

Introduction to Resistance Training for Women

Overview

You've likely heard the growing message: strength training is one of the most important things women can do for long-term health—particularly as we age.

But knowing *what to do* and *how to do it safely and effectively* is often the barrier.

This introductory session is designed to bridge that gap.

This is not a high-intensity workout or a “bootcamp.” Instead, it is a foundational, coaching-led session that teaches you how to approach resistance training properly - so you can build strength, confidence, and resilience in a safe and sustainable way.

We will use a combination of barbell, kettlebell, dumbbell, and bodyweight movements to introduce key patterns and principles.

No prior experience is required.

Who This Is For

- Women new to strength or resistance training
- Women returning to training after time away
- Women who feel unsure or intimidated by weights
- Those hearing about the importance of strength (bone density, muscle mass, metabolism) and want to get started properly
- Anyone wanting to build strength with correct technique and confidence

What You Will Learn

Resistance training is not just about lifting weights - it is about **how your** body moves under load.

In this session, we will introduce:

- Fundamental movement patterns:
 - Squat, hinge, push, pull, carry
- Safe and effective lifting technique

- How to use:
 - Barbells
 - Kettlebells
 - Dumbbells
 - Bodyweight exercises
- How to approach load, progression, and intensity
- Common mistakes—and how to avoid them
- How to train in a way that supports:
 - Strength
 - Bone health
 - Joint integrity
 - Long-term function

All exercises are scalable, and you will work at your own level throughout.

What You'll Take Away (WIIFM)

By the end of the session, you will:

- Understand how to begin strength training safely and effectively
- Gain confidence using weights and equipment
- Learn proper technique for key foundational movements
- Feel more capable and less intimidated in a gym environment
- Have a clear sense of how to continue your strength journey

What Happens Next?

If you choose to continue, you can progress into:

- Structured group strength training classes
- Personal training for more individualized programming
- Progressive programs designed to build strength over time

This session provides the foundation - so everything you do afterward is safer, more effective, and more rewarding.

Important Notes

- Open to all ages and fitness levels
- No prior experience required
- Fully coached and guided throughout
- Supportive, non-intimidating environment
- Expect to move, learn, and feel empowered