



FIT FACTS Series



STRONG Mindset





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What is Mindfulness and Mindful Weight Lifting?

Mindfulness involves paying attention to the present moment, without judgement to assist in taking control of your thoughts and directing your focus on the present moment.



Mindful weight lifting involves mindfulness to assist in increasing muscle activation of the target muscle groups being used during the particular exercise as well as scanning the body from head to toe to notice how the body feels during the rest period.



Mindfulness and mindful weight lifting assists in the management of stress and anxiety and has been shown to effectively improve your skill of being present in the moment, sleep, pain and wellbeing.

What To Do Before You Start Each Exercise Set

- ✧ Refer to the diagram to identify what muscles you will be using
- ✧ Visualise the muscles contracting
- ✧ If possible, touch the muscle group that will be working
- ✧ Breathe in through your nose at the start of each repetition
- ✧ Breathe out as you push or pull the weight.

Repeat 8 times, with 1-2 second rest between each repetition.



! Make sure to keep visualising the muscle that you are using.

Body Scan Meditation

During the one minute rest break between each set:



- * Relax your body
- * Take a deep breath in through your nose, and out through your mouth
- * As you breathe out, close your eyes
- * Notice how your body feels right now (stillness or restless, heavy or light)
- * Starting at the top of your head, gently scan down through the body, noticing what feels comfortable and what feels uncomfortable
- * Remember, you're not trying to change anything, just noticing how the body feels as you scan down evenly and notice each and every part of your body, all the way down to the toes.
- * Allow thoughts to come and go
- * If you get distracted let the thoughts go and bring attention back into the body
- * Finally finish your scan at your feet
- * In your own time gently open your eyes.

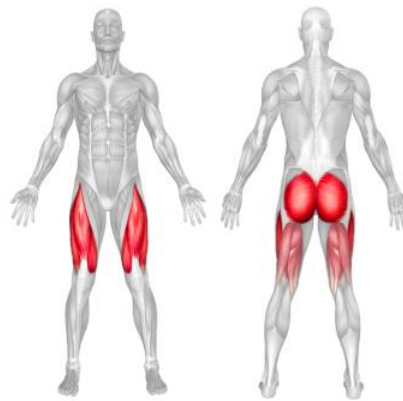


Exercise and Muscle Diagrams

Leg Press



Muscles Involved

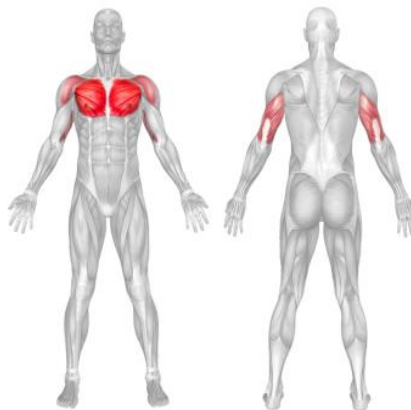


- Quadriceps
- Gluteals
- Hamstrings

Chest Press



Muscles Involved

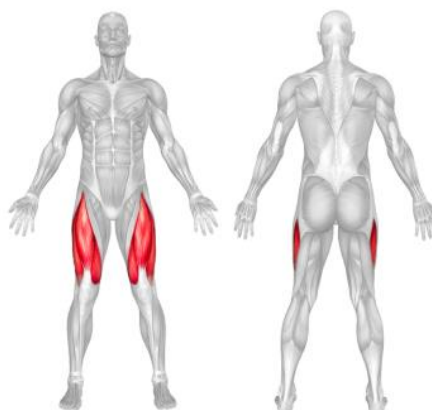


- Pectorals
- Triceps
- Anterior deltoids

Leg Extension



Muscles Involved

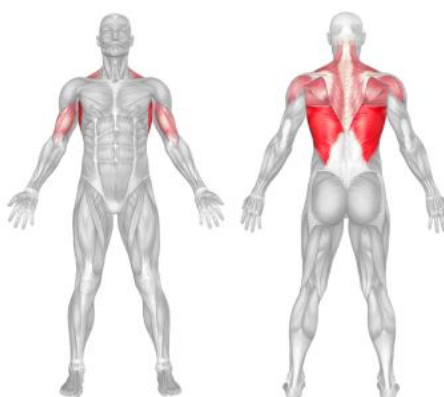


- Quadriceps

Seated Row

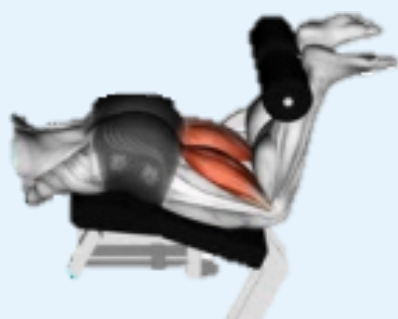


Muscles Involved

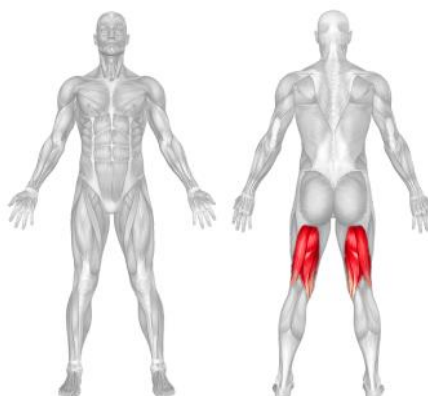


- Trapezius
- Latissimus dorsi
- Posterior deltoids
- Biceps

Leg Flexion



Muscles Involved

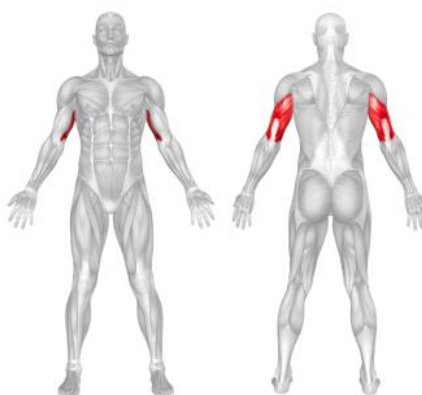


- Hamstrings

Triceps Pushdown



Muscles Involved

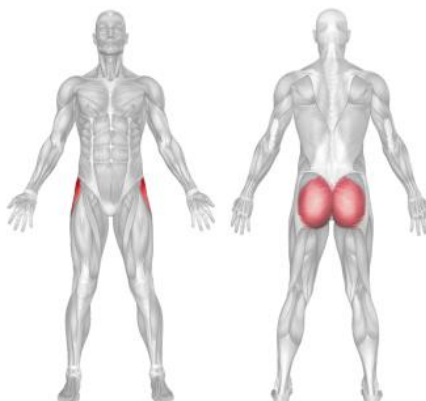


- Triceps

Hip Abduction



Muscles Involved



- Gluteals
- Tensor fascia lata



Please contact **Professor Maria Fiatarone Singh AM, MD, FGSA, FRACP** and our friendly staff if you would like more information on STRONG mindset or any other medical questions you may have.



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