

Weight Training



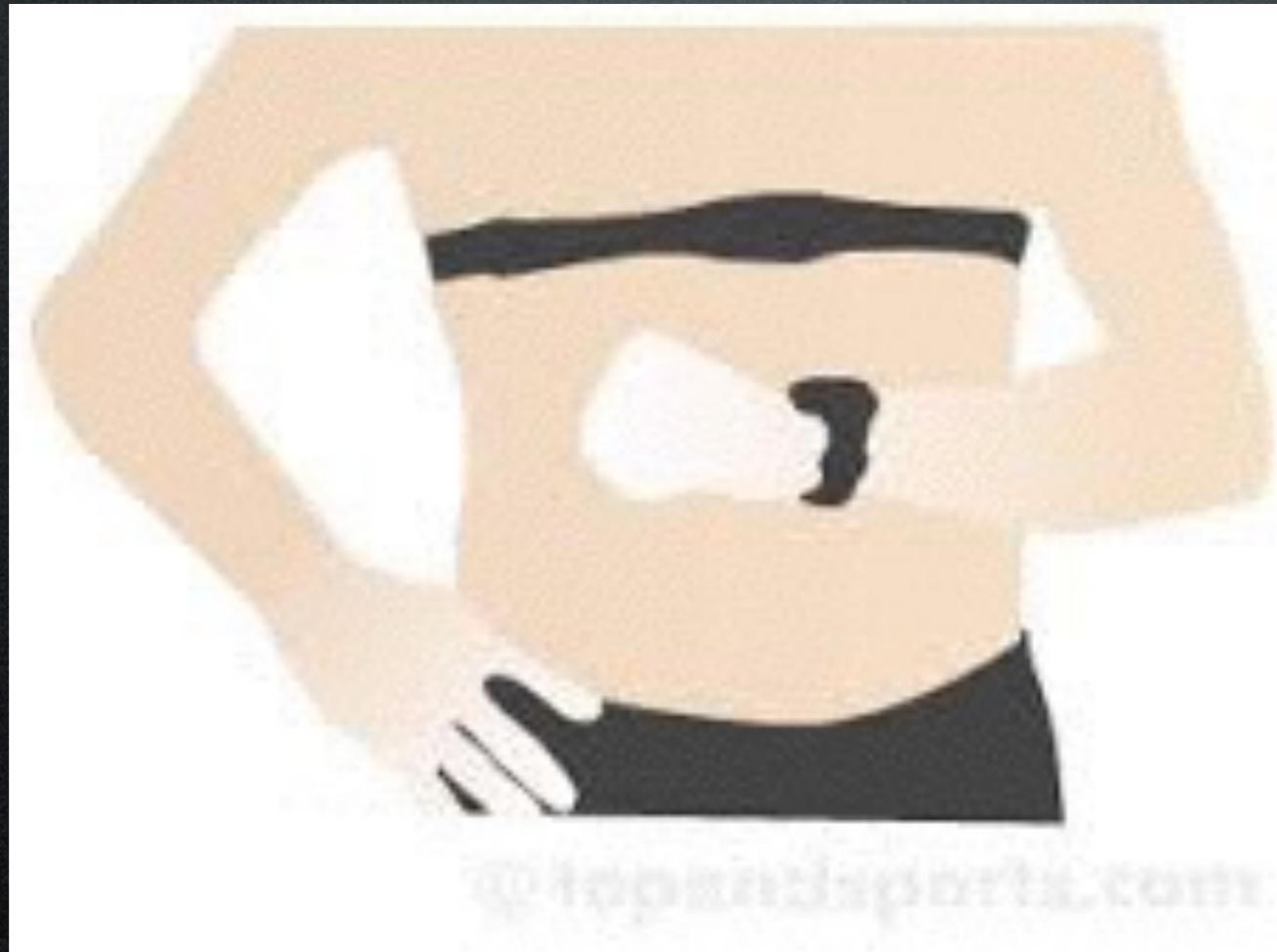
Heart Rate Monitors

- Hit Black Button until date is the top #
- Hit red button to start tracking workout
- Outline of a heart will begin to flash, when it finds you the heart will become solid.
- Your heart rate will be between 145-190
- Bars cannot disappear, they do not become solid until 10 full minutes in zone have been completed
 - 19:34 will only show as two bars
- You must keep HR above 145 for credit

