

Name: _____

Class: _____

Weight Room Safety

1. Do not use more weight than you are capable of handling safely.
2. Use spotters in any exercise in which you are lifting free-weights.
3. When finished with a piece of equipment, put weights back where they came from.
4. Do not distract other lifters.
5. Do not drop weights on the floor.
6. No horse play...Don't show off.

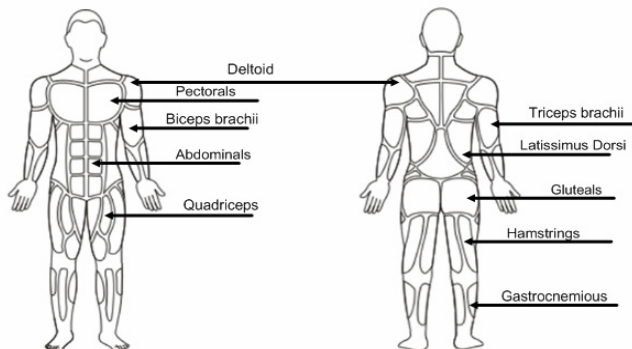
General Information:

1. Lift Slowly-Emphasize the negative (lowering)
2. Breath!!!
 - a. Inhale on the negative/recovery (when going with gravity)
 - b. Exhale on the positive/lift (when pushing/pulling against gravity)
3. Always use a spotter
4. Concentrate on using correct form
5. Go through a full range of motion

Unit Goals

As a result of this unit ...

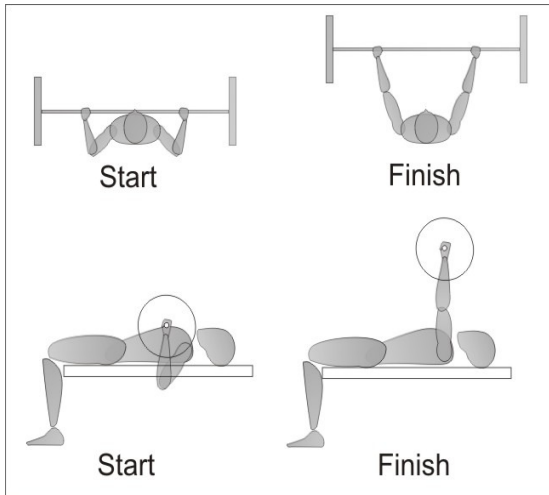
- Students will understand the importance of weight training to their bodies.
- Students will know the rules for the weight room.
- Students will learn at least 10 new strengthening exercises for various muscles.
- Students will become familiarized with 12 different muscles of their body.
- Students will know proper spotting techniques for a variety of lifts.
- Students will know the basics of creating their own weight training program.
- Students will be motivated to improve their strength on their own time.



Name: _____

Class: _____

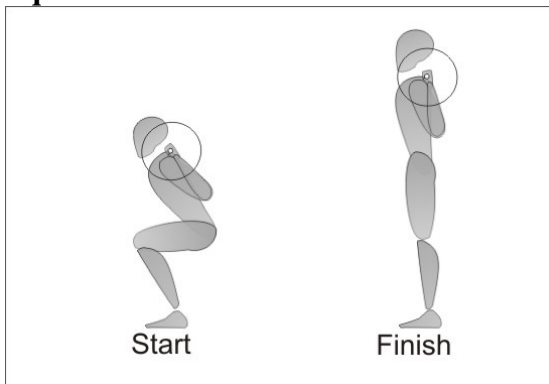
Bench Press:



- _____ 1. Grip the bar about 1 ½ shoulder widths apart.
- _____ 2. Smoothly lower the bar until it barely touches the bottom of your chest.
- _____ 3. Smoothly push the bar up until your arms are straight.

Primary Muscles Involved:
Pectorals

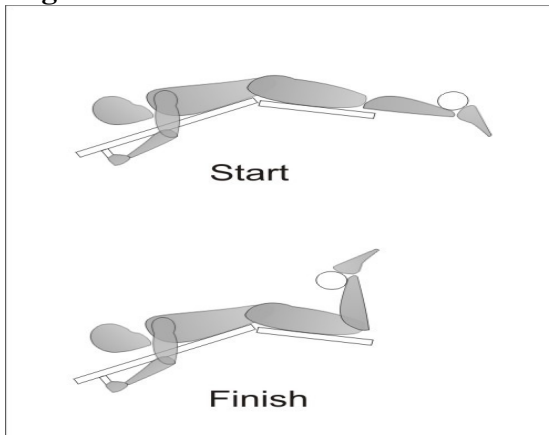
Squat:



- _____ 1. With a straight back, grip the bar and rest it on the back of your shoulders. NOT YOUR NECK!!!
- _____ 2. With feet shoulder width apart, slowly bend your knees and hips until thighs are parallel with the floor.
- _____ 3. Push through the heels to rise to the standing position.

