



## Marc's Weight Training Tips

While this is only one page of information, it's VERY important and reflects 15 years of my experience working out along with spending countless hours training people of various ages and exercise levels. Try to really absorb this information so it becomes second nature.

### **“Active” Rest**

Stretch in between sets, drink water, fine tune form, don't just stand around

### **Focus on Form**

It's better to use less weight than more. Don't use momentum

### **Quality of Contraction**

Concentrate on the quality of the contraction of the muscle being stimulated

### **Complete Set to Failure**

You should not be able to complete any more reps beyond the targeted rep range

### **Keep up the Pace**

Keep your heart rate up, rest less between sets

### **Remember to Breathe**

Breathe in during the negative phase, and out during positive phase of each repetition

### **Listen to Your Body**

If your body doesn't feel right, stop working out. Pay attention to how you feel

### **Rest and Recover**

After a short, intense workout, rest your body for recuperation

## About BuiltLean.com

BuiltLean.com is a free resource that helps busy individuals achieve strong, lean, healthy bodies in less time and with less hassle. Topics include:

- Motivation, exercise and nutrition tips that you can apply to your life
- Exclusive interviews with Nutritionists, Fitness Pros, and Health Experts
- Interviews with people who have successfully transformed their bodies
- Discussion about controversial topics in the fitness industry
- Other fitness related topics that will pique your interest

## About Marc Perry

Marc is the founder of BuiltLean.com and is CEO of Elite Training Partners, a private company based in New York City that develops fitness products and services for busy professionals with demanding lifestyles.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a *Certified Strength & Conditioning Specialist* (National Strength & Conditioning Association) and a *Certified Personal Trainer* (American Council on Exercise).

You can connect with Marc on Facebook ([www.facebook.com/BuiltLean](http://www.facebook.com/BuiltLean)), or Twitter [marcaperry](https://twitter.com/marcaperry). Press inquiries should be directed to [press@elitetrainingpartners.com](mailto:press@elitetrainingpartners.com).



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