

Cover Page

*Strength*

Be creative

Your Name

Your Period

## Table of Contents

<b>Muscular Strength</b>	<b>Component</b>	
	Expectations of the weight room	3-4
	Muscular Endurance Worksheet	5
	TESTING (Mult-Rep Max Sheet)	7
	Muscle Anatomy	8-9
	Weight Machines (Push/Pull Exercises)	10-11
	Individual Activity Chart	12

(Print the Individual Activity Chart Separately)

Name\_\_\_\_\_

### Muscular Endurance

	<b>Curl-up</b>	<b>Push-ups</b>	<b>Healthy Zone (Yes/No)</b>
<b>Current Score</b>			
<b>Final Score</b>			

**Goal:** \_\_\_\_\_

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### Muscular Endurance Fitness Plan

Frequency	
Intensity	
Time	
Type	

1. Did I reach my goal? \_\_\_\_\_

2. If I could do one thing differently it would be \_\_\_\_\_

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3. How has your overall muscular endurance improved? \_\_\_\_\_

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**CAPITAL HIGH SCHOOL  
HEALTH AND FITNESS  
WEIGHT TRAINING**

**Elements Common to All Weight Training Exercises**

- Muscle contraction (stay tight!!!)
- Create a good foundation (athletic position)
- Straight lines (no twisting)
- Breathe (inhale during the negative portion of the lift and exhale on the positive)
- Full range of motion
- Time to complete the set (14 seconds)
- Control the negative
- Spotter communication prior to the lift

**Safety**

- Have a spotter for all core, power and over-head lifts
- Use collars on all bars
- Spotters must contrite on the lifter
- Set spotter devices at proper depth for the lifter to help when “buried”
- NEVER try a 1RM without teacher notification

**Weight Room Etiquette**

- RACK all weight when finished with the exercise
- Help a person learn the ropes
- Help a person be a better lifter
- Help keep the weight room clean
- No horse play
- If you perspire heavily then please wipe down the equipment
- Keep the chalk in the container
- Refrain from swearing in the class

**Weights for performance specific to items**

- |                        |                            |
|------------------------|----------------------------|
| • Olympic bars—45 lbs  | Aluminum bars—15 lbs       |
| • E-Z curl bars—20 lbs | Beefy E-z curl bars—25 lbs |
| • Hex bars—45 lbs      | Leg press—45 lbs           |
| • T-Bar rowing -30 lbs | Calf raise—30 lbs          |

### Weight Room Expectations Rubric

Daily Points 5	4	3	2	0
Advanced	Accomplished	Proficient	Developing	No Points
<p>1. Student is dressed out in appropriate CHS H.F. Uniform. 2. The student has their program and pen/pencil. 3. The student has a weight lifting program and lifts according to the program. 4. The student lifts the entire class period- rest period's no more than 1-2 mins. If the student finishes early find more auxiliary lifts. 5. The student has a spotter for all types of bench.. 6. The student will lift upper and lower body daily (unless excused.) 7. The student does not stop the forward progress of other lifters and stays on task. 8. The student will follow all safety rules.</p>	<p>1. Student is dressed CHS H.F. Uniform. 2. The student has their program and pen/pencil. 3. The student has a weight lifting program and lifts according to the program. 4. The student lifts the entire class period- rest periods no more than 2-4 minutes. 5. The student has a spotter for all types of bench and squats. 6. The student will lift upper and lower body daily (unless excused.) 7. The student does not stop the forward progress of other lifters and stays on task. 8. The student will follow all safety rules. <b>Asked to get on task.</b></p>	<p>1. Student is dressed out in appropriate CHS H.F. Uniform. 2. Asked to get on task. Not following the lifting program. 3. The student will follow all safety rules. Asked to get on task.</p>	<p>1. Student is dressed out in appropriate CHS H.F. Uniform. 2. Asked to get on task. Not following the lifting program. 3. Safety of the student and or other students is a factor. Asked more than once to get on task.</p>	<p>1. Student does not participate in class.</p>

### CHS WEIGHT TRAINING TERMINOLOGY

#### TERMS

#### DEFINITIONS

1RM	“One repetition maximum: lifting the heaviest load possible one time
4 X 5	Four sets of five repetitions—a volume of 20
8-6-4-2-6	A pyramid workout including five sets; a volume of 26
A good foundation	Your body set in a good position to support the load and all your muscles.
A program	A prescribed set of exercises to include sets, reps, loads and intensity
A pyramid	Varying the number of reps between each set during an exercise.
A set	A specific amount of repetitions
Aerobic system	The body functioning in sustained cardiovascular work exceeding 15 minutes
AMP	Doing “as many possible” repetitions that you can –“burning out”
Antagonistic muscles	Opposing muscles that enable you to push and pull
ATP system	Adenosine triphosphate allows explosive movements up to 15 seconds

