**STRENGTH TRAINING STUDY GUIDE**

**Weight Room Rules**

Collars

• NO HORSEPLAY (fooling around) AT ANY TIME

• 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

 which increases strength



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



**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