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[Best Beginner Weight-Training Guide With Easy-To-Follow ...](#)

Take one day off from weight training between each workout. For health gains, at least one set of 8-12 repetitions should be performed to fatigue; this means a weight heavy enough to tire the muscle significantly in 8-12 reps.

[Weight Training Exercises and Workout Basics - Verywell Fit](#)

Weight training involves using some type of resistance to do a variety of exercises designed to challenge all your muscle groups, including your chest, back, shoulder, biceps, triceps, core, and lower body.

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