

Strength Training Unit



Name _____

Pd. _____

Instructor: _____

CHEST

Select the exercise that you like the most and place a star beside it.

Dumbbell Chest Press

NEED A SPOTTER

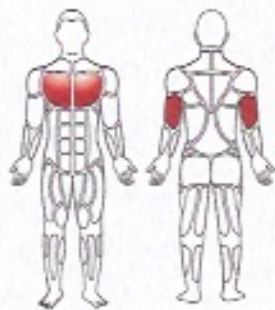


Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Notes (Taken During Introduction)

Muscles being worked

Pectoralis/Triceps



Flys

NEED A SPOTTER



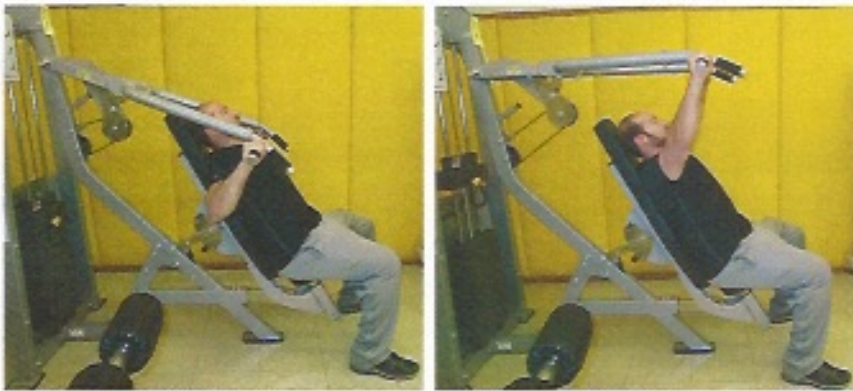
Notes (Taken During Introduction)

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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Select the exercise that you like the most and place a star beside it.

CHEST

Machine Incline Press

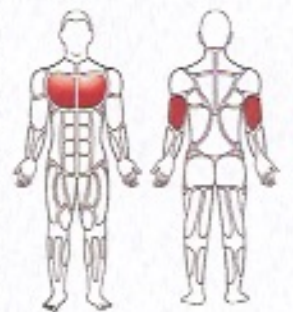


Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____
Reps _____	Weight _____	lbs _____

Notes (Taken During Introduction)

Muscles being worked

Pectoralis/Triceps



Select the two exercises that you like the most and place a star beside them.

BACK

Lat Pull Down



Notes (Taken During Introduction)

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

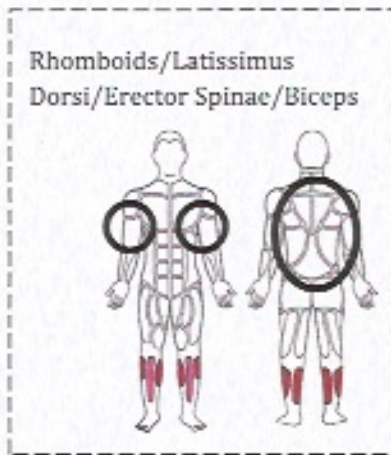
Reps ____ Weight ____ lbs

Machine Row



Notes (Taken During Introduction)

Muscles being worked



Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Select the two exercises that you like the most and place a star beside them.

Machine Pull-down

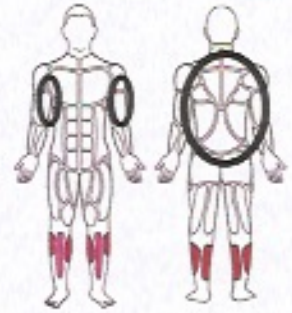


BACK

Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs

Muscles being worked

Rhomboids/Latissimus
Dorsi/Erector Spinae/Biceps



Notes (Taken During Introduction)

Machine Shrugs



Notes (Taken During Introduction)

Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs
Reps _____	Weight _____	lbs

Select the exercise that you like the most and place a star beside it.

