



Weight Training

Guidelines for Physical Activity

According to the American Heart Association (AHA) and the American College of Sports Medicine (ACSM) guidelines on physical activity, all healthy adults ages 18-65 should be getting at least 30 to 60 minutes of moderate intensity activity 5 days of the week.

Rules and Information

The purpose of this unit is to promote physical fitness, flexibility and muscular fitness (either strength or endurance). The student will have an opportunity to use both the universal weight machine and the free weights. The student should be able to set up a personal weight program.

SAFETY IN THE WEIGHT ROOM:

1. A proper warm up should precede the training program.
2. The proper amount of weight for each station should be found before starting your program.
3. PROPER AMOUNT OF WEIGHT – only that amount which you can lift properly without straining.
4. NO HORSE PLAY!!!
5. Always work with a partner.

Definitions:

1. REPETITION – a single completion of a lift.
2. SET – a group of repetitions performed one after another.
3. CIRCUIT – a set at all of the stations.
4. RESISTANCE – is the intensity of a weight training program (resistance = a bar bell or your own body weight.)
5. ATROPHY – becomes smaller when not used.
6. MUSCULAR STRENGTH – ability of a muscle to apply a maximal force against a resistance -1 time.
7. MUSCULAR ENDURANCE – ability to repeat a muscular movement over a period of time.

Breathing:

Breathing should come naturally during the course of the exercise, letting the body regulate the demand. The best pattern of breathing is to: **EXHALE:** during the LIFTING PHASE and **INHALE:** with the RETURN movement

Muscular Fitness:

To improve muscular fitness:

1. **STIMULATE THE MUSCLE** – place an overload on the muscle to make it work harder than normal.
2. **NUTRITION** – for muscle to grow it must receive adequate nutrients.
3. **REST** – the muscle must be given time to recover and rest.

You can increase muscular strength and endurance through the application of FIT.

FREQUENCY – INTENSITY – TIME

FREQUENCY – once muscles have been stimulated by some form of resistance they need time to grow.
(Lift every other day – 48 hours rest)

INTENSITY – amount of weight you lift to improve:

1. **MUSCULAR STRENGTH** should be 60-90% of what you can lift one time.
2. **MUSCULAR ENDURANCE** should be 30-50% of what you can lift one time.
3. **TIME** – the number of times the exercise is done.

Example:

If you can lift 100lbs. one time and wish to improve muscular strength – you would train with barbells weighting 60-90lbs. If your intent is endurance you would use 30-50lb. barbells.

60% of your max = strength training

Anything less = endurance training

MUSCULAR STRENGTH – HIGH WEIGHT & LOW REPS (3 sets of 5 to 8 reps)

MUSCULAR ENDURANCE – LOW WEIGHT & HIGH REPS (3 sets of 10 to 15 reps)

Weight Machine Stations:

- | | | | |
|--------------------|---------------------------|---------------------|-----------------------|
| 1. Leg Press | 5. Assisted Chin/Dip | 9. Ab Crunch Bench | 13. Adjustable Pulley |
| 2. Leg Extensions | 6. Shoulder Press | 10. Low Row | 14. Bench Press |
| 3. Seated Leg Curl | 7. Dual Adjustable Pulley | 11. Tricep Pushdown | 15. Squats |
| 4. Chest Press | 8. Lower Back Bench | 12. Lat Pulldown | |

Benefits:

1. Lifetime activity
2. Improves appearance
3. Improves muscular strength and flexibility
4. Enhances self-esteem
5. Helps maintains wellness

Fun Facts

Lamar Gant (US) was the first man to dead lift 5 times his own body weight. In 1985 he raised 661 pounds while weighing only 132 pounds.