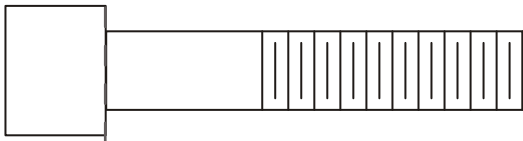
Exploded View



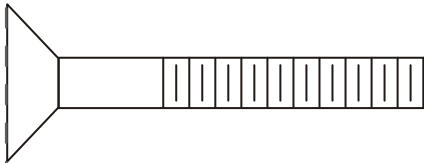
# Measurement Guide



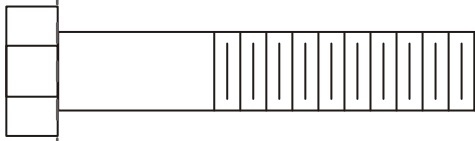
BHCS = Button Head Cap Screw



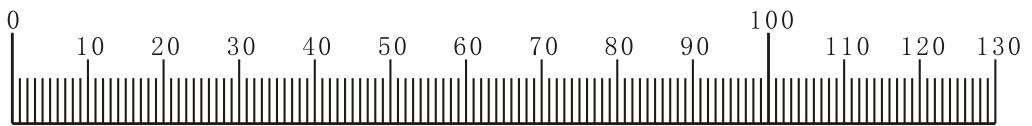
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

## Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



### **Note**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

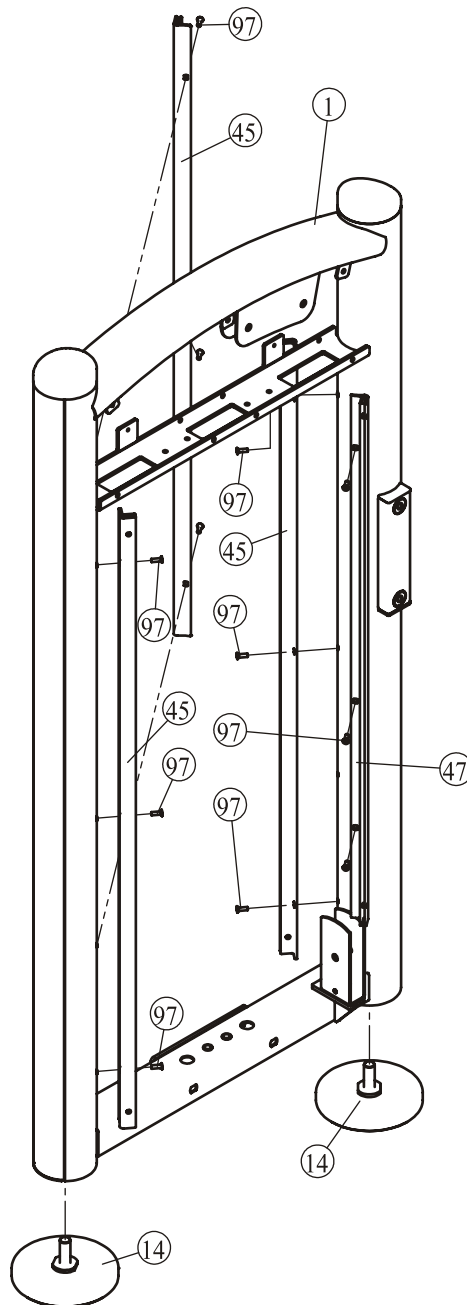
# Assembly

## STEP 1

1. Attach two Adjustable Foot Plate (#14) to the Weight Stack Frame(#1).
2. Attach three Shroud Retainer Plate (#45) and one Right Shroud Retainer Plate (#47) to the Weight Stack Frame(#1), using:  
twelve M5\*16 Flat Philips Screws (#97)