SHOULDERS

Shoulder Press With Body Bar



Notes (Taken During Introduction)



Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

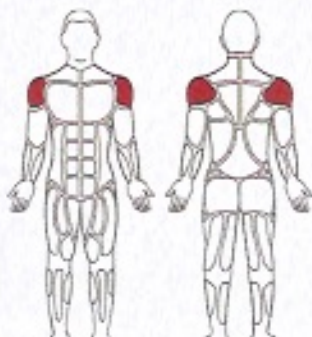
Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

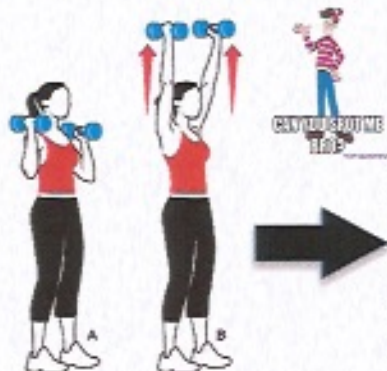
Deltoids

(Anterior/Medial/Posterior)



Shoulder Press Neutral Grip

NEED A SPOTTER



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

NEED A SPOTTER

Arnold Press



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Select the exercise that you like the most and place a star beside it.

SHOULDERS

Lateral Raise



Notes (Taken During Introduction)



- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
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- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs

Machine Shoulder Press



Notes (Taken During Introduction)

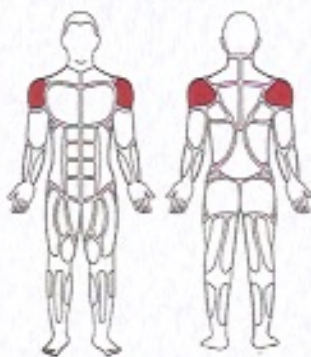


- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs

Muscles being worked

Deltoids

(Anterior/Medial/Posterior)



Front Raise



Notes (Taken During Introduction)



- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs
- Reps ____ Weight ____ lbs

Select the exercise that you like the most and place a star beside it.

Legs

Dumbbell Squat



Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Notes (Taken During Introduction)

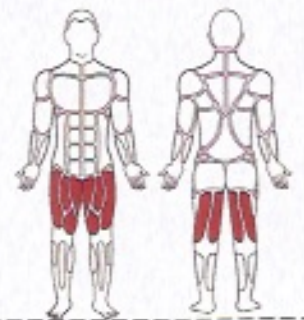
Step-Ups



Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Muscles being worked
Quadriceps/Hamstrings/

Gluteals



Notes (Taken During Introduction)

Select the exercise that you like the most and place a star beside it.

Legs



Leg Extension



Notes (Taken During Introduction)

Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs

Leg Curl



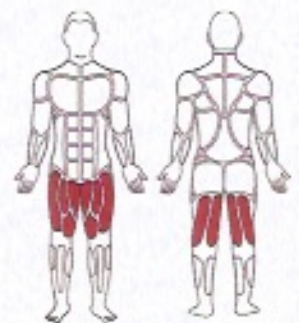
Notes (Taken During Introduction)



Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs

Muscles being worked

Quadriceps/Hamstrings/Gluteals



Legs

Leg Press 1



Notes (Taken During Introduction)



Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs

Leg Press 2



Notes (Taken During Introduction)



Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs
Reps	_____	Weight	_____	lbs

Select the exercise that you like the most and place a star beside it.

Dumbbell Curl



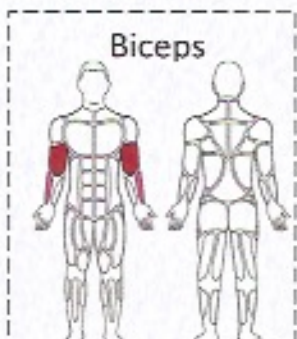
Notes (Taken During Introduction)

Hammer Curls



Notes (Taken During Introduction)

Muscles being worked



BICEPS

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

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Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Select the exercise that you like the most and place a star beside it.

BICEPS

Machine Preacher Curl



Notes (Taken During Introduction)

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Body Bar Bicep Curl



Notes (Taken During Introduction)

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

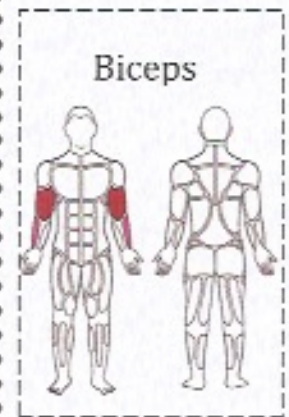
Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