Auxiliary exercise	An exercise which targets smaller/specific muscle groups
Base of strength	Your entry level strength habilitions on specific exercises
Cheating	Not adhering to sound lifting technique; using muscles not designed for the lift.
Collars	Safety devices used to keep plates from sliding off a bar
Core exercise	An exercise which develops the largest muscle groups; the initial daily exercise
Elements of fitness	Muscular strength and endurance, cardiovascular endurance, flexibility, and body composition.
Extensor muscles	Those muscles which straighten the joints: <i>the pushers</i>
FITT	A nuemonic representing the principles of training: Frequency, Intensity, Time and Task.
Flexor muscles	Those muscles which bend the joints: <i>the pullers</i>
Lactic acid system	The body's means of sustaining hard work for up to two minutes.
MRM<12	Multi-repetition maximum less than 12"
Major muscle groups	Muscles located in a specific region which move specific parts of the body
Percentage chart	A table which allows you to establish a load based upon a known base of strength
Plyometrics	An explosive activity designed to create a nerve and muscle response
Post stretch	Stretching after activity which helps improve flexibility and warm down the muscles
Power chart	A table which enables one to predict 1RM's or to set loads for workouts
Power exercise	An explosive exercise that involves many major muscle groups and joints.
Pre stretch	Stretching done prior to a workout for the purpose of avoiding potential injury
Range of movement (motion)	The extent to which a joint is bent within an exercise
Recovery time	The amount of rest time that is needed between sets to allow for proper energy to do the next lift
Repetitions	The number of consecutive times an exercise is completed without resting
Spotting	Helping a lifter to safely begin and complete a lift
Stiggins' general conditioning program	Computer generated; individualized lifting program designed to promote overall fitness
Stiggins' high level program	Computer generated, individualized; designed to develop more strength and bulk for athletic performance.
Strict	Using rigid and fundamentally sound technique
The load	The amount of weight used for a repetition
The volume	The total number of repetitions completed on an exercise not including warm up
To "bury your chin"	To place the chin on the chest
To "get buried"	To be overcome by the amount of the load and be unable to complete even one repetition
To "hit the wall"	To be unexpectedly overcome by the load during a set
To "rack 'em!"	To return all plates and accessory equipment to their proper place
To "tighten up."	To contract the muscles throughout the lift
To clean the bar	To bring the bar to shoulder level in a standing position
To do a "burn out"	To do "as many possible" repetitions or sets on an exercise
To log	To record data
To "strip the bar"	To remove all plates from a bar
Torso work	Exercises to develop the low back, the oblique's, and the abdominals
Warm down sets	Sets done at lighter weight after the prescribed work out has been completed
Warm up sets	Sets done at a lighter weight to allow the body to adjust to an intense load
Weight room mentor	An experience lifter who helps a novice become familiar with aspects of the

	weight-room setting
Work out partner	A person with whom you do most exercises; one who you can rely on for your safety, for encouragement, for critique, and for working at a similar level of intensity a symbol which denotes "sets of".