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Long Shroud !**



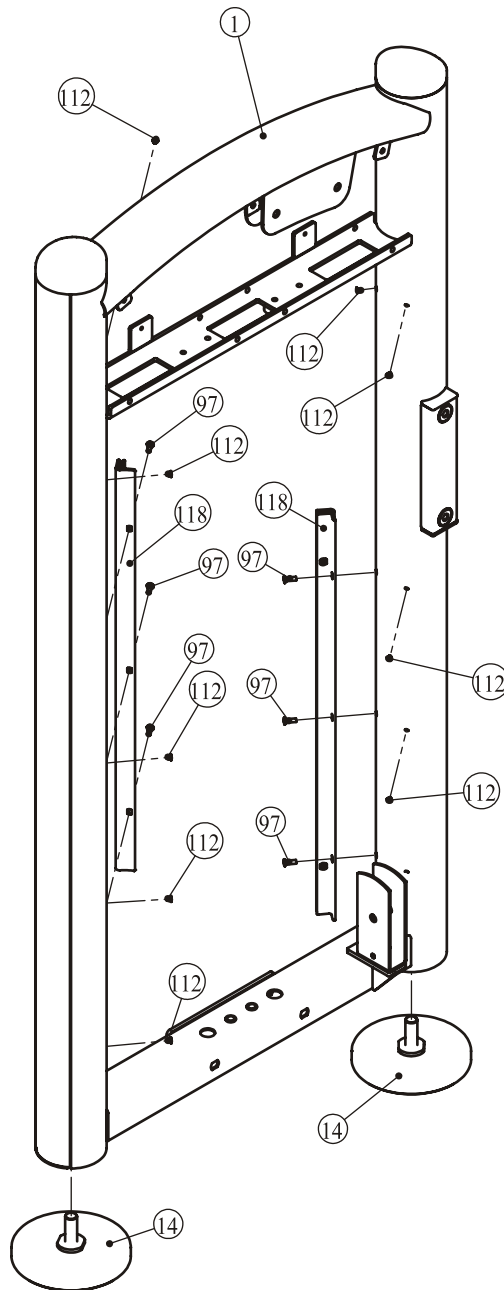
# Assembly

## STEP 1

1. Attach two Adjustable Foot Plate (#14) to the Weight Stack Frame(#1).
2. Attach two Short Shroud Retainer Plate (#118) to the Weight Stack Frame (#1), using:  
six M5\*16 Flat Philips Screws (#97)
3. Attach nine  $\Phi 8.1 \times 7$  Buttons (#112) to the Weight Stack Frame (#1).

