

## Study Guide: Weight Training S.L.O. – COACH ELKINS

To monitor your intensity level during your work out you should find your target rate zone and stay within the target range.

What is the recommended reps to develop strength? 4 to 8

F.I.T.T – How many days a week you exercise is an example of what? Frequency

Ballistic stretching- not recommended before working large muscles.

Why do we cool down? To reach our recovery heart rate

Static stretching will increase flexibility

The 2 phases of warm up are – Cardiovascular and muscular-skeletal

To strengthen pectorals, deltoids and triceps- bench press

Hamstrings- leg curls

Why warm- up- reduce injury and increase body temperature

F.I.T.T. – FREQUENCY, INTENSITY, TIME, TARGET

PRINCIPLE OF SPECIFICITY IN ACTION – (DISNEY)

OVERLOAD, PROGRESSION AND SPECIFICITY ARE EXAMPLE OF Principles of conditioning.

When you reach a plateau- you must increase your- intensity

Use principle of progression – when you have plateaued and become accustomed to the work out.

Fitness- overload is defined as increased demands on the body to improve fitness

Dead lift- bar, bend the knees, lift the chest, pull the weight. Ready position

Triceps curls- principles of specificity

Bench- breath out when pressing the weight

Progress to quickly- muscle pain that does not go away quickly

Shrugs- traps

Lats- chin ups,

Bench press- inhale, lower weight, press weight exhale.

Least important- partners lifts

Anaerobic – short – high intensity

Eccentric- lengthen con- shorten

8 hours of sleep

Bench press- pecs

Arm curls- biceps