Reps ____ Weight ____ lbs

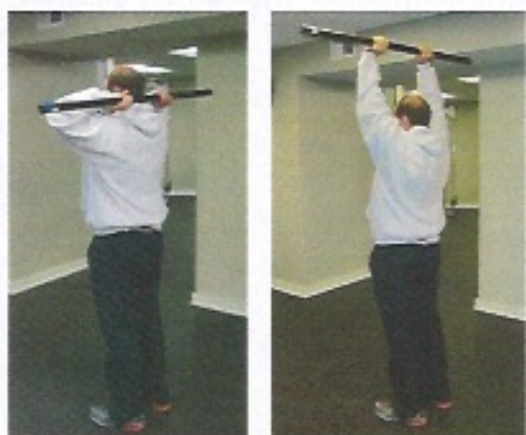
Muscles being worked



Triceps

Select the exercise that you like the most and place a star beside it.

Standing Tricep Extension With Body Bar



Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Notes (Taken During Introduction)

Kickbacks



Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
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Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs
Reps _____ Weight _____ lbs

Muscles being worked

Triceps



Notes (Taken During Introduction)

Select the exercise that you like the most and place a star beside it.

Dips



Notes (Taken During Introduction)

Machine Dips



Notes (Taken During Introduction)

Standing Tricep Extension



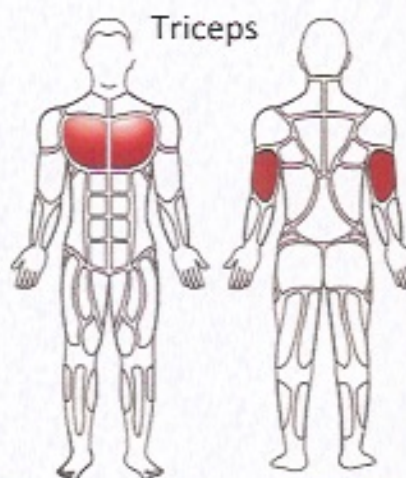
Notes (Taken During Introduction)

Triceps

- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
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- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight

Muscles being worked

Triceps



- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs
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- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs
- Reps _____ Weight _____ lbs

Select the exercise that you like the most and place a star beside it.

ABDOMINALS

Crunches

Easy

Moderate

Challenging



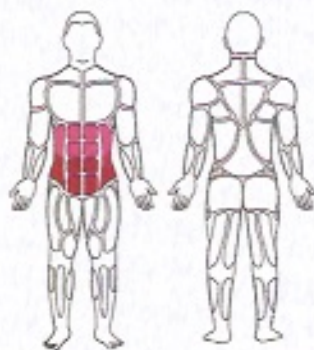
Notes (Taken During Introduction)

- Reps _____ Weight- Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight

Bicycle



Muscles being worked
Abdominals



Notes (Taken During Introduction)

- Reps _____ Weight- Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
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- Reps _____ Weight - Body Weight

- Reps _____ Weight- Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight
- Reps _____ Weight - Body Weight

Decline Sit-Up



Select the exercise that you like the most and place a star beside it.



HYPERWEAR'S SANDBELL®
 A cross between a sandbag, a dumbbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell.

SLAMS



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Rainbow Slams



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs



Select the exercise that you like the most and place a star beside it.



**HYPERWEAR'S
SANDBELL®**

A cross between a sandbag, a dumbbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell.

Sandbell Lunge



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Sandbell Squat



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs



Select the exercise that you like the most and place a star beside it.



**HYPERWEAR'S
SANDBELL®**

A cross between a sandbag, a dumbbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell.

Figure Eight



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Sandbell Swing



Notes (Taken During Introduction)

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs

Reps _____ Weight _____ lbs



Strength Training Equipment

Dumbbell



Dumbbell Rack



Lat Bar



Medicine Ball



Sandbells



Body Bar



Bench



Straight Bar



Tricep Rope



Perfect Lifting technique

- Be tall
- Feet are hip width apart
- Knees slightly bent
- Tighten Abdominal muscles
- Spread the chest (pull shoulder blades together)
- Align knees and toes
- Keep eyes straight ahead



Puppet Strings/Good Posture

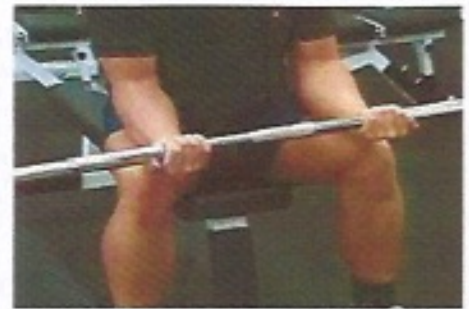


Pronated Grip

Palms are facing down



Supinated Grip



Palms are facing up



Supination is like holding a bowl of soup. Your palms are up.