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Short Shroud !**

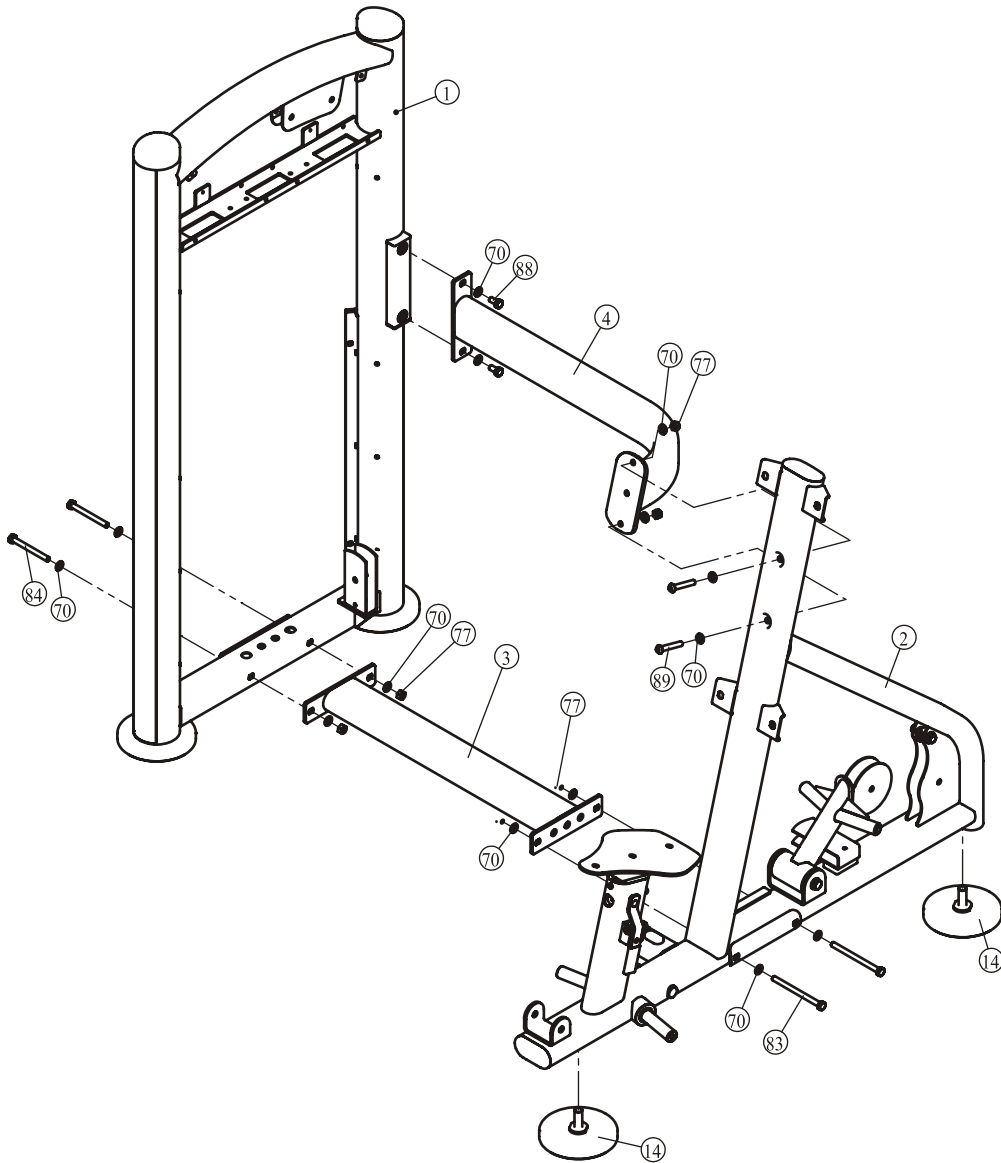


# Assembly

## STEP 2

1. Attach two Adjustable Foot plate (#14) to the Main Frame (#2).
2. Attach the Bottom Cross Brace (#3) to the Weight Stack Frame (#1) using:  
two M10\*100 HHB (#84)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#70)  
two M10 Nylon lock Nut (#77)
3. Attach the Bottom Cross Brace (#3) to the Main Frame (#2) using:  
two M10\*135 HHB (#83)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#70)  
two M10 Nylon lock Nut (#77)
4. Attach the Rear Cross Brace (#4) to the Weight Stack Frame (#1) using:  
two M10\*20 HHB (#88)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#70)
5. Attach the Rear Cross Brace (#4) to the Main Frame (#2) using:  
two M10\*65 BHCS (#89)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#70)  
two M10 Nylon lock Nut (#77)

