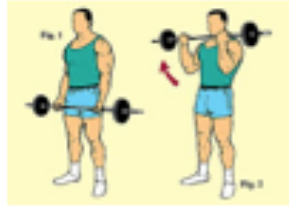


## Strength Training Study Guide

### Proper 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



### Weight Lifting Terminology

Repetitions- Are the number of times an exercise is performed

Set- A group of consecutive repetitions

Spotter- Someone who supports another person during a particular exercise

### Weight Intensity

12-14 Repetitions = (Target) Keep weight the same

15 or more Repetitions= Increase Weight (Too easy)

Less than 12 Repetitions= Lower Weight (Too hard)

### 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

## Lifting Grips

### Pronated Grip

Palms are facing down



### Supinated Grip



Palms are facing up

### Neutral Grip

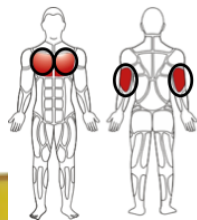
Palms are facing each other



# Strength Training Exercises

## CHEST

Pectorals    Triceps



Machine Incline Press



Dumbbell Chest Press

**\*NEED A SPOTTER\***



Flys

**\*NEED A SPOTTER\***



## SHOULDERS

Machine Shoulder Press



Front Raise



Arnold Press

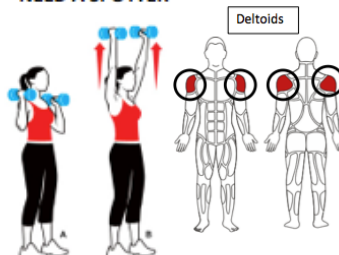
Shoulder Press With Body Bar



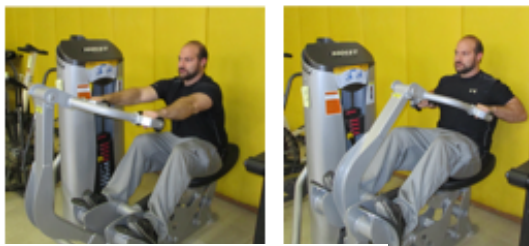
Lateral Raise

Shoulder Press Neutral Grip

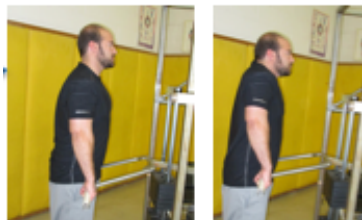
**\*NEED A SPOTTER\***



Machine Row

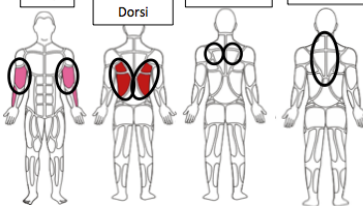


Machine Shrugs

