

## Weight Training Safety Guidelines

1. Start with lite weight.
2. Slowly in crease weight every 4 workouts.
3. Begin with 6-8 repitions per set. Increase 2 reps every 4-6 workouts or when you able to move the weight through the full motion with control.
4. Stop if you feel pain. If pain persists seek a professional for a massage, accupuncture, PT or see you M.D.