**Note: Hand Tighten Bolts and Nylon Lock nuts.**



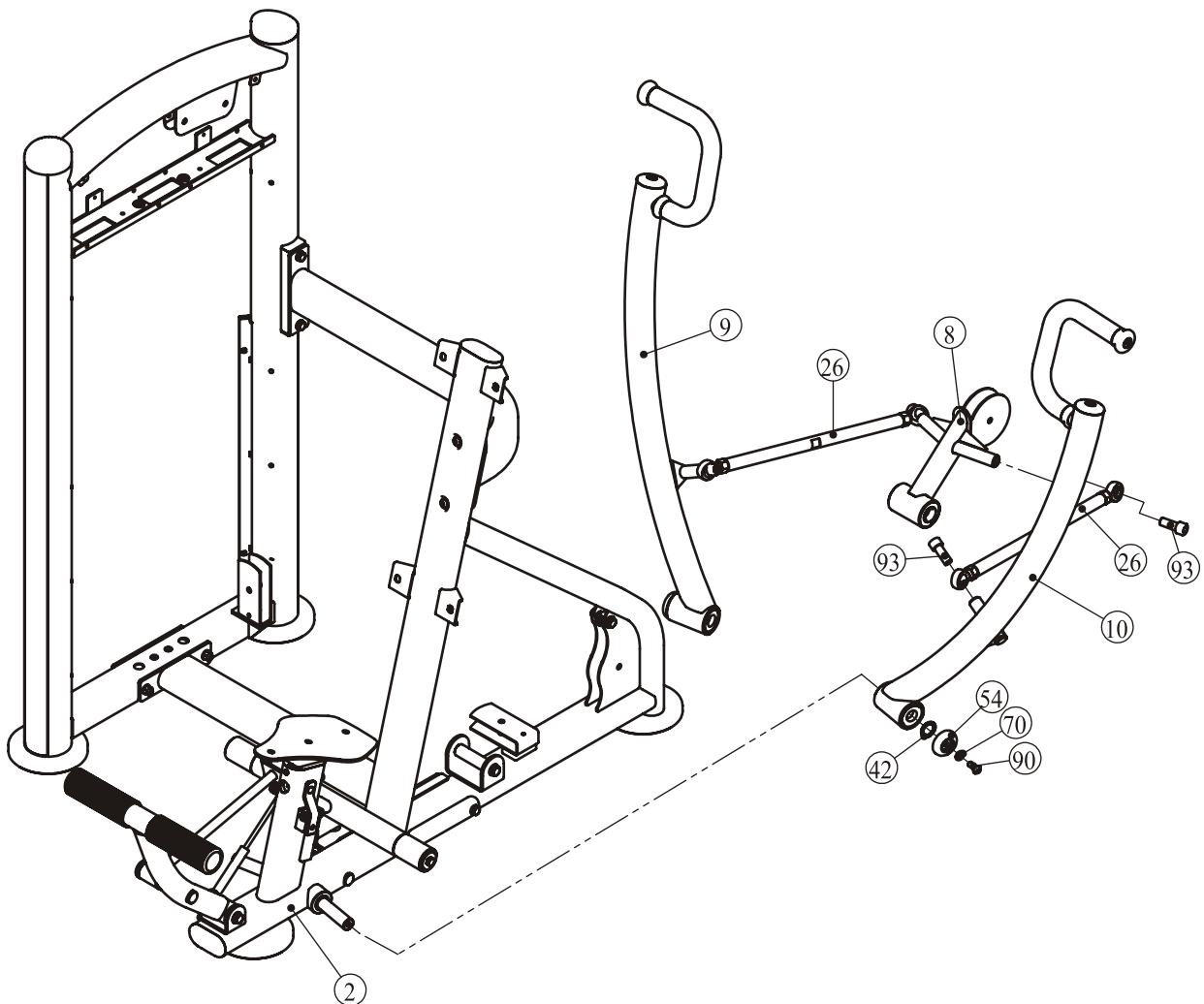


# Assembly

## STEP 4

1. Attach the Right Press Arm (#9) to the Main Frame (#2) using:  
one M10\*25 BHCS (#90)                      one  $\Phi 11*\Phi 20*2$  Flat Washer (#70)  
one  $\Phi 55*13$  Big Washer (#54)              one  $\Phi 35*\Phi 25.4*2$  Brass Washer (#42)
2. Attach the Left Press Arm (#10) to the Main Frame (#2) using:  
one M10\*25 BHCS (#90)                      one  $\Phi 11*\Phi 20*2$  Flat Washer (#70)  
one  $\Phi 55*13$  Big Washer (#54)              one  $\Phi 35*\Phi 25.4*2$  Brass Washer (#42)
3. Attach two Rod (#26) to the Sway Pulley Bracket (#8) using:  
two M16\*40 SHCS (#93)
4. Attach two Rod (#26) to the Right Press Arm (#9) & Right Press Arm (#10) using:  
two M16\*40 SHCS (#93)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



# Assembly

## STEP 5

### 1. Attach:

two  $\Phi 19 \times 1177$  Guide Rods (#27)  
 ten Weight Plate 15LBS (#127)  
 two Weight Plate 5LBS (#125)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumper (#60)  
 three Weight Plate 10LBS (#126)  
 one Top Plate (#15)

to the Weight Stack Frame (#1) using:

two M8\*30 HHB (#123)

two  $\Phi 8$  Spring Washers (#110)

two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washers (#113)

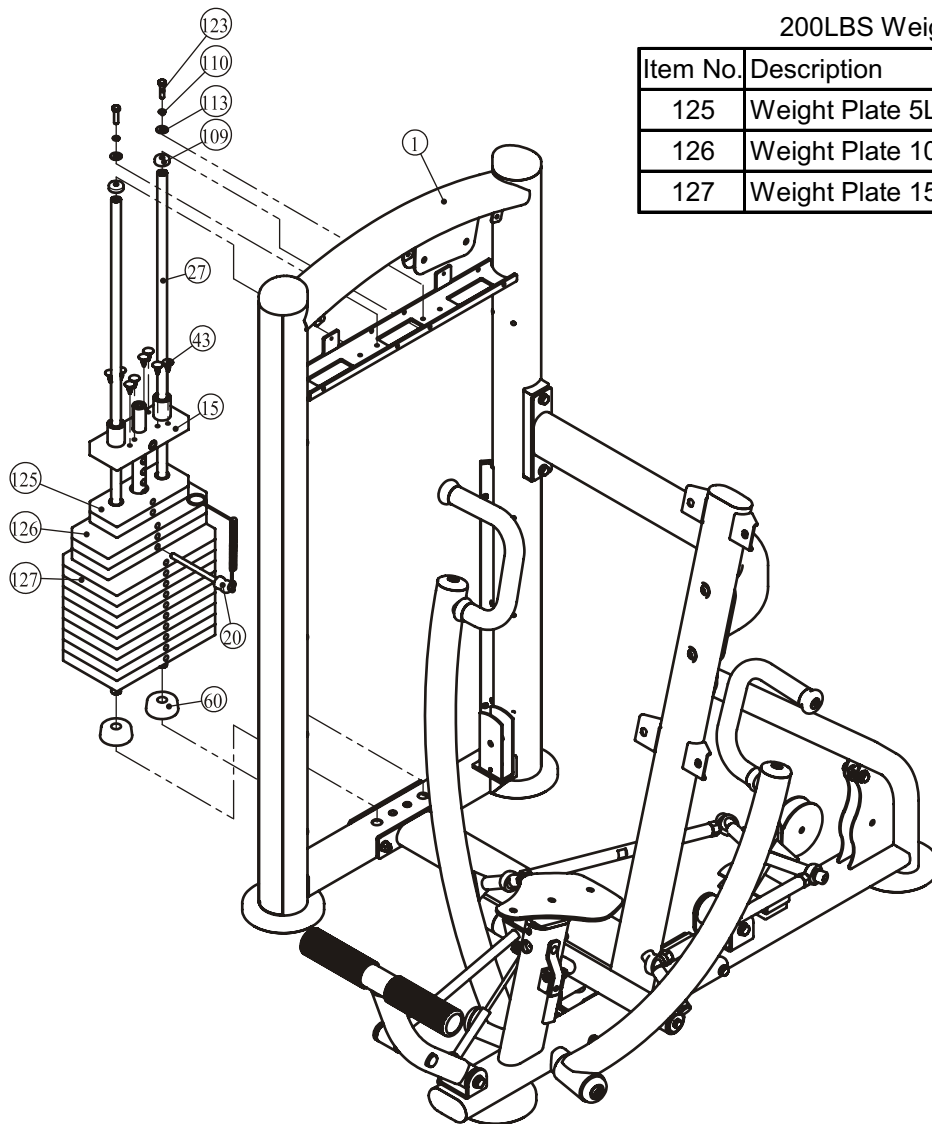
two  $\Phi 29 \times \Phi 19 \times 10$  Rubber Plugs (#109)

2. Attach the Selector Pin W/Coil (#20) to the Top Plate (#15).

3. Attach eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43) to the Top Plate (#15).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **200LBS Weights !**