How to wear the strap

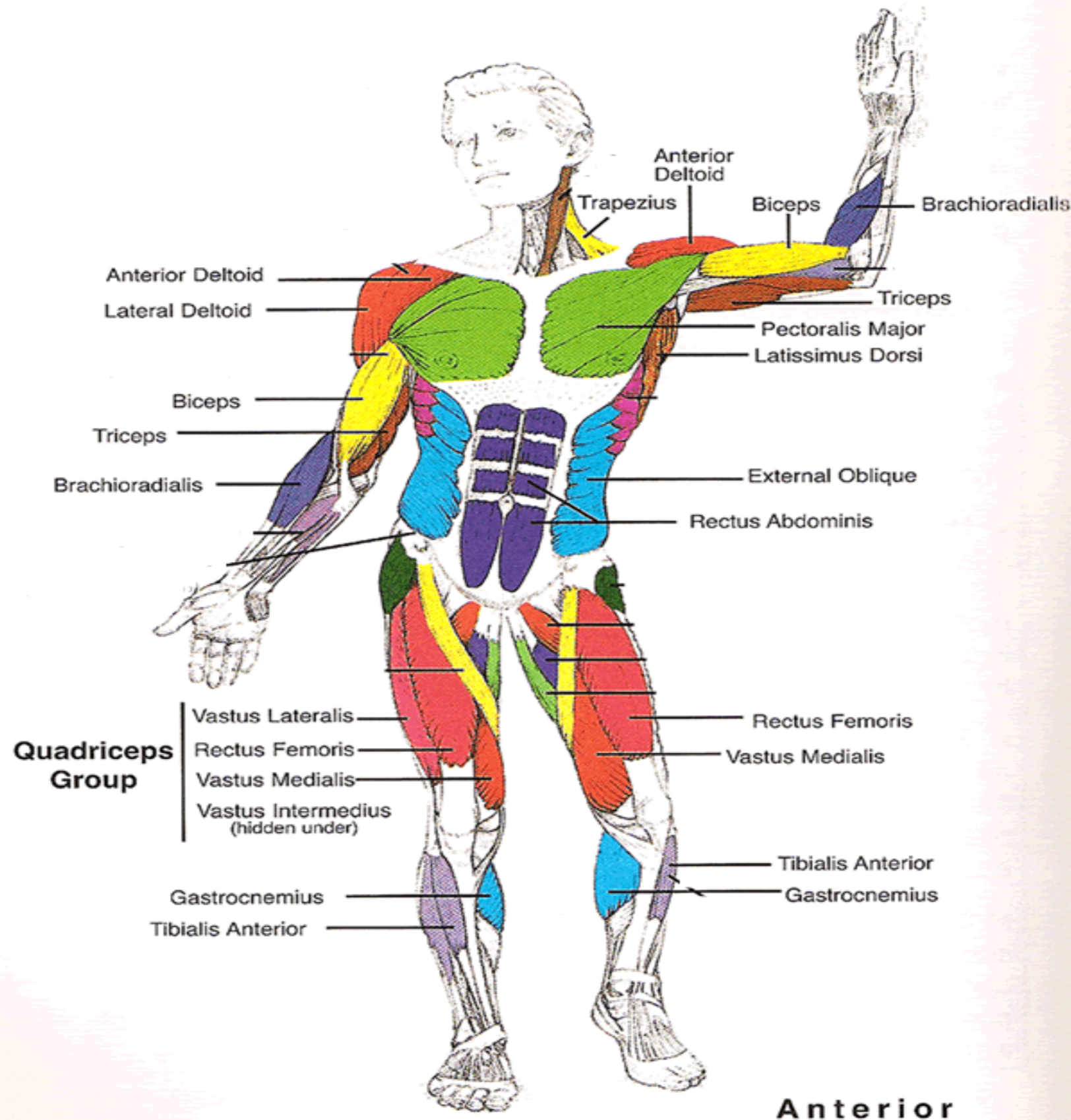
- Snap the sensor on to the two buttons
 - Wet the slick black part of the strap (this part needs to touch your body)
 - Adjust the Strap to fit your body
 - Attach like a bathing suit top or bra through the hook
- If you are wearing a sports bra put it under the bottom, if not put it below your pecks or below nipple line