Primary Muscles Involved:
Quadriceps, Hamstrings, Adductors

Leg Curls:



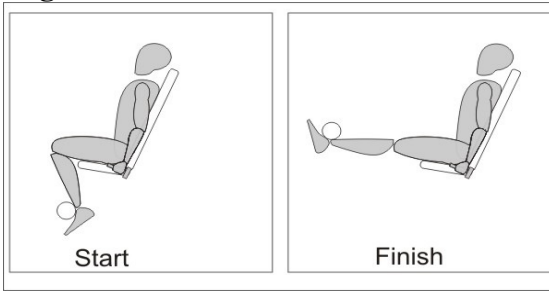
- _____ 1. Lay face down and anchor your legs under the pads.
- _____ 2. Smoothly curl legs up as far as possible.

Primary Muscles Involved:
Hamstrings

Name: _____

Class: _____

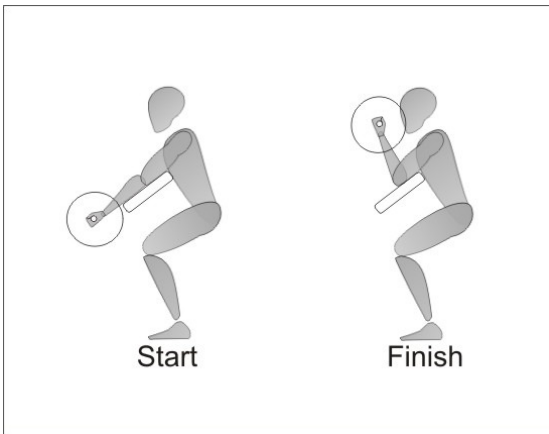
Leg Extension:



1. Adjust the pad so it rests between the lower shin and the ankle.
2. Smoothly extend the lower legs while preventing the hips from extending.

Primary Muscles Involved:
Quadriceps

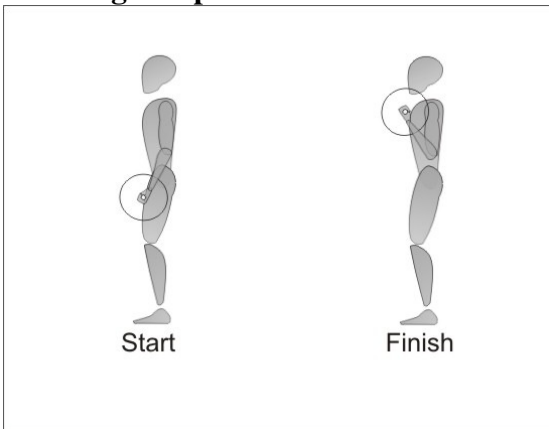
Preacher Curl:



1. Hold the bar with an underhand grip and rest your arms on the arm rest.
2. Lower the weight until arms are straight.
3. Curl the weight up until biceps are fully contracted.

Primary Muscles Involved:
Biceps Brachii

Standing Biceps Curl:



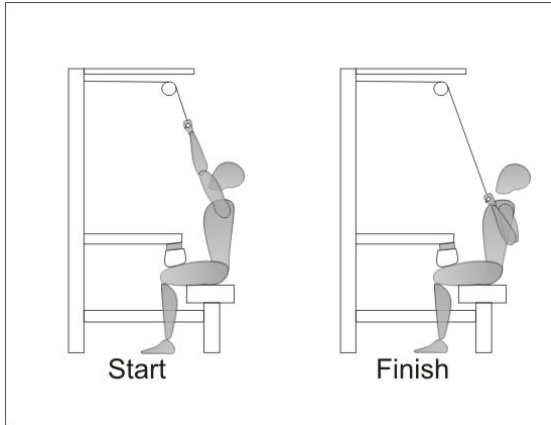
1. Stand with knees slightly bent, hold weight with hands shoulder width apart.
2. Smoothly flex the biceps to curl the weight upward.
3. Keep the elbows in the same position by the side.

Primary Muscles Involved:
Biceps Brachii

Name: _____

Class: _____

Lat Pull-down:



1. Grip the bar with both hands about 2 shoulder widths apart. Sit with knees anchored and arms extended.
2. Pull the elbows down as far as possible or until the bar touches the upper chest.

Primary Muscles Involved:
Latissimus Dorsi

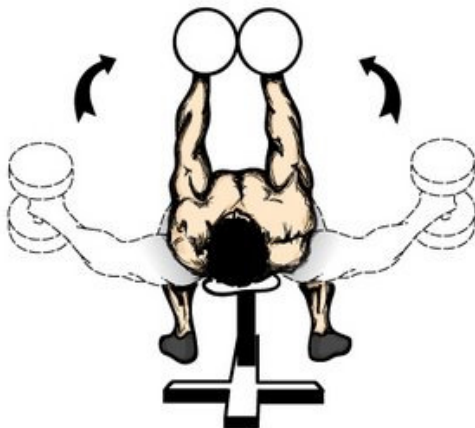
Triceps Extension:



1. Stand with knees bent slightly, and feet shoulder width apart. Hold the dumbbell with two hands above your head.
2. Slowly lower the dumbbell until it is just below your shoulders.
3. Slowly extend the arms until straight making sure elbows do not flare out.