200LBS Weights

| Item No. | Description        | Qty |
|----------|--------------------|-----|
| 125      | Weight Plate 5LBS  | 2   |
| 126      | Weight Plate 10LBS | 3   |
| 127      | Weight Plate 15LBS | 10  |



# Assembly

## STEP 5

### 1. Attach:

two  $\Phi 19 \times 1177$  Guide Rods (#27)  
 ten Weight Plate 20LBS (#127)  
 two Weight Plate 10LBS (#125)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumper (#60)  
 three Weight Plate 15LBS (#126)  
 one Top Plate (#15)

to the Weight Stack Frame (#1) using:

two M8\*30 HHB (#123)  
 two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washers (#113)

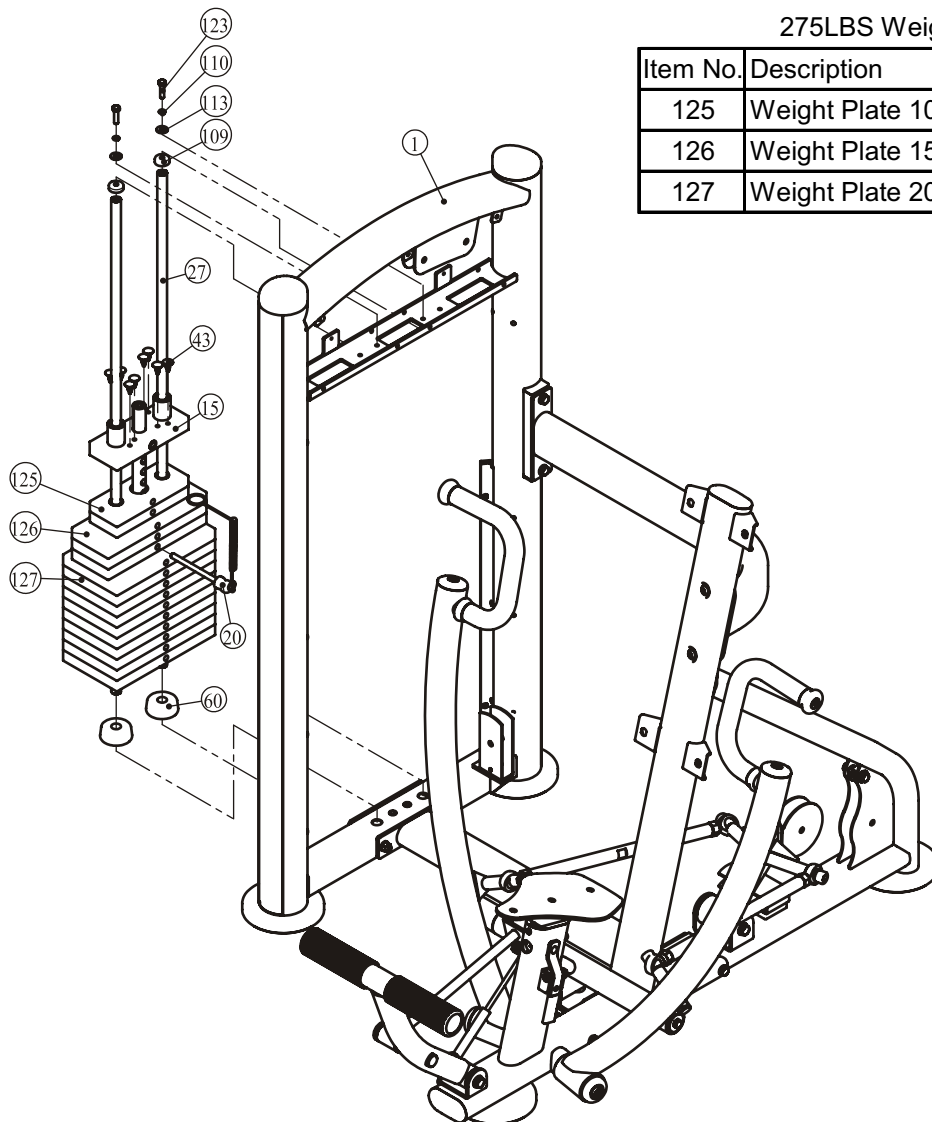
two  $\Phi 8$  Spring Washers (#110)  
 two  $\Phi 29 \times \Phi 19 \times 10$  Rubber Plugs (#109)

2. Attach the Selector Pin W/Coil (#20) to the Top Plate (#15).

3. Attach eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43) to the Top Plate (#15).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

