

Introduction to Strength Training Study Guide

Muscular Fitness:

To look good and feel good, you must have adequate muscular fitness. Muscular fitness includes both muscle strength and muscle endurance. This leads to good posture, reduced fatigue, less back pain, prevention of injuries and soreness and also improved physical performance.

Myths About Weight Training:

*You Will Become Less Flexible And More Muscle-Bound

If you perform stretching exercises along with weight training and use proper lifting technique, becoming muscle-bound will not be a problem.

*Weight Training Is Not Good For Females

This is very wrong. Females have estrogen, rather than testosterone as their primary sex hormone. This eliminates the chance that they will grow bulging muscles. Also, females naturally have a larger percentage of body fat, so muscle definition will be masked. A female will realize all the benefits of weight training and good muscular fitness and it is just as important for women as it is for men.

*Muscle Will Turn Into Fat After Stopping A Weight Training Program:

Never, no way, can't happen! Muscle can't turn into fat and fat can't turn into muscle. Muscles grow when trained like a balloon fills with air. When you stop, overtime, the muscle returns to its former size. If you stop working out totally, you might then be taking in more calories than you burn, so fat stores might increase.

Muscle Fibers:

There are 3 types of muscle fibers and everyone has all three types. The difference is that not everyone has the same percentage of each.

*Slow - Twitch Fibers: Also known as **RED** fibers. They are slow to contract but possess great endurance. People who are great distance runners, distance swimmers, or who can do anything involving endurance well, have a high percentage of **RED** fibers.

*Fast - Twitch Fibers: Also known as **WHITE** fibers. They are fast to contract and are good for short bursts. People who are fast runners, explosive jumpers or can do anything involving quickness have a high percentage of **WHITE** fibers.

*Intermediate - Twitch Fibers: Possess a combination of fast and slow twitch fibers. Most people fall into this category with characteristics of average speed and average endurance.

Homestead Weight Room Equipment

Magnum Machines: These are meant to be used in a very smooth and controlled manner. Most people misuse these machines by moving the weight too fast and bouncy. The work phase should be smooth and steady and the return phase should be twice as slow and controlled. This is very important if you want to get the maximum benefit from these great machines.

*Be sure the weight pin is inserted all the way.

*Adjust the seat properly if needed.

*If the weight does not move smoothly - tell the teacher. The bars may need lubrication.

*Do not bang the weight plates on the way down.

Magnum machines: Horizontal leg press, leg curl, seated row, pec deck, lat. pull down, push down, adjustable press down/curl cable, crossover cable, leg extension machine

Leg Extension Machine - quadriceps development, muscles around the knee joint.

Smith Press - contained rack for upper and lower lifts. Straight and angled units.

JAMN Machines - squats and toe raises. Also shoulder press

Glute - Ham - low back, hamstrings

Free Weight Racks - mostly squats, but any free weight lift needing safety bars

Incline Bench - barbell or dumbbell incline press

Flat Bench Press - barbell or dumbbell bench press

Free standing auxiliary flat bench or incline bench - used for any number of lifts

Wood platforms - used for power lifts, clean and dead lift

Dip Bar - attached to wall

Chin Up Bar - in the middle of the large multi-purpose Magnum unit

D.A.R.D. - small ankle/shin apparatus

Preacher Curl - sitting bicep curls

Additional - dumbbells, medicine balls, ropes, mats, step up boxes

Homestead Weight Room Rules

1. Never workout without an adult supervisor present.
2. You must be properly dressed for exercise.
 - * athletic shoes must be worn
 - * gym shorts or sweat pants must be worn
 - * a proper t-shirt or sweatshirt must be worn
3. When using free weights, a partner must serve as your spotter.
4. Always return the weights that you use to the proper storage rack.
5. Time spent in the weight room must be devoted to exercise. Anyone just socializing or visiting will be told to leave.
6. Report any damage to equipment to the supervisor immediately. Also, report any injuries immediately.

Strength Training Check List

Chest/Pectoral exercises

- Bench press
- Dumbbell Bench Press
- Machine Bench Press
- Incline dumbbell press
- Dips
- Dumbbell Flys
- Pec Deck

Shoulders/Deltoid Exercise

- Seated military front press
- Dumbbell Press
- Dumbbell front raise
- Side Raises (lateral) dumbbell
- Dumbbell bent over raise

Upper Back/Latisimus Dorsi

- Pull Downs-narrow lean back, back pull, front pull
- Pull ups - various grip
- Seated row

Arms/Bicep

- Dumbbell Curl
- Preacher Curl

Arms/Tricep

- Push Down - cable
- Dips
- Bench tricep push ups
- Tricep kick back

Middle Body

- Hanging knee to chest
- On bench - knee to chest
- Cruncher bent knee roll
- Cruncher - regular
- Twist crunchers
- Side bends
- Laying - side raisers

Lower Back/Erector Spinae

- Glute - Ham

Lower Body

Compound exercises

- Squat - free weight
- Squat - Smith press
- Squat - JAMN machine
- Dumbbell step ups
- Lunges
- Leg Press Machine - horizontal

Thighs/Quadriceps

- Leg Extension

Hamstrings

- Leg Curls
- Glute - Ham

Calves

- Toe raise - JAMN