Wearing the monitor

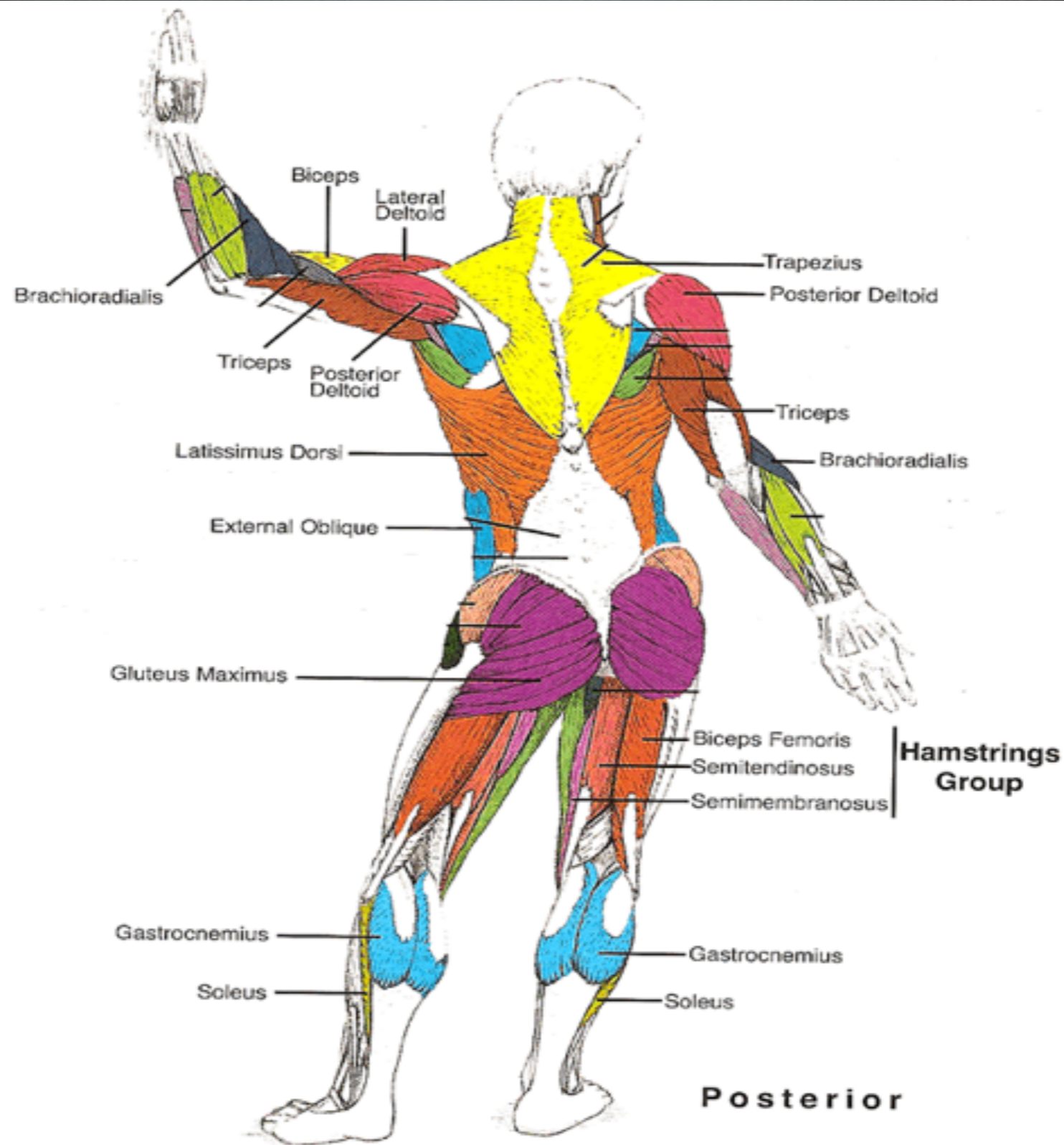


This man has no nipples...

The Muscles



The Muscles



THE WEIGHT ROOM

The weight room can be a very beneficial place to a person's health, but if a person does not follow the right precautions the weight room can be just the opposite. Through completing this learning module students will know and understand how to use and maintain the weight room to see only positive effects.

A safe weight room is a clean weight room. It will be **expected** each day for you as a class to pick up and clean the weight room.

Weight Room Clean Up:

All weights will be taken off machines when finished and put back on the correct weight tree position.

No weights (plates, or free weights) should be left out on the floor after the completion of the lift.

All equipment must be wiped down with disinfectant cleaner after every student completes a lift.

MRSA is not the only skin infection we need to worry about! Staphylococcus is a dangerous infections, but we can follow some simple steps to lower the risk of infections.

Spotting:

is the most important job in this class. It is very important to "spot" your partner on each lift, not just the heavy lifts. A spotter has four primary responsibilities:

1. To provide assistance to the lifter, either physical or verbal encouragement.
2. To prevent injuries to the lifter or anyone in the vicinity.
3. To be paying attention to the lifter at all time during the lift. **EXPECT THE UNEXPECTED.**
4. To understand the lifters goals before he/she starts the lift.