**Here is the assembly instruction for 275LBS Weights !**



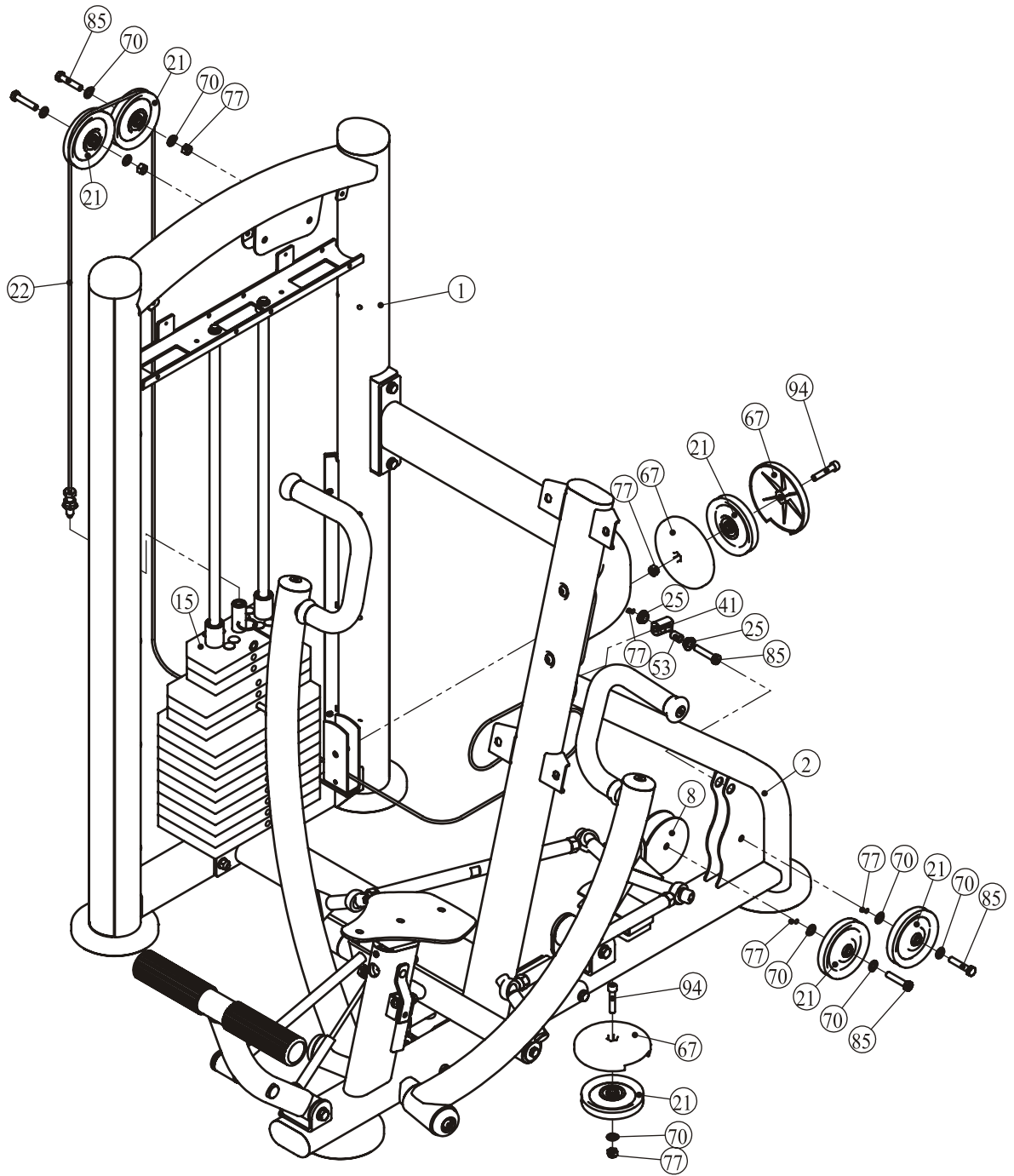
275LBS Weights

| Item No. | Description        | Qty |
|----------|--------------------|-----|
| 125      | Weight Plate 10LBS | 2   |
| 126      | Weight Plate 15LBS | 3   |
| 127      | Weight Plate 20LBS | 10  |



