

TASK SHEET

DAY 8 - WEIGHT TRAINING (WORKOUT ROUTINE)

Name: _____

Strength Training Workout Routine
6 – 8 Reps / 3 – 5 Sets / Heavy Weight

Endurance Training Workout Routine
15 – 20 Reps / 2 – 4 Sets / Light Weight

Endurance & Strength Training Routine
12 – 15 Reps / 2 – 3 Sets / Moderate Weight

Workout Routine

_____ Leg Exercise

_____ Reps

_____ Sets

_____ Weight

_____ Arm Exercise

_____ Reps

_____ Sets

_____ Weight

_____ Chest Exercise

_____ Reps

_____ Sets

_____ Weight

_____ Back Exercise

_____ Reps

_____ Sets

_____ Weight

_____ Shoulder Exercise

_____ Reps

_____ Sets

_____ Weight

_____ Abdominal Exercise

_____ Reps

_____ Sets

_____ Weight

WEIGHT TRAINING STUDY GUIDE

(BASIC WEIGHT TRAINING)

STRETCHING

- Stretching before and after lifting weights
- Stretch till feel slight tension and hold 10-20 seconds
- Don't bounce or jerk when stretching

BREATHING

- Do not hold breath throughout the entire exercise
- Breathe both in and out through your nose and mouth

SAFETY TIPS

- Try not to train alone
- Always have a spotter for bench press and squat exercises
- Use collars on barbells
- Always warm up before you start a workout
- Use proper posture
- Use proper form
- Breathe properly
- Stop training if you feel pain

EXERCISE ORDER

- Always work larger muscle groups first
- Exercises that involve more than one muscle group should be at the beginning of routine and exercises that involve only one muscle group should follow.

Basic Exercises

- Leg Exercises - Leg Press / Leg Curls / Leg Extensions
- Arm Exercises - Bicep Curls / Tri-cep Pull-downs & Extensions
- Chest Exercises - Bench Press / Bent-arm fly / Push-ups
- Back Exercises - Lat pull-down / Seated row / Hyperextensions
- Shoulders - DB Press / Lateral Raise / Deltoid Raise
- Abdominal - Crunches / Leg Pull-in / Leg Raise

Workout Routines

- Strength training workout routine - heavy weight with 6 to 8 reps and 3 to 5 sets.
- Endurance training workout routine - light weight with 15 to 20 reps and 2 - 4 sets.
- Strength & Endurance workout routine - moderate weight with 12 to 15 reps and 2 to 3 sets.

NAUTILIS MACHINES

- Decline Press - Chest
- Pullover - Back
- Biceps Curls - Arms
- Hip Adduction - Legs
- Overhead Press - Shoulders
- Abdominal Machine - Abdominal

FREE WEIGHT EXERCISES

- Barbell Pullover - Chest
- Good Morning - Back
- Barbell Curl - Arms
- Squats - Legs
- Deltoid Raise - Shoulders
- Dumbbell Side Bend - Abdominal

WEIGHT TRAINING WRITTEN EXAM
(BASIC WEIGHT TRAINING)

NAME _____ TOTAL POINTS _____

DIRECTIONS: Circle the best answer. Good Luck!!
TRUE / FALSE (12 Questions)

1. T F You should always stretch before and after lifting weight.

2. T F If you feel pain during a specific exercise stop immediately.

3. T F The Lat Pulldown exercise primary works the chest muscles.

4. T F Strength training workout routine is when you lift lightweight and fewer reps.

5. T F Endurance training workout routine is when you lift lightweight and more reps.

6. T F The abdominal Machine is done on a nautilus machine.

7. T F Free weights and nautilus machines mean the same thing.

8. T F Breathe both in and out through your nose and mouth when lifting.

9. T F When lifting the order of muscle groups by size should go from the smallest muscle groups first and the larger muscle groups last.

10. T F Always have spotters for bench press and squat exercises.

11. T F The major muscle being used when doing hyperextensions is the lower back.

12. T F The Bent-arm-fly is considered a chest exercise.

WEIGHT TRAINING SKILL SHEET

BASIC EXERCISES

NAME _____

TOTAL POINTS _____

Leg Curls
Muscle Group

Leg Extensions
Muscle Group

Leg Press
Muscle Group

Tricep Pull-down
Muscle Group

Bicep Curls
Muscle Group

Tricep Extensions
Muscle Group

Bench Press
Muscles Group

Bent-arm fly
Muscle Group

Push-ups
Muscle Group

Lat Pull-down
Muscle Group

Seated Row
Muscle Group

Hyperextensions
Muscle Group

Dumbbell Press
Muscle Group

Lateral Raise
Muscle Group

Deltoid Raise
Muscle Group

Crunches
Muscle Group

Leg Pull-in
Muscle Group

Leg Raise
Muscle Group