

# Weight Training Study Guide

## Upper Body

### Fly- Chest

Sit with back against pad. Place elbows on pads and hands loosely on handles. Bring both arms together in front of face. Bring arms back to starting position slowly and evenly.

### Lat. Pulls - Upper back (Latissimus Dorsi)

Sit with knees under pads. Spotter helps bring bar down. Grip bar near the curve. Pull bar down behind neck. Keep back straight and repetitions steady and even.

### Preacher curls - Upper arms (Bicep Muscle)

Sit on bench and rest arms on pad in front of you. Spotter lifts curl bar to you. Grab the inside portion of the bar with an under hand grip. Bring bar toward chin. Lower bar until it is straight in front of you. Clamp any plates that are added to bar.

Bar=25lbs.

### Triceps extension

Triceps muscle

Sit on the seat and rest arms on pad in front of you. Grab the curved part of the handle with an over hand grip. With the elbows lined up under shoulders push down slowly and under control bring bar up to forehead.

Bar=25lbs.

### Bench press - Chest

Bar=45lbs.

Lay down on your back on the bench with your feet spread apart and flat on the ground. Grab the bar using the lines on the bar to mark your balance points. Your spotter will be behind your head checking your grip. Bring the bar off of the rack and align it directly over your chest. Lower the bar evenly and stop when you have come to about three inches from your chest (inhale). Then push the bar evenly towards the ceiling (keeping the bar over the chest) to the starting position (exhale). You must use clamps to secure any extra weight you choose.

### Incline bench press

Bar=45lbs.

Lay down on your back on the incline bench with your feet spread apart and touching the support bar. Your seat needs to be touching the seated portion of the bench. Grab the bar using the lines on the bar to mark your balance points. Your spotter will be behind your head checking your grip. Bring the bar off of the rack and align it directly over your chest. Lower the bar evenly and stop when you have come to about three inches from your chest (inhale). Then push the bar evenly toward the ceiling (keeping the bar over the chest) to the starting position (exhale). You must use clamps to secure any extra weight you choose.

### Rowing – upper back

Bar=33lbs.

From a lying position on your stomach, pull either set of handles as high as you can. Keep your chest on the pad at all times. Lower bar down slowly to starting position.

## Lower Body

**Leg extensions** - Upper leg (Quadriceps) While seated, place both feet under the bottom rollers. Hold handles next to seat. Raise both legs evenly until straight out in front of you. slowly lower. Use pin to set desired weight.

**Leg curls** – Upper Legs (Hamstrings) Lie down on bench face down. Place your ankles under the rollers. Hold handles under bench, near your head. Pull up with both feet as far as possible. Keep hips flat on bench.

**Leg press** -Legs

Sled = 60lbs

Sit on pad and place feet on grooved platform. Feet should be in line with shoulders. Push sled up and release safety handles on both sides. Grab on to inside handles. Bend knees and lower sled toward chest. Push back to starting position. Always keep a slight bend in your legs.

**Calf Raise** – Lower Legs

Calf Muscle

Bar=13lbs.

Sit down and place your knees under the padding and the balls of your feet on the metal strip. Hold handles and raise heels as high as you can. Remove safety bar and lower your heels slowly and evenly. Add free weights to increase weight.

**Cycling/Treadmill** -Legs

While pedaling on stationary bike, strive to maintain continuous motion for the entire amount of time at station. Use handlebars to increase cardiovascular endurance and to ease load on legs. For Treadmill make sure red clip is in place. Push start and the number 3 on the right side of panel. To control speed press the + sign slowly.

**Squats** – Legs

Sled = 55lbs.

Place feet flat on platform with shoulders under pads. Start from a standing position bend knees and hips back like sitting in a chair. Bend until thighs, knees, and hips are in a straight line and parallel with the floor.

**Abs. Rack** - Abdominals

Step up and into padding. Rest elbows on pads and hold handles. While tightening your abs., let your feet hang. Keep legs straight and your back flat against the padding. Slowly raise straight legs out front. Lower them to starting position. Bending knees when raising legs is also an option.

## Terms

**Repetitions** The number of times the lifter moves the machine or weights through a complete range of motion. Usually ranges from 8-12.

**Set** A grouping of repetitions. The total amount of repetitions in one turn.

**Spotter** A lifting partner who watches every move of the lifter. They are responsible for assisting with the bar or machine and for counting repetitions.

\*\*\*Remember exhale when you lift inhale when you release

