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The Seven Most Important Muscle Groups

In each session you'll work the seven most important muscle groups, the larger groups before the smaller. Why? If you fatigue the smaller muscle groups first, you can't work the larger ones adequately. For example, if you first do barbell curls you fatigue your arms (small group). Then when you do a bench press to work the chest and back muscles (large groups), the limiting factor is not the chest muscles, but the fatigued arms.

A typical order of exercises.
1. Abdominals. Start here for a partial warm-up.
2. Thighs. Since the legs automatically bring the muscles of the lower back into play, be sure you are thoroughly warmed up before working thighs. This is the largest muscle group in the body
3. Chest.
4. Back. Again, be thoroughly warmed up before working this large muscle group.
5. Shoulders.
6. Triceps.
7. Biceps. Work triceps and biceps last, as they are small muscle groups.

Cardiovascular Training
Cardiovascular training is an important component of general conditioning. It refers to exercises that strengthen the heart, lungs and circulatory system. You can get your cardiovascular training in the gym, by moving rapidly from one exercise to another, but it is more efficient to run, swim, cycle (or exercycle), hike, or walk briskly. You should also do some type of cardiovascular activity for at least 30 minutes, three times a week. A good time is a day when you are not weight training.

Warning!! Remember to rest. The benefits from your training program will be so clear and there will be such noticeable changes that you will be tempted to overtrain. If you do not rest enough, you will soon be plagued by injury. If you are injured, you can't work out. If you can't

work out, you can't improve. Sounds obvious but many people make the mistake of pushing too hard too fast. Do not overtrain. Listen to your body. When you are tired – rest!