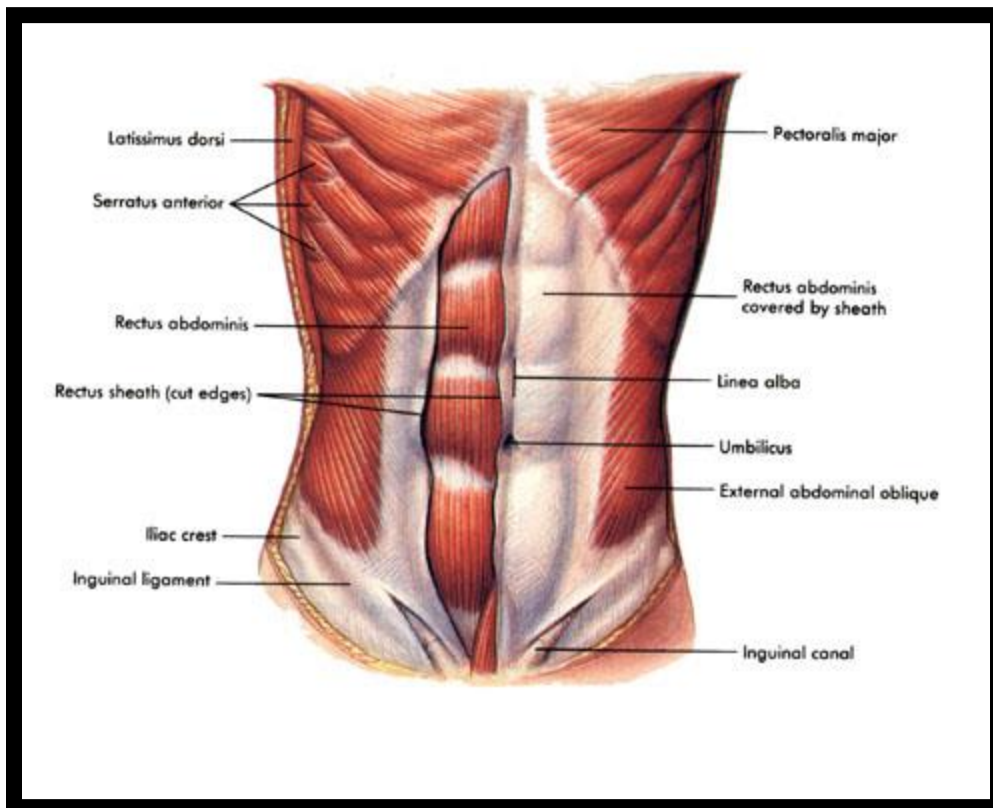


Fitness & Weight Training Manual



Ayala High School

Mr. Capps

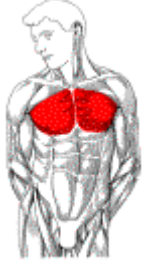

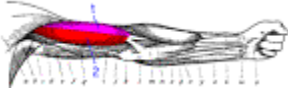

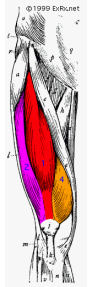



Physical Education

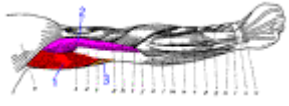
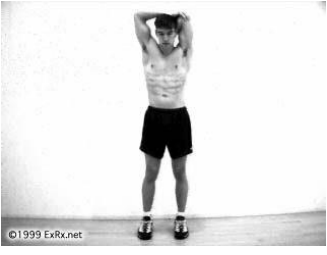






Physical Education
MUSCLE GROUP

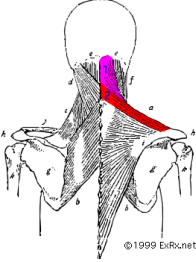



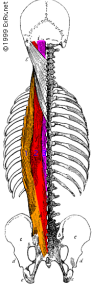

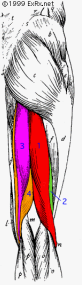

EXERCISES

Weight Training Manual
STRETCH

NOTES

<p>1 PECTORALS (CHEST)</p> 	<p>Bench Press Pec-Fly Vertical Chest Press Cable Crossover Bar Dip</p>		
<p>2 BICEPS (ELBOW FLEXORS)</p> 	<p>Arm Curl Seated Row Wide Grip Pull Down Pull Up</p>		
<p>3 QUADRICEPS (THIGH)</p> 	<p>Squat Leg Extension Leg Press Incline Leg Press Hack Squat</p>		
<p>4 DELTOID (SHOULDER)</p> 	<p>Shoulder Press Bench Press Vertical Chest Press Upright Row Bar Dip</p>		

