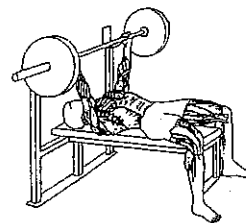


WEIGHT LIFTING DESCRIPTIONS

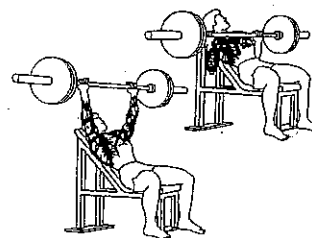
1. Bench Press- (middle chest)

- muscles: pectorals (major), deltoids, triceps.
- instructions: lie flat on bench with feet, shoulders, and butt on bench at all times and forehead directly under the barbell.
- action: inhale, bring weight down, touching the middle of the chest, push weight up and back toward your spotter while exhaling.



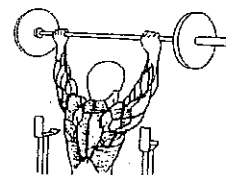
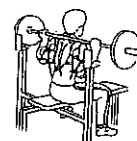
2. Incline/ Dumbbell Press- (upper chest)

- muscles: pectorals (major), deltoids, triceps.
- instructions: lie flat on bench with feet, shoulders, and butt on bench at all times.
- action: inhale, bring weight down directly below the chin, touching the collar bones, push weight up and back toward your spotter while breathing out.



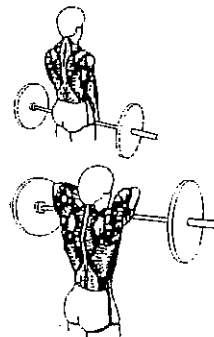
3. Shoulder Press- (shoulders)

- muscles: deltoids (major), triceps
- instructions: sit on the bench with a straight back, head facing forward, and feet on the ground.
- action: inhale, bring weight down to the bottom of the ear lobes, push weight straight up and exhale.



4. Upright Rows- (neck/ shoulders)

- muscle: trapezius (major), deltoids
- instruction: using the EZ curl bar or barbell, stand in an upright position with knees and shoulders bent slightly, with a close grip (thumb grip) and arms fully extended down.
- action: pull hands high and close to chest until they are under the chin and breath out; return hands to starting position breathing in.



5. Tricep Extensions (push downs)- (back of arm)

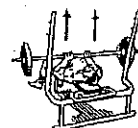
- muscles: triceps (major)
- instructions: erect standing position with feet shoulder width apart, head looking forward, with a narrow grip and elbows close to sides.
- action: with your elbows at your sides extend the bar down breathing out, return the bar upward to a 90* angle while breathing in. * *keep elbows tight to body!*



- Straight Bar
- V- Bar
- Rope

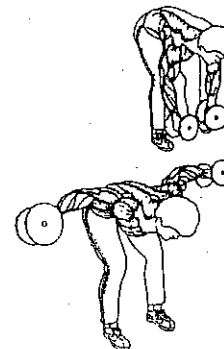
6. Close Grip Bench Press- (chest/back of arms)

- muscles: triceps (major), pectorals
- instructions: lie flat on bench with feet, shoulders, and butt on bench at all times and forehead directly under the barbell. Grip is **NO** wider than shoulder width apart!
- action: inhale, bring weight down, touching the below the chest, push weight up and back toward spotter while exhaling.



7. Bent Shoulder Raises- (shoulders)

- muscles: rear deltoid (major)
- instructions: using the dumbbells sit on the end of the bench with your feet together and dumbbells hanging at your sides. Chest should be as close to your thighs as possible with your head up.
- action: raise dumbbells outward until they are slightly higher than parallel to the ground while exhaling, then return back to starting position and inhale.



8. Abdominals- (stomach)

- muscles: rectus abdominus, external oblique
- instruction: four possible exercises
 - A. crunches- rectus abdominus
 - B. sit ups- rectus abdominal
 - C. leg throws- rectus abdominus and external oblique
 - D. Russian twists- rectus abdominus and external oblique
 - E. roman chair- rectus abdominus

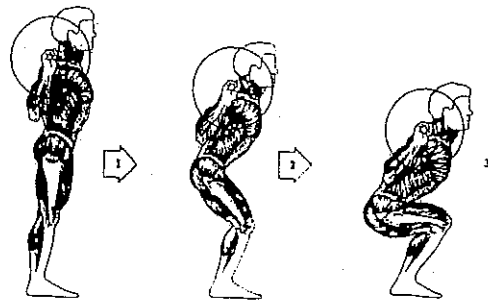
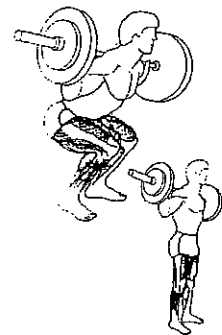
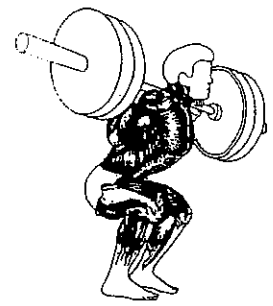


- action: as instructed by teacher.