# Assembly

## STEP 6





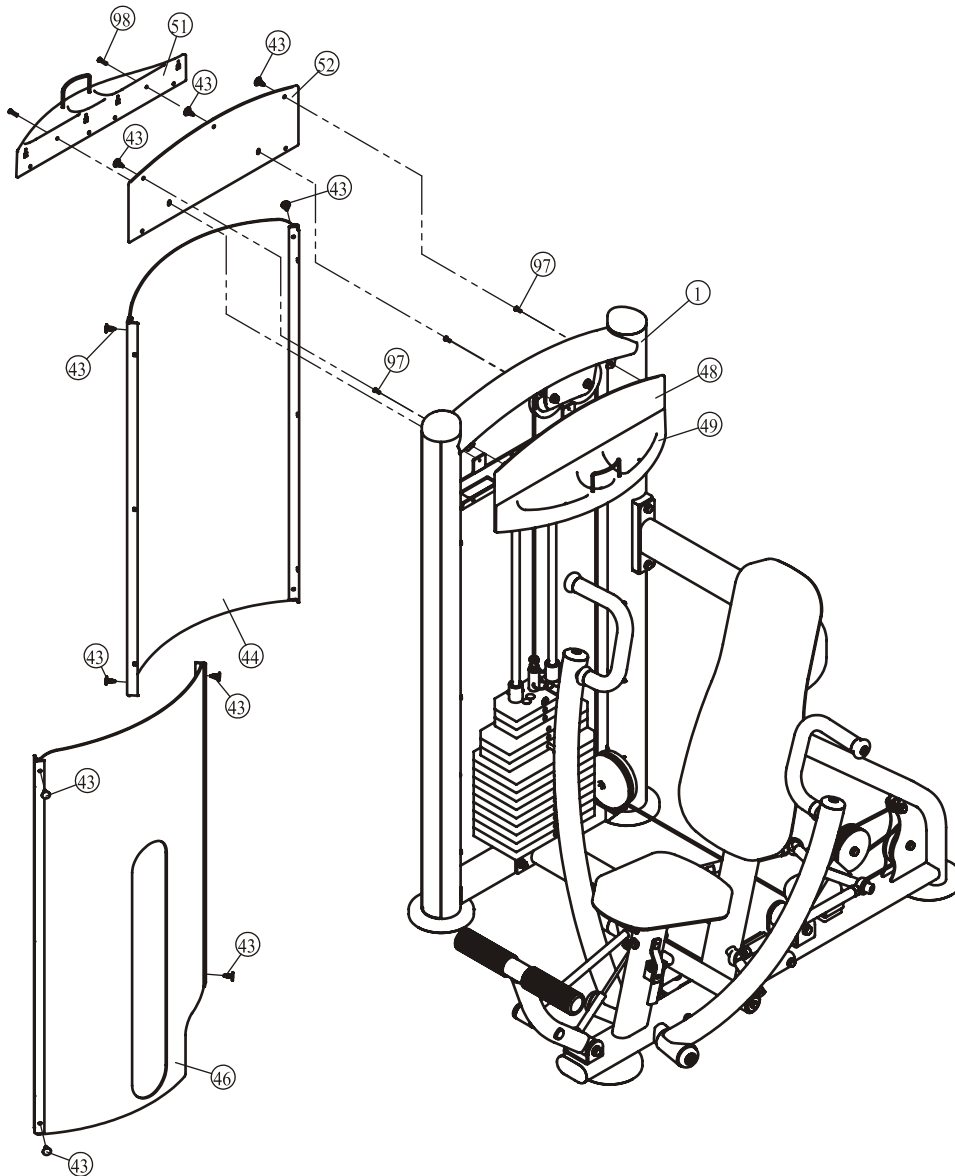
# Assembly

## STEP 8

1. Attach one Front Shroud (#46) and one Rear Shroud (#44) to the Weight Stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)
2. Attach the Top Front Shroud & The Front Support (#48, #49) to the Weight Stack Frame (#1) using:  
three M5\*16 Flat Philips Screws (#97)
3. Attach the Top Rear Shroud-A (#52) and the Rear Support (#51) to the Weight Stack Frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)                      two M5\*25 Flat Philips Screws (#98)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

