

Weights/Fitness Unit Study Guide

(Beach Bodies)

Purpose:

Weight training, strength training and resistance training are all methods adapted to improve the resistance and size of the skeletal muscles. Weight training involves the application of a variety of equipment to target specific muscle groups and types of movement, such as weighted bars, dumbbells, Kettlebells, and weight stacks. Though weight training differs from bodybuilding and weightlifting, it forms a vital component of any well rounded fitness routine. Weight training is not just for athletes but also for all types of people, since it offers a continuum of benefits such as increased muscle strength, enhanced muscle tone, better flexibility, as well as balance, prevention of muscle and joint injury and decreased risk of cardiovascular (heart) disease and stroke. Above all, weight training has been proven to be effective in building endurance, thereby enabling your body to work harder.

Guidelines:

- *Warm up muscles for a minimum of 3-5 minutes prior to exercising
- *Start with a light jog, jumping jacks or some other form of cardio exercise to get the blood flowing and to increase heart rate
- *Follow with some ballistic and static stretches to get the muscles ready for weight training
- *Perform 12-15 repetitions of each exercise and adhere to specific exercise techniques
- *Perform 2-3 sets of each exercise taking a short break in between each set
- *Perform exercises in a controlled manner and **maintain a normal breathing pattern**
- *Cool down once finished weight training 3-5 minutes of ballistic and static stretches

Safety:

- *Always do some form of warm up and cool down each time you train
- *Do not attempt to lift more than you are capable
- *Start with lighter weights when learning proper exercise techniques
- *Keep adequate distance between lifter and the equipment
- *Only increase weight once 12-15 repetitions become easy (progression)
- ***Avoid dropping weights on the floor**
- ***Report any injuries to the instructor immediately**
- ***Absolutely no horseplay before, during or after weight training session**

Vocabulary:

Ballistic Stretching – as series of quick but gentle bouncing or bobbling motions designed to stretch muscles

Static Stretching – stretching slowly as far as possible without pain

Circuit Training – a type of physical activity program in which the person performs a group of exercises in a sequence with a brief rest between exercises

Interval Training – physical activity in which short bursts of high-intensity exercise are alternated with rest periods

Warm up – a series of activities, usually consisting of a heart warm-up, a muscle warm-up and stretch, to prepare the body for more vigorous exercise and help prevent injury

MAJOR MUSCLES