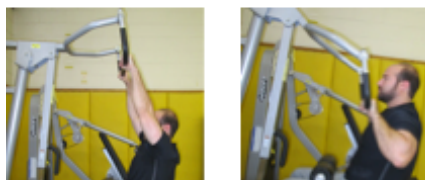


## BACK

Biceps    Latissimus Dorsi    Rhomboids    Trapezius



Machine Pull-down



Lat Pull Down



# BICEPS

Biceps



Dumbbell Curl



Hammer Curls



Machine Preacher Curl



Body Bar  
Bicep Curl



# Triceps

Standing Tricep Extension  
With Body Bar



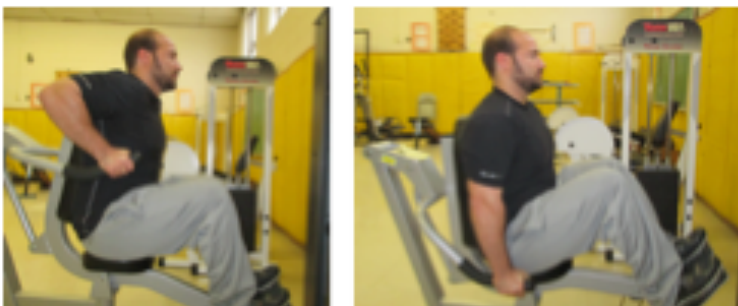
Kickbacks



Dips



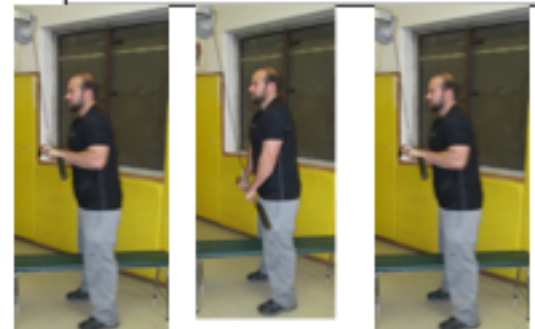
Machine Dips



Triceps



Standing Tricep Extension



# Legs

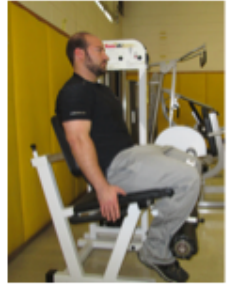
Dumbbell Squat



Step-Ups



Leg Extension



Notes (Taken During Introduction)

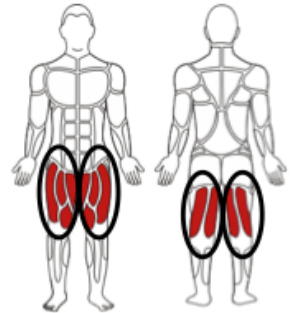
Leg Press 1



Quadriceps

Hamstrings

Leg Press 2



# ABDOMINALS

Crunches

Easy



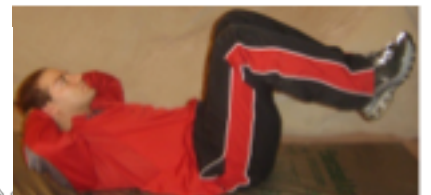
Moderate



Challenging



Bicycle



Abdominals

Obliques



Decline Sit-Up



# Upper Body Muscles

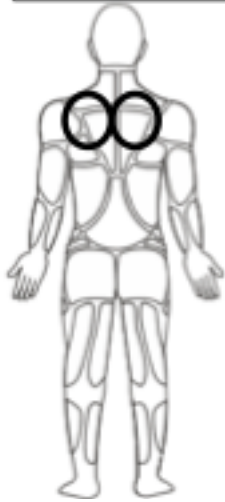
Biceps



Latissimus Dorsi



Rhomboids



Trapezius



Erector Spinae



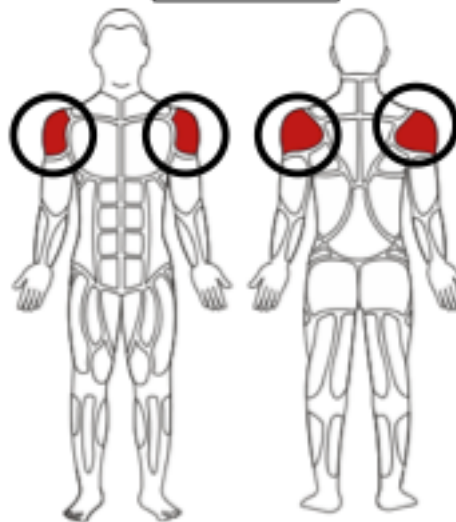
Pectorals



Triceps



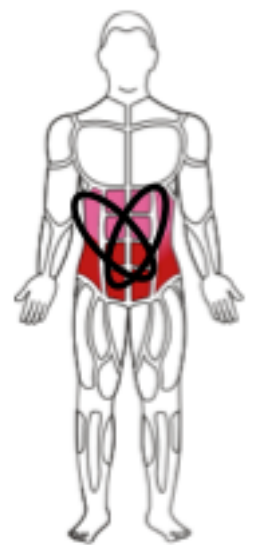
Deltoids



Abdominals



Obliques



# Lower Body Muscles

Quadriceps



Hamstrings



Tibialis Anterior



Calves



# Strength Training Equipment

Dumbbell



Dumbbell Rack



Lat Bar



Medicine Ball



Sandbells



Body Bar



Bench



Straight



Tricep Rope

