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Furthermore, some lifts may warrant the use of a weight belt or other special procedures. All these aspects of resistance training make up the fundamentals.

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Weight training exercises--sometimes called strength training exercises or weight lifting--involve working the muscles against resistance, such as a dumbbell or barbell or strength training machine.

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Resistance training ... barbell shrugs are examples of compound lifts. Free weights are more beneficial compared to an exercise machine if you want to get the most out of your compound lifts ...

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Barbell and heavier weight training typically take a different approach, using fewer reps but challenging yourself with more weight on one or two of the final reps. Don't push yourself into doing ...

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To execute a deadlift, you ' ll need a barbell or other weight ... in succession can provide a killer aerobic as well as strength-training workout. Planks are great for the core muscles.

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