



Mi Universidad

INGLES III

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10 TIPS FOR GETTING STARTED IN THE GYM

1.- CONSULT A HEALTH PROFESSIONAL
2.- DEFINE YOUR OBJECTIVES

3.-LEARN THE CORRECT TECHNIQUE

4.- PLAN YOUR TRAINING SESIONS

5.- START WITH LIGHT WEIGHTS AND 6.-HEATS



7.- MAINTAIN A GOOD DIET
8.- ADEQUATE REST

9.-STAY HYDRATED

10.- BE PATIENT AND PERSISTENT

TIPS FOR GETTING STARTED IN THE GYM



01



Whether you want to lose weight, gain muscle or improve your overall health

02



If you are a beginner, consider hiring a personal trainer or attending an orientation session to learn the correct technique

03



Designing a balanced training program that includes strength, cardiovascular and flexibility exercises

04



do not rush to lift heavy weights

05

Warm up and cool down to avoid injury



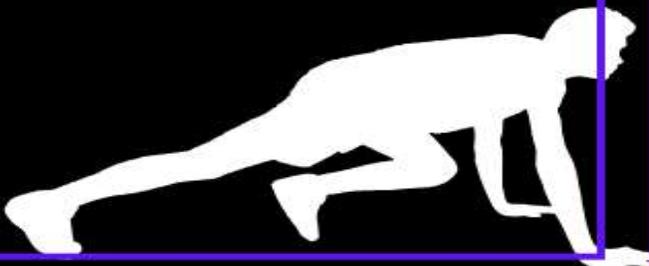
06

Maintain good posture to avoid injury and see better results



07

Give your body time to recover



08

Make proper nutrition to help you achieve your goals



09

Drink enough water



10

Rest to avoid injuries

