



THE BEGINNER'S WEIGHT LIFTING FOUNDATION

DR. CHAD KUNTZ, PT, OCS, SCS, CSCS, CISSN, TPI-1

BENEFITS

EXERCISE DENSITY: **MODERATE**

MUSCLE GAINER: **MODERATE**

LEVEL - **BEGINNER**

STRENGTH FOCUS: **MODERATELY
LOW**

KEY POINTS

by Dr. Kuntz

If you're considering working out for the first time, or maybe for the first time in a really long time and you have no idea how to get started, then this program is for you.

It helps the user learn foundational, weight lifting movements that are key in development down the road. Mastering the exercises chosen for this program help create excellent form, mastered motor patterns, and help the user develop the dedication towards weight lifting like never before! Fantastic for any beginner no matter what age.