Primary Muscles Involved:
Triceps Brachii

Pectoral Fly:



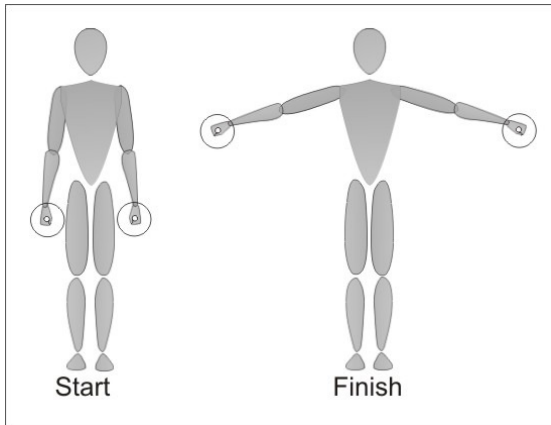
1. While laying on back, with straight arms, palms facing in, hold the dumbbells over your chest
2. Slowly lower the weight to the side until hands are parallel with your chest.
3. Contract your pectorals muscles to bring weight up to starting position.

Primary Muscles Involved:
Pectorals

Name: _____

Class: _____

Lateral Raise:



- _____ 1. Stand while holding a dumbbell in each hand by the side.
- _____ 2. Smoothly raise arms laterally until they are approximately horizontal.
- _____ 3. Slowly lower weight back to the starting position.

Primary Muscles Involved:
Lateral Deltoids

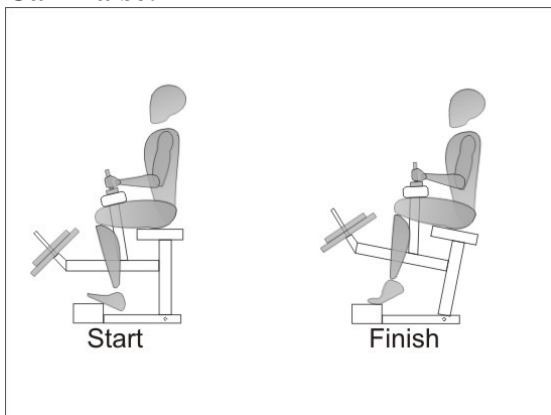
Frontal Raise:



- _____ 1. Stand while holding a dumbbell in each hand by the side.
- _____ 2. Smoothly raise arms laterally until they are approximately horizontal.
- _____ 3. Slowly lower weight back to the starting position.

Primary Muscles Involved:
Anterior Deltoid

Calf Raise:



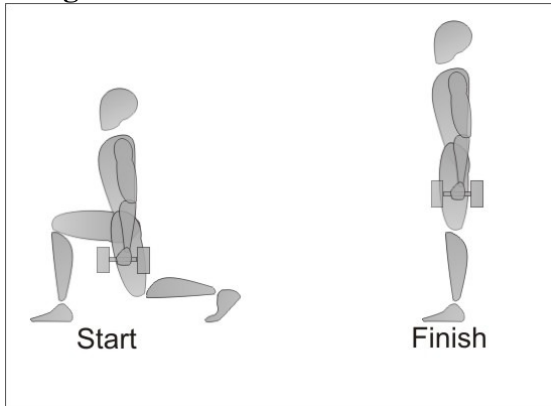
- _____ 1. Sit with feet on the stand and the padded lever resting on the lower quadriceps. let the heels sink as low as possible.
- _____ 2. Raise the heels up to the highest "tip toe" position possible.

Primary Muscles Involved:
Gastrocnemius

Name: _____

Class: _____

Lunge:



1. Stand while holding dumbbells. Step forward approximately the length of your legs and lower your body until the rear knee almost touches the floor.
2. Push back with the forward foot to return to the standing (Finishing) position and repeat the sequence with the other leg.

Primary Muscles Involved:
Quadriceps, Hamstrings, Gluteals

You can step through with the rear leg and place it forward of the previous leg (in a walking motion) and lower into the starting position. Alternating the legs this way is called the walking lunge.

Terms:

Repetitions (Reps): The number of times a lift or exercise is completed

Sets: The amount of reps you do before resting

Set/Rep is usually recorded as 3x8...

This means 3 SETS of 8 REPITIONS

Free Weights: Weight training utilizing dumbbells, barbells and weight plates. Free weights help the development of accessory/stabilization muscles.

Machine-Based: Exercise with the assistance of machines that follow a pre-determined path.

Max: The maximum amount you can lift for a given number of reps. Your 1RM (1 rep max) is the maximum you can lift for one rep.

Cardio: Exercise aimed at increasing the heart rate in order to improve cardiovascular performance and burn fat.