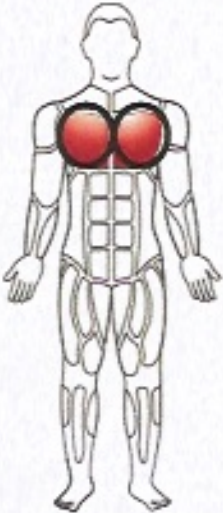
Neutral Grip

Palms are facing each other



Upper Body Muscles

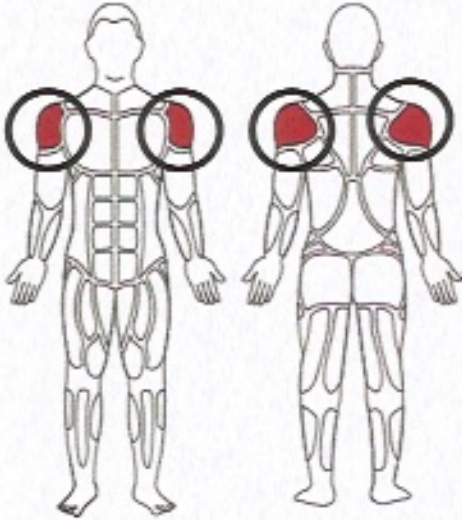
Pectorals



Triceps



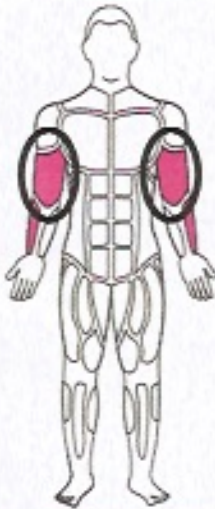
Deltoids



Trapezius



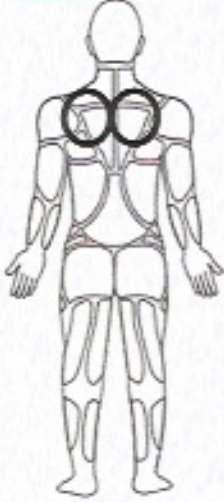
Biceps



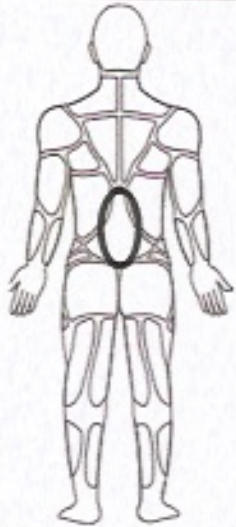
Latissimus Dorsi



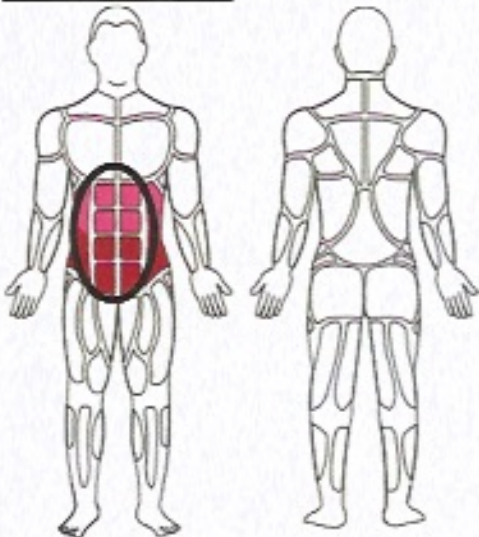
Rhomboids



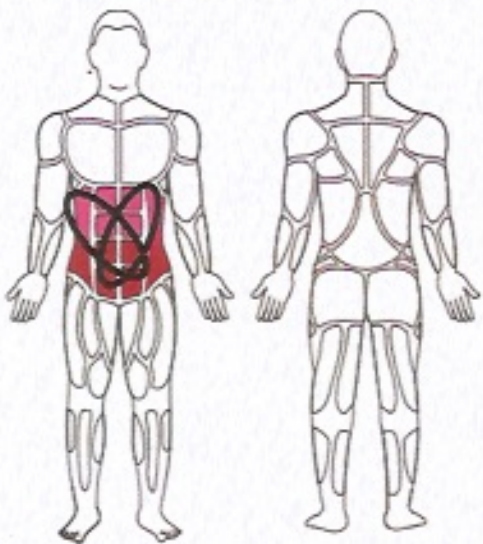
Erector Spinae



Abdominals



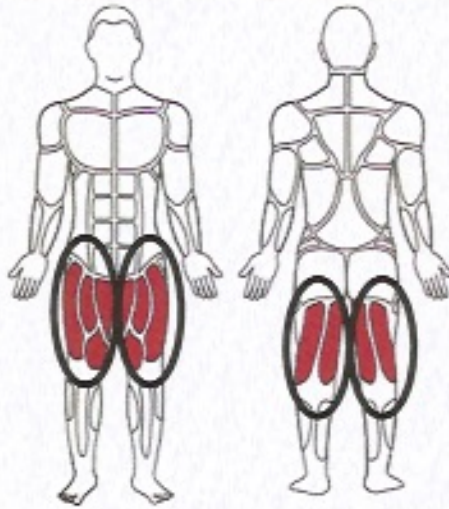
Obliques



Lower Body Muscles

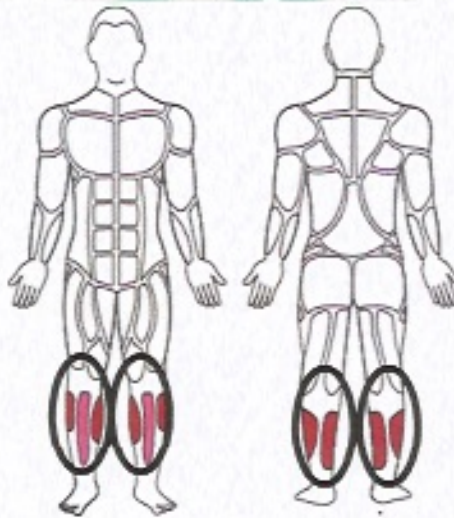
Quadriceps

Hamstrings



Tibialis Anterior

Calves



Strength Training Routine 1

Your goal is to complete **12** repetitions for each set. If you cannot perform **12** repetitions in a row you must reduce your weight.

Exercise <small>Write the names of the exercises underneath the body part</small>	Set 1 <small>Warm – Up Set</small>	Reps <small>How Many did you do</small>	Weight	Set 2	Reps <small>How Many did you do</small>	Weight	Set 3	Reps <small>How Many did you do</small>	Weight
Chest	12			12			12		
Back	12			12			12		
Legs	12			12			12		
Shoulders	12			12			12		
Triceps	12			12			12		
Biceps	12			12			12		
Abdominals	12			12			12		