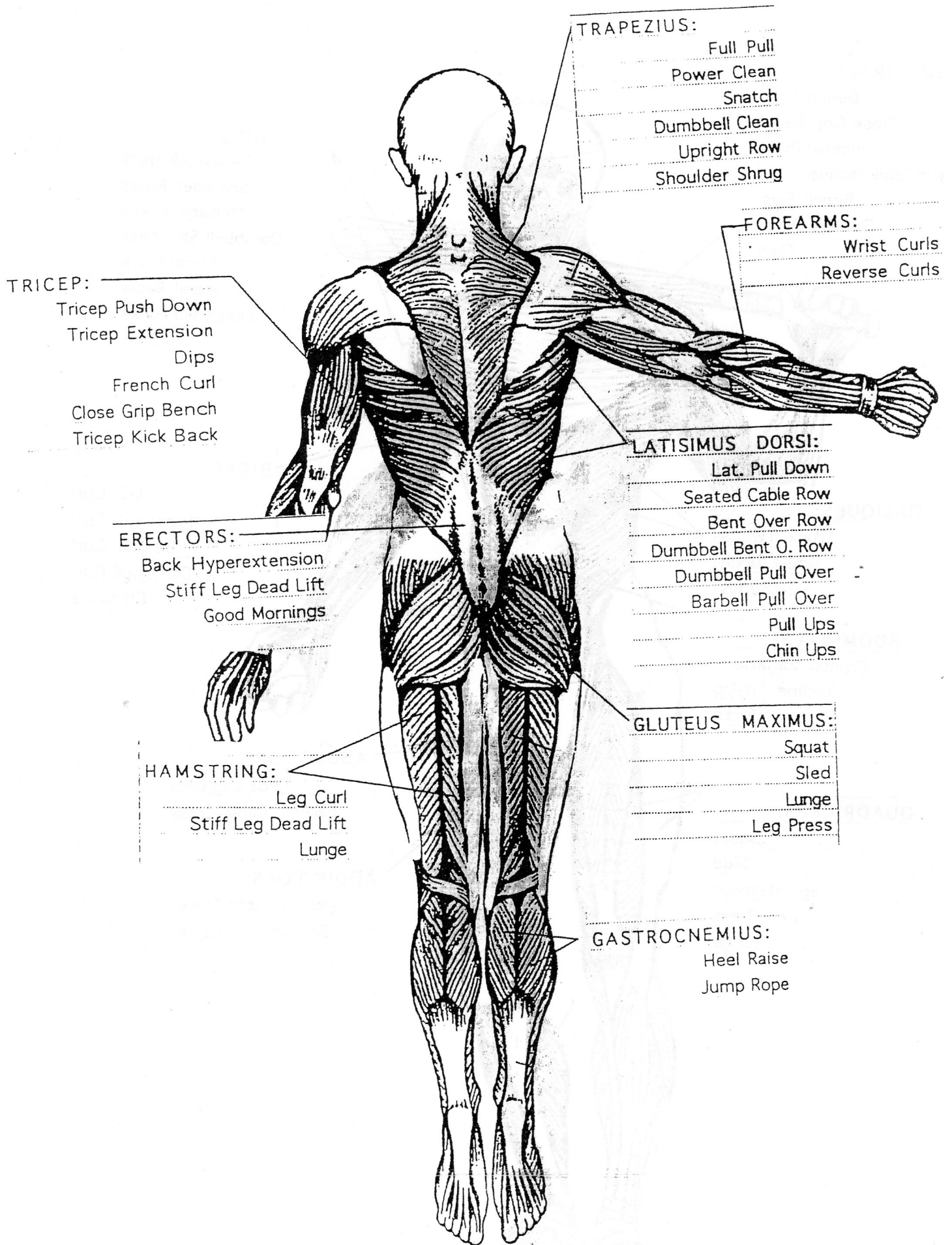
### STRENGTH TRAINING MULTI-REP MAX (MRM)

EXERCISE	REPS (8-12)	PREDICTED 1 REP MAX (1 RM)
BENCH PRESS		
SQUAT		
POWER CLEAN		
BACK-LIST EXERCISE		
LEGS-LIST EXERCISE		
BICEPS--LIST EXERCISE		
SHOULDER--LIST EXERCISE		
CHEST-LIST EXERCISE		
TRICEPTS--LIST EXERCISE		
CALVES--LIST EXERCISE		


Individual Activity Chart

Print off from attached file





**TRICEP:**

- Tricep Push Down
- Tricep Extension
- Dips
- French Curl
- Close Grip Bench
- Tricep Kick Back

**TRAPEZIUS:**

- Full Pull
- Power Clean
- Snatch
- Dumbbell Clean
- Upright Row
- Shoulder Shrug

**FOREARMS:**

- Wrist Curls
- Reverse Curls

**ERECTORS:**

- Back Hyperextension
- Stiff Leg Dead Lift
- Good Mornings

**LATISSIMUS DORSI:**

- Lat. Pull Down
- Seated Cable Row
- Bent Over Row
- Dumbbell Bent O. Row
- Dumbbell Pull Over
- Barbell Pull Over
- Pull Ups
- Chin Ups

