

## Weight Lifting For Newbies - Guide For Weight Lifting

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**Sept. 16, 2010** - [PRLog](#) -- If you think that weight lifting can be done in any which way you can then think again. You need to have a guide for weight lifting to do it right. By this way you can at least be sure of what you are doing and not leaving things to chance.

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It is vital that you have something to refer to when you do your exercises. These guides for weight lifting are valuable because it will answer different questions before you start training. Such questions like names of muscles that you will be targeting, what equipment to use, and the types of exercises that are suited for you just to name a few.

You must understand that these guides are here to help you. It is always best that you will have a sense of direction as you go along with lifting weights. This prevents you from doing trial and errors that could prove disastrous, not to mention also time consuming. Injuries are the most common consequences of lifting weights without the proper guide.

Having your own guide for weight lifting also eliminates your dependency to trainers. This way you can save a lot of money from trainer's fees. You may even do all your weight lifting at home since there is a guide to help you, provided though that you have the right equipment available. Be advised however that not all that is contained in a guide is compatible for you. If you find something that makes you think twice, ask your friends for help, or better yet other experienced weight lifters. Let them explain what it is that you find confusing.

Summing it up, if you're a beginner into the lifting world, it is best that you have a guide for weight lifting. This ensures safety and better results when you start your exercises. You are building your body after all, not destroy it.

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