Sandbell Exercise									

Strength Training Routine 2

Select new exercises for this routine. No repeat exercises from routine 1 should be in this routine.

Exercise Write the names of the exercises underneath the body part	Set 1 Warm – Up Set	<u>Reps</u> How Many did you do	Weight	Set 2	<u>Reps</u> How Many did you do	Weight	Set 3	<u>Reps</u> How Many did you do	Weight
Chest	12			12			12		
Back	12			12			12		
Legs	12			12			12		
Shoulders	12			12			12		
Triceps	12			12			12		
Biceps	12			12			12		
Abdominals	12			12			12		
Sandbell Exercise									

Reasons for strength training

- To increase the size and strength of muscles
- To build stronger bones
- To increase muscular strength
- To improve posture
- To prevent injuries
- ✓ To improve sports performance
- ✓ To increase self confidence and self - esteem
- ✓ To enhance physical appearance

68% of adults when exercising select "Gym" or Fitness facility exercises.

17% of adults when exercising select sports

Source: [American Time Use Survey](#)

Weight Chart

Unit Goal: 12 Repetitions per Exercise

12-14 Repetitions	Keep Weight (Next Set)
15 or More Repetitions	Increase Weight (Next Set)
Less than 12 Repetitions	Lower Weight (Next Set)

I need to adjust this weight!!!

