**STRENGTH TRAINING STUDY GUIDE**

**Weight Room Rules**

Collars

[](http://www.bebodysmart.com/itemdesc.asp?ic=ZG-1-1-16&eq=&Tp=)• NO HORSEPLAY (fooling around) AT ANY TIME

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjg-JPV9_TeAhUm01kKHQzyC2sQjRx6BAgBEAU&url=https://www.pinterest.com/pin/851180398297964277/&psig=AOvVaw2r1VT3UH0FwLG8y0HSnLQN&ust=1543420447116715)• Wear proper lifting clothes & shoes (NO open toe shoes)

• DO NOT slam down the weights

• Use a spotter at free weight lifting stations

• bench press, squat…

• Use collars or clips on the free weight bars

• CLEAN UP (Return equipment to where it belongs)

• DON’T MAX OUT (don’t try to see how much you can lift in one attempt)

• Report an injury immediately

**Definitions**

**Spotter** – helps or supports another person during a particular exercise, with an emphasis on allowing the participant to lift or push more than he could normally do safely.

Importance: - Safety

- Psychological Benefit – creates encouragement and a sense of confidence

- Physical Benefit – having supervision encourages a greater training load

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiMkMDh3vTeAhVCj1kKHWF1DvYQjRx6BAgBEAU&url=https://www.bodybuilding.com/fun/spotting-101-how-to-spot-the-bench-squat-and-dumbbell-press.html&psig=AOvVaw1unl1UQMM0EjPlI9C8ojNP&ust=1543413705488724) which increases strength

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj16p263vTeAhUEjVkKHQz8ASkQjRx6BAgBEAU&url=https://www.youtube.com/watch?v%3DVO-ZCPhuy_g&psig=AOvVaw1unl1UQMM0EjPlI9C8ojNP&ust=1543413705488724)

EXERCISE PRINCIPLES

**Overload** – applying a greater than normal stress or load (weight) on the body to produce increases in strength.

**Progression** – The gradual increase in the intensity (how hard you work) and time spent on an activity. For example, adding a little more weight than you previously lifted or running a minute longer than what you normally run.

**F.I.T.T.** Frequency – how often you should be active or the number of days you take part in physical activity in a week. (3 to 6 days per week)

Strength Training Intensities

Light: 10 to 15 reps

Medium: 5 to 9 reps

Heavy: 1-4 reps

Intensity – how hard you exercise

Time – how long you do should do daily physical activities

(30 to 60 minutes)

Type – what kind of activity

1. Cardiovascular

2. Muscular Strength

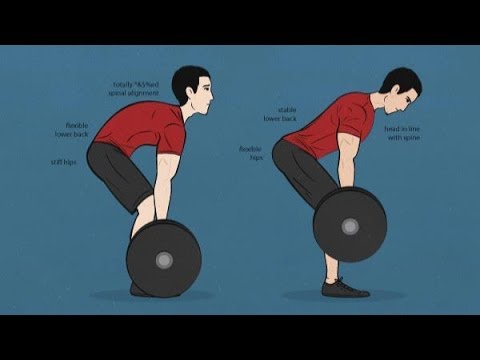
3. Muscular Endurance

4. Flexibility

**Leverage** – The exertion of force by means of a lever. Good leverage will allow you to perform a skill with more ease and less effort.

Deadlift

Poor Leverage vs Good Leverage

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjFxYSDlvXeAhUKxVkKHS65B0cQjRx6BAgBEAU&url=https://www.fotolia.com/id/136595973&psig=AOvVaw2joR6_4yGsTY-dZiLMDzK4&ust=1543428642055125)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjj_I7dk_XeAhXDrFkKHZ2lDKsQjRx6BAgBEAU&url=https://www.youtube.com/watch?v%3D2R86JV8gbJo&psig=AOvVaw1gmwyobpgJCXnos-KCvqgN&ust=1543428029005526)

**General Strength Training Guidelines**

- Breathe: inhale during the relaxation phase (easy part) and exhale when exerting force against the resistance.

Creates stability for the spine

Prevents high blood pressure and the possibility of passing out.

- Lift in a slow and controlled motion

- Keep the resistance close to the midline of your body to decrease the leverage on your spine

- Maintain good posture