**Here is the assembly instruction for Long Shroud !**



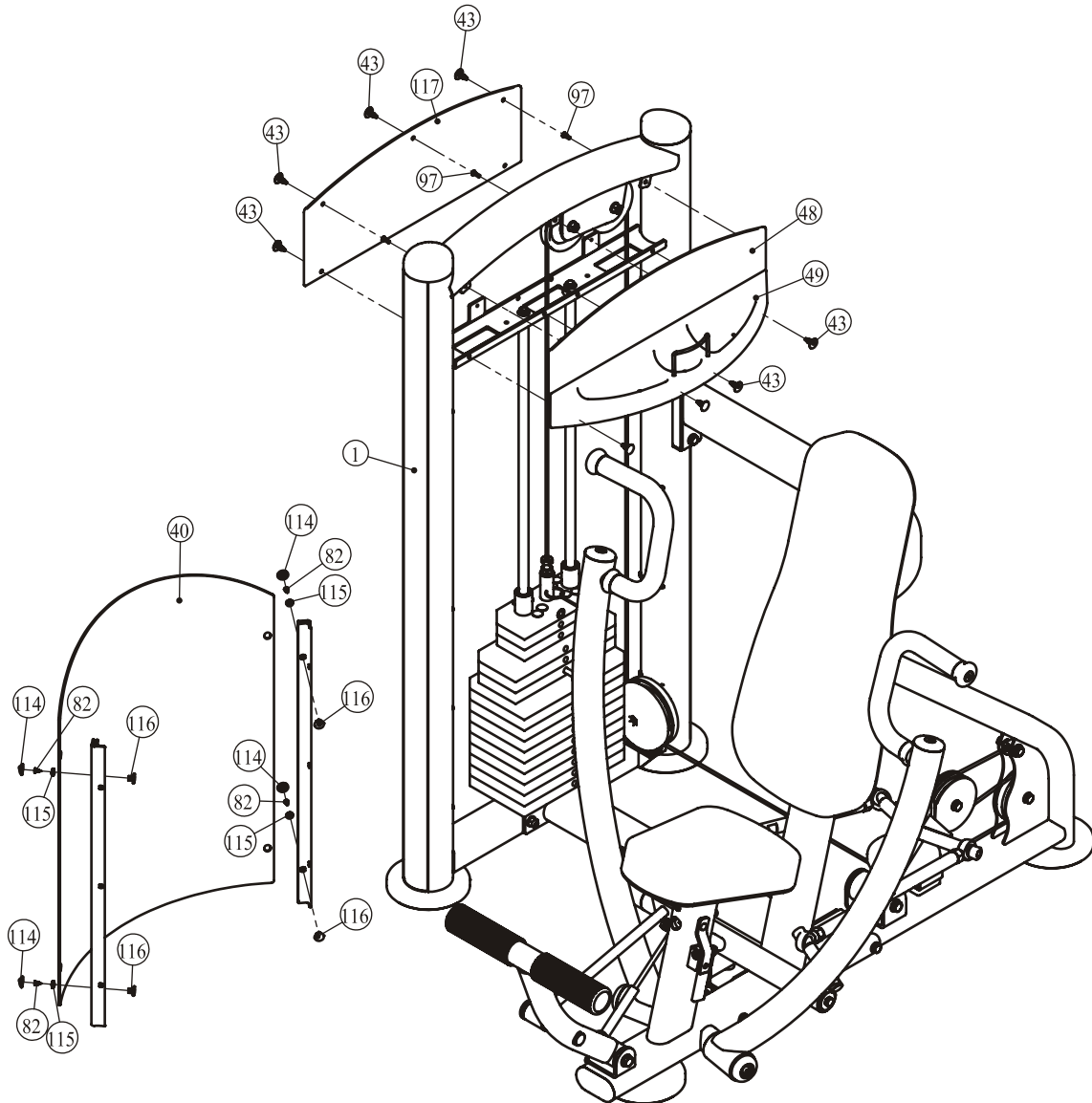
# Assembly

## STEP 8

1. Attach one Shroud (#40) to the Weight Stack Frame (#1) using:  
four  $\Phi 13 \times 3$  Plastic Washers (#115)      four  $\Phi 21 \times 5.7$  Plastic Covers (#114)  
four  $\Phi 18 \times 12$  Connect Button (#116)      four ST4.2\*10 Self-Tapping Screws (#82)
2. Attach the Top Front Shroud & The Front Support (#48, #49) to the Weight Stack Frame (#1) using:  
four  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)      three M5\*16 Flat Philips Screws (#97)
3. Attach the Top Rear Shroud (#117) to the Weight Stack Frame (#1) using:  
five  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

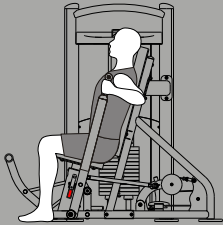
Here is the assembly instruction for **Short Shroud !**



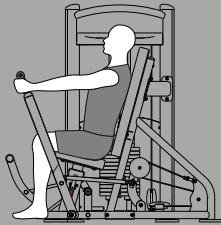
## Exercise Instructions

### CHEST PRESS

Start

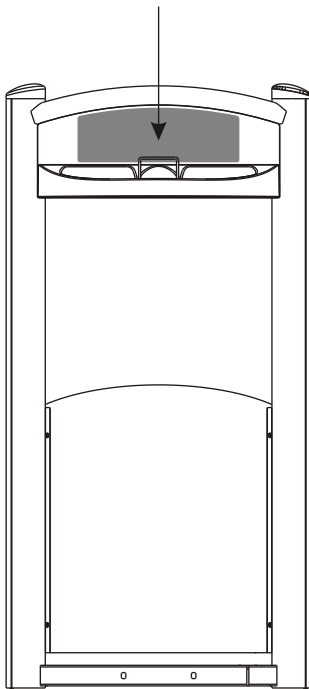
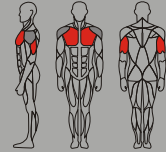


Finish



#### Exercise Instructions

1. Select an appropriate weight.
2. Adjust seat pad for desired positioning.
3. Press startup perch with feet, then put feet on the ground. Holding handle bar, press forward.
4. Slowly return to the starting position.



#### Exercise Instructions

1. Select an appropriate weight.
2. Adjust seat pad for desired positioning.
3. Press startup perch with feet, then put feet on the ground. Holding handle bar, press forward.
4. Slowly return to the starting position.  
(Adjust weight according to the select pin)

### Specifications

Class: S

Maximum Wt. Capacity: 125Kg/ 275lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

## Maintenance Schedule

| ROUTINE                                                                              | COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |
|--------------------------------------------------------------------------------------|---------------------------|---------------------|-------------------|--|--|--|--|--|
|                                                                                      |                           |                     |                   |  |  |  |  |  |
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Clean;<br>Upholstery                                                                 | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension                                        | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles                                              | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Decals                                                               | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface                                                        | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes                                                | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings                                               | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>Parts                                    | YEARLY                    | 3 YEARS             |                   |  |  |  |  |  |

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*



## General Maintenance Information

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \*We use only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