There are seven fundamental *Principles of Muscle Development* to ensure **gradual improvement in strength** while **reducing the risk of injury**.

1	Principle of stress adaptation:	Strength development is slow and progressive Too much too soon can lead to injury
2	Principle of tissue rebuild time:	Moderate to High intensity workouts need 36-48 hours to recover and rebuild.
3	Principle of near-maximum resistance:	
	<ul style="list-style-type: none"> <li data-bbox="370 1344 1015 1410">• Low weight/high reps. 	<p data-bbox="1048 1371 2428 1631">Low wt./(12-20 reps)= lean muscle, tone Improved cardiovascular capabilities</p>
	<ul style="list-style-type: none"> <li data-bbox="370 1719 1015 1784">• High weight/low reps. 	<p data-bbox="1048 1745 2428 1999">Heavy wt./(3-8 reps)= increase strength Increase muscle size</p>

4	Principle of controlled movement speed:	5 second repetition = 3 second eccentric phase 2 second concentric phase
5	Principle of full range movement:	Full range of motion (ROM) lifting increases flexibility and strength
6	Principle of muscle balance:	To avoid injury, exercise antagonistic muscle groups evenly
7	Principle of continuous breathing:	Breathe in (inhale) during eccentric phase Breathe out (exhale) during concentric phase

**F.I.T. Principle: Three approaches to improve fitness/performance
... often used in combination with one another**

8	<u>F</u>requency:	How _____? Increase number of workouts per week Example: from two to three workouts per week
9	<u>I</u>ntensity:	How _____? Increase the intensity of the workout Example: increase the amount of resistance
10	<u>T</u>ime:	How _____? Increase the duration of the workout Example: increase number of repetitions and/or sets

Frequency – Intensity - Time

Frequency deals with how often you have to work to improve physical fitness.

For exercise to be of benefit you need to exercise 3-5 times a week, weight lifting 2-3 times a week..

Intensity deals with how hard you have to work to improve fitness. Too little or too easy exercise will not improve your fitness and may decrease it. In weight lifting you increase the amount of resistance.

Time deals with how long you have to work to improve physical fitness. Current research states exercise should be done for 60 minutes at one time for maximum benefit. In weight lifting we increase the time by increasing the number of repetitions and/or sets.

Vocabulary and Important Terms:

11	Repetitions (Reps.):	One _____ lift
12	Set(s):	A _____ of reps
13	Eccentric:	<ul style="list-style-type: none">• _____ the weight• 3 seconds• breathe _____
14	Concentric:	<ul style="list-style-type: none">• _____ the weight• 2 seconds• breathe _____
15	Antagonistic:	Opposite (opposing) muscle groups Examples: 1. _____/Hamstrings 2. Biceps/_____

Vocab

- Rep(s): A rep (or repetition) is a single movement of any exercise.
- Set: A set is a series of reps of an exercise done in sequence (usually without rest)
- Eccentric: generally when you are lowering a weight, 3 second movement that you complete while breathing in
- Concentric: generally when you are lifting the weight, 2 seconds while you are breathing out
- Antagonistic: opposite muscle groups
 - biceps/tripiceps or quads/hamstrings

Muscles

- Flexion: decreasing the joint angle
- Extension: Increasing the joint angle



Wt. Room Station #	EXERCISE	MUSCLE
	Lat Row	<u>Latissimus Dorsi</u>
		Biceps
	Lat Pull	<u>Latissimus Dorsi</u>
		Biceps
	Dumbbell <u>Elyes/</u> Butterfly	<u>Pectoralis Major</u>
	Standing Press	Triceps
		Deltoids
		<u>Pectoralis Major</u>

	Pull-ups	<u>Latissimus Dorsi</u>
		Biceps
	Bench Press	<u>Pectoralis Major</u>
		Triceps
		Deltoids
	Arm Curls	Biceps
		<u>Brachioradialis</u>
	<u>Tricep Press</u>	Triceps

Wt. Room Station #	EXERCISE	MUSCLE
	Incline Press	Upper Pectoralis Major
		<u>Tricep</u>
		Deltoids
	Shoulder Press	Deltoids
		Triceps
	Anterior Arm Raise	Deltoids
	Lateral Arm Raise	Deltoids

Wt. Room Station #	EXERCISE	MUSCLE
	Back Extension	Erector <u>Spinae</u>
	Sit-ups	Rectus <u>Abdominus</u>
	Push-ups	<u>Pectoralis</u> Major
		Triceps
		Deltoids

<http://www.ebaumsworld.com/videos/weight-lifting-accidents-compilation/81222284/>