MUSCLE GROUP	EXERCISES	STRETCH	NOTES
<p>5 TRICEPS (BACK OF ARM)</p> 	<p>Tricep Press Down Bench Press Vertical Chest Press Shoulder Press Bar Dip</p>		
<p>6 ABDOMINALS (STOMACH)</p> 	<p>Bent Knee Sit-Up Abdominal Curl Knee Raise</p>		
<p>7 GLUTEALS (BUTTOCKS)</p> 	<p>Squat Leg Press Hack Squat Leg Curl</p>		
<p>8 GASTROCNEMIUS (CALVES)</p> 	<p>Seated & Standing Toe Raise Leg Press Squat Leg Curl</p>		

MUSCLE GROUP	EXERCISES	STRETCH	NOTES
<p>9 TRAPEZIUS (UPPPER BACK)</p>  <p>©1999 ExRx.net</p>	<p>Upright Row Seated Row Shoulder Press</p>	 <p>©1999 ExRx.net</p>	
<p>10 LATTISSIMUS DORSI (MIDDLE BACK)</p> 	<p>Wide Grip Pull Down Seated Row Pull Up</p>	 <p>© 2005 ExRx.net</p>	
<p>11 SPINAL ERECTORS (LOWER BACK)</p>  <p>©1999 ExRx.net</p>	<p>Back Extension Squat</p>	 <p>© 2005 ExRx.net</p>	
<p>12 HAMSTRINGS (BACK OF THIGH)</p>  <p>©1999 ExRx.net</p>	<p>Leg Curls Squat Leg Press Hack Squat</p>	 <p>© 2005 ExRx.net</p>	



SAFETY RULES & EXPECTATIONS

- Warm up and stretch before lifting
- Tie your sneakers
- Lift with a partner
- Check equipment for safety
 - Report any unsafe conditions to the teacher immediately
- Perform **one** of the exercises listed in your **Weight Training Manual** for each major muscle group (12 total + CARDIO)
- Start with a weight you can handle, then work up to your starting weight
- Perform **one set of 8 to 12 repetitions** to the point of muscle fatigue
- Use proper lifting techniques at all times
- Maintain your flexibility by lifting through the full range of motion
- Perform exercises in a controlled manner and control the weight you are lifting
- Maintain a normal breathing pattern: EXHALE as you lift; INHALE as you lower the weight
- Report any injuries to the teacher immediately
- Keep your back (spinal column) straight and look directly forward with your head as you lift
- Protect your back as you lift
 - Don't twist your body, arch your back, or use your legs when lifting with your arms
 - DO use your legs, and not your back, when lifting heavy weight or objects
- Lift with a continuous motion at a medium rate of speed
- Always isolate and use the muscle or muscles that the exercise is supposed to strengthen
- Don't "cheat" as you weight train (use other muscles to help complete a lift)
- Be aware of other lifters and your environment
- Put all weights and equipment away as soon as you are finished using them
- Do not talk or interfere with anyone who is exercising
- **Do not use equipment if you are unsure how to use it – ask your teacher for help!**

WEIGHT TRAINING GLOSSARY

Abduction: Lateral movement away from the midline of the body

Adduction: Medial movement toward the midline of the body

Aerobic: Literally, "with oxygen." Aerobic exercise is the body's process of producing energy with oxygen in the bloodstream. By products are carbon dioxide and water (breathing and perspiration). It's great for burning fat and strengthening your heart and lungs.

Anaerobic: Literally, "without oxygen." In anaerobic exercise, energy is produced without oxygen, usually because the exercise intensity is such that the heart and lungs can't get enough oxygen to the muscles. Anaerobic exercise creates a byproduct called lactate, which builds up in the muscles and causes soreness and fatigue.

Barbell: Weights attached to a long bar which requires both hands to pick up.

Cardiovascular: Relating to or involving the heart and blood vessels.

Cheating: Using additional muscles to help you lift. Usually improper form and back muscles are used during the lift.

Dumbbell: Short barbell hand weights that can either be fixed or adjustable.

Duration: The number of sets or number of exercises, specifically for each muscle group (Duration may also include number of repetitions)

Extension: Straightening the joint resulting in an increase of angle

Flexion: Bending the joint resulting in a decrease of angle

Frequency: The number of workouts per week or number times a muscle group is trained per week.

Hyperextension: extending the joint beyond anatomical position

Intensity: The amount of weight used, percentage of the one repetition maximum, or the effort used during the exercise

Repetition: A single movement, as in doing one squat. This is going down and then going back up. For toning, strength, and endurance do more reps at a lower weight.

Rotation: Rotary movement around the longitudinal axis of the bone

Set: A number of repetitions of a movement, such as an arm curl or a squat. A set may have 8 reps, for example.