9. Squats- (legs)

- muscle: quadriceps (major), hamstrings, gluteals, spinal erectors
- instruction: place middle of shoulders under the bar with your hands grasping the bar wider than shoulder width with elbows up and lift the bar off of the rack; your feet should be a little wider than shoulder width apart with your feet pointing slightly outward; your back should always stay arched and locked with your eyes and head looking upwards.
- action: inhale deeply, break at the waist, **NOT THE BACK**, lower down until your hamstrings are parallel with the ground; at parallel start to return to starting position, breathing out, until your legs are straight.

***ALWAYS KEEP BACK ARCHED AND HEAD LOOKING UPWARDS!**

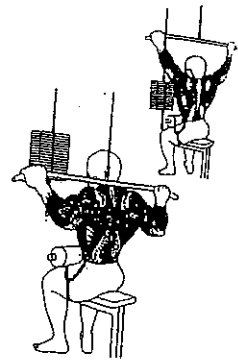


10. Power Clean-

- muscles: trapezius (major), quadriceps (major), hamstrings, gluteals, spinal erectors
- instructions: Feet will be **no** wider than shoulder width apart and flat on the ground. In a squat position, grip the bar bringing it in until it touches the shins. Arms are locked, back straight, head facing forward, thighs parallel to ground, and shoulders over the bar.
- action: inhale, pull bar upward and close to the body until bar is under the chin and body is fully extended and on your toes. At full extension drop body to $\frac{3}{4}$ squat position bringing elbows under the bar, racking the bar across the top of your shoulders with elbows pointing high. Feet spread slightly to the side and flat on the floor. Stand up and under control. Lower bar to thighs, bend at the knees and lower bar to the floor.

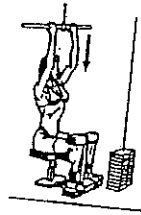
11. Lat Pull Downs- (Behind head)

- muscles: latissimus dorsi (major), biceps
- instructions: face machine directly under bar, back straight, with a wide grip on the bar.
- action: pull the bar downward, breathing out, behind the head, extend bar back to starting position breathing in.



▪ Front Pull Downs- (In front of head)

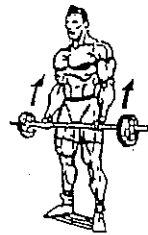
- grip: under hand or over hand
- muscles: latissimus dorsi (major), biceps
- instructions: face machine directly under bar, back straight, gripping the bar.
- action: pull handles downward, breathing out, to the top of your chest, extend bar back to starting position breathing in.



12. Biceps

▪ Straight Bar Curl-

- muscle: biceps (major), forearms
- instruction: using the barbell, grip it shoulder width apart with your palms facing up, back straight with knees slightly bent.
- action: bending at the elbows bring the bar towards chest, without swinging it, breathing out, then return the bar to starting position breathing in.



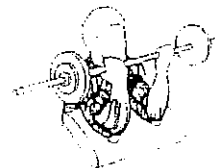
▪ E-Z Bar Curl-

- muscle: biceps (major), forearms
- instruction: same as above except grip the bar with an inside grip.
- action: same as above.



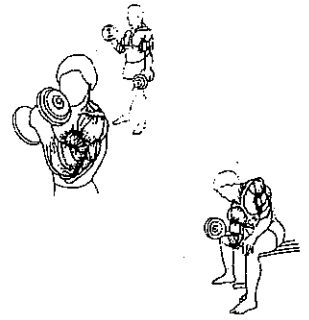
▪ Preacher Bar Curl-

- muscle: biceps (major), forearms
- instructions: adjust machine to proper height (pad should be just under armpits), sit on seat with elbows on pad and arms straight with bar in hands.
- action: bending at the elbows bring bar towards face, breathing out, return arms downward until straight and breath in. * *keep elbows in tight*



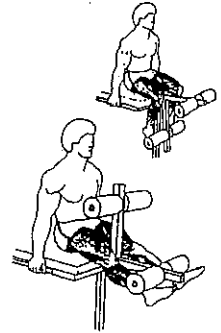
▪ **Seated Dumbbell Curls-**

- muscle: biceps (major), forearms
- instruction: using the dumbbells, sit on the end of the bench with your back straight, chest out, and arms hanging at you sides with palms facing forward.
- action: using one arm at a time, raise the dumbbell bending at the elbow, toward your chest rotating pinky inward, breathing out, then return it to the staring position and repeat with the other arm.