**GLUTEUS MAXIMUS:**

- Squat
- Sled
- Lunge
- Leg Press

**HAMSTRING:**

- Leg Curl
- Stiff Leg Dead Lift
- Lunge

**GASTROCNEMIUS:**

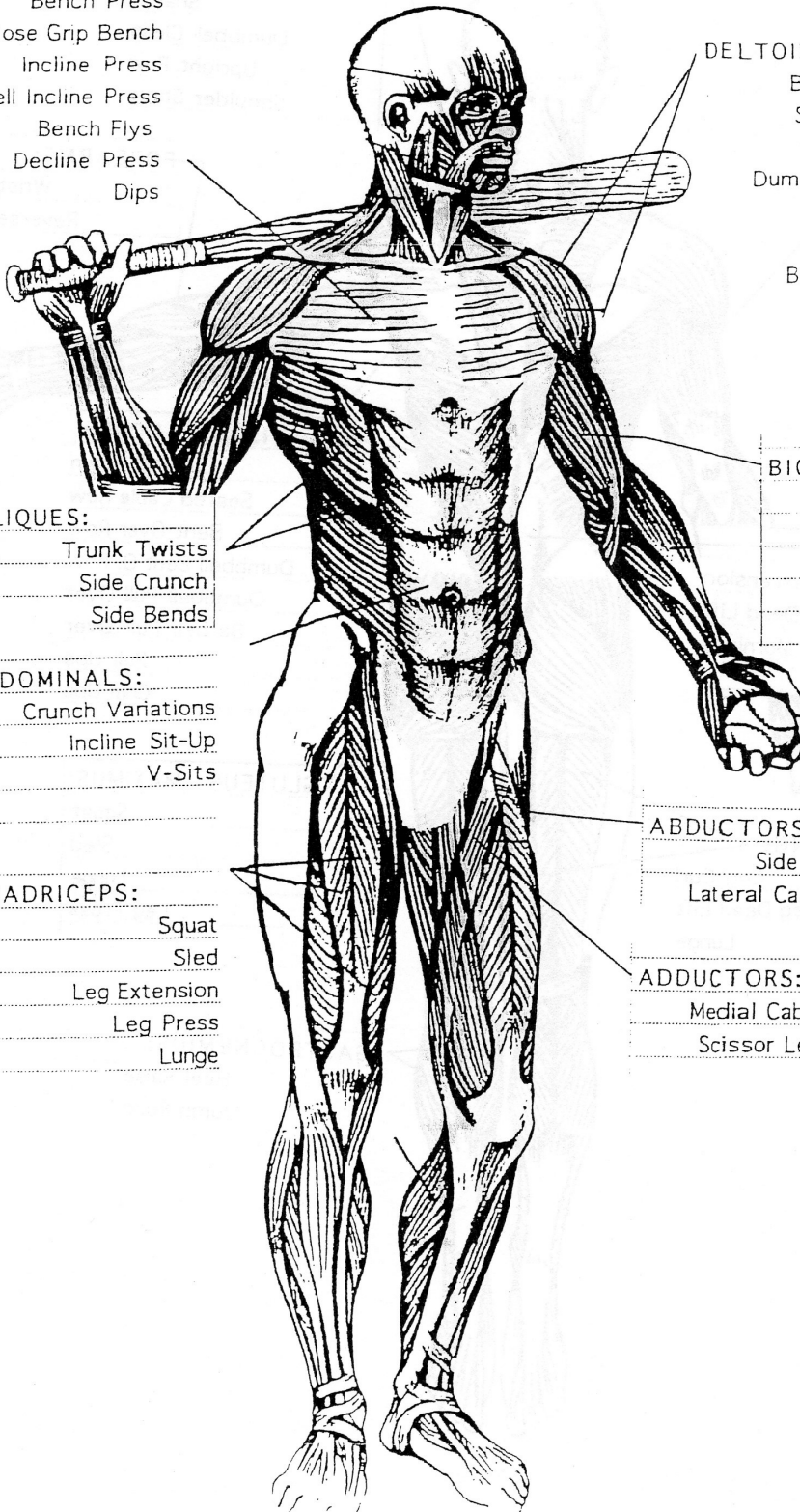
- Heel Raise
- Jump Rope

**PECTORALS:**

- Bench Press
- Close Grip Bench
- Incline Press
- Dumbbell Incline Press
- Bench Flys
- Decline Press
- Dips

**DELTOIDS:**

- Behind the Neck
- Shoulder Press
- Military Press
- Dumbbell Sh. Press
- Front Raise
- Lateral Raise
- Bent Over Raise
- Dips



**OBLIQUES:**

- Trunk Twists
- Side Crunch
- Side Bends

**BICEP:**

- E-Z Curl
- Preacher Curl
- Barbell Curl
- Dumbbell Curl
- Chin Ups

**ABDOMINALS:**

- Crunch Variations
- Incline Sit-Up
- V-Sits

**ABDUCTORS:**

- Side Leg Lifts
- Lateral Cable Cross

**QUADRICEPS:**

- Squat
- Sled
- Leg Extension
- Leg Press
- Lunge

**ADDUCTORS:**

- Medial Cable Raise
- Scissor Leg Raise

# Push Exercises      Stretch Before Beginning

Abdominal exercises—do at least 6 to 9 sets of 30.

## Chest

Bench—dumb bells/bar

Push-ups

## Legs

Squat Machine



Lunges (each leg is one round)



Side Lunges (same as above, but legs go to right and left)

## Calves

Calf Press—Dumb Bells/loose Weight/Bar



## Triceps

Kickbacks



Dips



Bench Dips



## Shoulder

Shoulder Press---Dumb Bells



(notice elbows at 90 degrees)

# Pull Exercises

# Stretch Before Beginning

Abdominal exercises—do at least 6 to 9 sets of 30.

Chest

Laying Fly's



Back

Lying Row Barbell/Dumb bells



Seated Row Barbell/Dumb bells



Bent over Row Barbell/Dumb bells



Reverse Dumb-bell Fly's



Lower Back

Hyperextensions



Legs

Leg curl



Biceps

Curls barbells/dumpbells



Shoulder

Upright Row

