



Bodybuilding is the act of lifting weights to make your muscles larger and stronger. Bodybuilders use myriad weight training exercises to achieve this goal. If you're a woman over 60, weight training exercises can help you to regain lost muscle and look and feel years younger. While there are no special weight training exercises for female bodybuilders over 60, you do need to take your age, physical condition and any health concerns into consideration when designing your workout.

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[Bodybuilding Diet](#)

Complete Bodybuilding Diet Meal Plan From
Fitness Industry Expert Lazar Angelov.
lazarangelov.diet

Grow Some Muscle

If you're a beginner, start with two or three weight training session per week and then you will need to challenge your muscles to gain muscle mass. Increase your workouts to four or five times per week. ExRx says that variety is the key, so change your exercises every month or two and alternate heavy workouts with light workouts. Choose three exercises for each muscle group and do at least three sets of each exercise. The American Council on Exercise says that rep speed and rest between sets also affect muscular hypertrophy. Take two to three seconds to lift your weights, three to four to lower them, and rest for 30 to 90 seconds between sets.

Squat With a Dumbbell

Squats are considered a basic bodybuilding exercise that target your quadriceps but also challenge your glutes, hamstrings and core muscles. It's more common for squats to be done with a barbell rested across your shoulders, but this version takes the pressure off your spine. Grasp a dumbbell in each hand and stand with your feet shoulder width apart and your arms relaxed at your sides. Bend your knees and let your hips drop down and back until your thighs are parallel to the floor. Straighten your legs and stand up.

Pull It to the Front

Lat pull-downs are another basic bodybuilding exercise that will help you to increase the strength of your back muscles, core and arms. Grasp the handle slightly wider than shoulder width with your palms face down. Sit down and secure your thighs beneath the leg pad. Lean back slightly at the hip and then keep your torso stationary as you pull the handle down to your collar bone. Release the bar and allow it to return until your arms are fully extended, but keep your shoulder blades down.

Press For a Strong Chest

The seated chest press helps you to strengthen your chest, shoulders and arms, and the machine helps you maintain proper form and gives you good spinal support. Grasp the handles palm down and slightly wider than shoulder width. Sit up straight, allowing your hips and head to make contact with the support pad. Push the handles away from you until your arms are straight, and then slowly lower the handles until you feel a slight stretch in your chest.

The Sport of Bodybuilding

Bodybuilding is a sport, but you don't have to compete to be a bodybuilder. There are plenty of amateurs who never set foot on a stage, but like the way weight training makes them look and feel. However, building extreme amounts of muscle is not physiologically possible without the help of anabolic steroids. If you decide you want to compete, the sport of bodybuilding offers a category for seniors as well as natural competitions for individuals who choose to not use drugs to enhance their physique. ExRx warns that steroid use can increase your risk of hypertension, cause your breasts to shrink, deepen your voice and cause male pattern baldness.

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