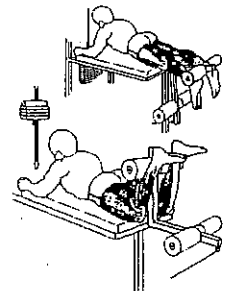
13. Leg Extensions-

- muscle: quadriceps (major), patella tendon
- instruction: sit on the bench with the back of the knees against the front of the bench; place your feet behind the lower arm of the machine with the pads resting against your shins.
- action: extend feet upward until legs are fully extended, breathing out, and tighten muscles; return back to starting position breathing in and repeat.
***Never allow pad to release contact with your shins, or bounce the weight!**



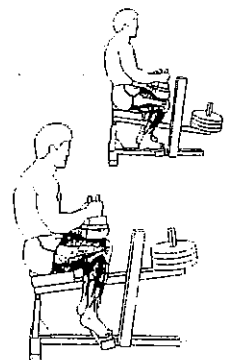
14. Leg Curls-

- muscle: hamstrings (major), gluteus maximus
- instruction: lying on your stomach on the bench, place heels under upper arm of the machine with your knees just over the edge of the bench.
- action: pull your heels upward as far as possible toward the gluteus maximus, breathing out, and return to starting point breathing in and repeat.



15. Calves-

- muscle: gastronemius (major), soleus, achilles tendon
- instruction: three positions on an elevated surface:
 - A. feet straight ahead- develops split in muscle
 - B. toes turned out- develops inside muscle
 - C. toes turned in- develops outside muscles
- action: press weight extending as high as possible, keeping knees slightly locked with balls of the feet on the edge of the elevated surface; return, touching heels on floor and repeat.



NOTES

Barbell (Big Bar) - 45 lbs.

Barbell (Small Bar) - 15 lbs.

E-Z Curl Bar - 15 lbs.

Trap Bar - 45 lbs.

Plates

1. 2 ½

2. 5

3. 10

4. 25

5. 35

6. 45

FRONT

DELTOID

PECTORIALIS GROUP

BICEPS

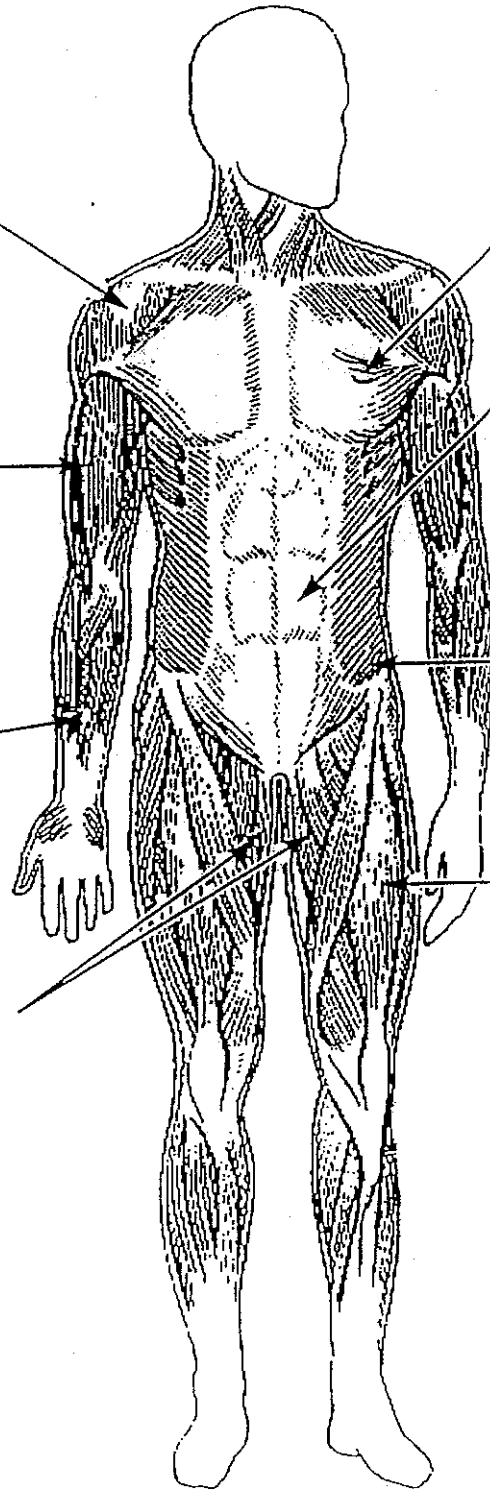
RECTUS ABDOMINIS

FOREARM

EXTERNAL OBLIQUE

PSOAS GROUP (GROIN)

QUADRICEP



BACK

