

Beginning Weight Training

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Weight lifting Unit Block

CLASS INTRODUCTION LP #1	Upper Body Development LP #2 Assessment #13	Upper Body Development LP #3 Skill assessment #1 Chest/ Legs task cards 1-13	Upper Body Development LP #4	Upper Body Development Skill assessment #2 Chest/ Legs task cards 1-13
Lower Body Development LP #6				

	will help you get familiar with words used in the	curls, shoulder presses and	many others.
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€ Demonstrate how the

Closure/Assessment

- € Are there any questions regarding this class and what is expected of you?
- € What do you do when I say "Go"?
- € Why do you need to have a spotter when performing exercises?
- € Remember to come dressed ready for class next time we meet.

Physical Education

perform your bench
presses.

Physical Education
Various Bench Press Exercise Continued
Lesson plan # 3 Peer Assessment Day

Objectives: (Specific, Behavioral, Assessable)

Student objectives:

Closure/Assessment

- € Show me how your wrist should look when performing any bench press exercise.
- € Should your feet be on the bench when you bench press?
- € What is the name of the muscle that is used when performing a bench press?

Instant Activity: To start class today, I would like for you to choose a partner. Stand five feet apart from each other (cones will be set, all they have to do is choose who stands where. Scarf's will also be placed in front of there feet). When is say "go" I want you to pick up your scarf's and toss them up as high as you can. You and your partner are going to try to catch the scarfs before they reach the floor. But, before you start I need to give you one last explanation. If your partner uses the right hand you use your left hand. By doing this the chances of you

	Then slowly lower one dumbbell at a time.	down, one at a time.	
--	---	----------------------	--

- € Have students join their group.
- € Have all students perform 3 sets of 10-12 reps.
- € Have advanced students teach other students the bench press if needed.
- € Remind students to choose a dumbbell that is

€ Have all students gather around to see the demonstration.

€ Have an advanced student demonstrate dumbbell bench press.

€ After sitting on the bench

£ s u £ r Then lower the dumbbells e r
w o o r k e r lower one dumbbell at a n
time.

- € Have students straighten out weight equipment for the next class when they are done.
- € For those who used their personal workout sheets, have them return them into the turn in box.

- € To lower dumbbells back to the floor, on your last rep use the momentum of the dumbbells to lift you off the bench. Then lower the dumbbells to your thighs. Then slowly lower one

Physical Education
Dumbbell Chest Exercises Continued

Instant Activity: No instant activity today.

Set Induction:

into your personal workout.

€

- € Before moving on to the next task make sure each group member has finished their lifts.
- € Watch for safety hazards.
- € Remind students to stay at their station when they finish.

- € Also, remember lifters must always have a spotter.
- € Your forearm and upper arm should form an "L"
- € Keep your back and bottom flat on the bench.
- € Grab dumbbells from the center.
- € Keep your feet flat on the floor.

down on the bench.

Physical Education
Introduction to lower body
Lesson Plan # 6

Objectives: (Specific, Behavioral, Assessable)

Student objectives:

- 1.) By the end of this lesson students should be able to point out two lower body muscles groups (EALR 1.2, NASPE2).
 - A.) Quadriceps
 - B.) Hamstrings

<p>£ Before moving on to the next task make sure all partners have seen the squat rack (ask students if they have all seen the squat rack).</p> <p>£ Demonstrate how to adjust the bar height.</p>	<p>£ The first thing to remember before you squat is to adjust the bar to fit your stature. The second thing to do is to place the weight on the bar safely. After, you have made these checks you are ready to squat.</p>	<p>height, remove the bar from the squat rack. Next remove the safety pins from the pegs and adjust to your height by placing them in the holes of your choice.</p>	
<p>£ Teacher should demonstrate this technique.</p>			

	unscrewed the pins enough the seat should slide up or down. Adjust the seat until you are comfortable performing your sets.		
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Informing task: The leg curls targets the hamstrings. This exercise is kind of awkward because you have to lie on your stomach to perform this exercise.

- € Give them time to familiarize themselves with this piece of equipment.
- €

	ones stay back to keep you balanced.		
--	---	--	--

Instant Activity: Today, I would like for you to grab a jump rope and find your own personal space. When I say “go” I would like for you to

- € Demonstrate
- € Before moving observe every student briefly.
- € Let students do this for a couple of minutes.

€ This time when doing the

their lifts before giving next
task.

€

Informing task: The leg curl is pretty easy too. However, it is kind of awkward because you have to lie on your stomach to perform this exercise. First thing to remember is to position your feet in the pads before lying down. The second thing to do is to start curling with your legs. There are a couple of things to also remember when lifting the weight. That is always s keep your thighs and stomach on the mat. In this

for safety.	wooden dowel and start practicing the lunge.	back.	
Informing Task: We are ready for the lunge with the bar. Position the bar the same way you positioned it on the squat. Start by stepping forward. Remember your leg has to make a 90% angle or “L” shape. When I say go I would like for you to join your group and start practicing your form. Go. Do 3 sets of 10 reps.			

- € Make groups of five, by having them pair up.
- € Observe students form.
- €

Instant Activity:

€ Allow enough time for
students to finish their lifts.

€ Remember your legs
to make a 90° angle.
€

Physical Education
Lower body exercises
Lesson # 9

Instant Activity: “Leap Frog Tag” (Take all students out to field or in the gym, whichever is available. Set up cones 20 yards by 20 yards). To start off class today we will play leap frog tag. Four students will wear the pennies and be the chasers. The rass

or dumbbells.

Now bend your knees to a 90° angle or until your legs are parallel to the floor.

⌘

parallel to the floor.
Remember to keep your back straight.

	possible. Try not banging them to your thighs.		
Informing task: Stop. When performing the leg curl remember the cues. Thighs and stomach on mat. Slow and controlled movements, etc.			
<ul style="list-style-type: none"> € Observe students technique. € Have advanced students to help others. € Make sure students are performing their technique correctly. 		<ul style="list-style-type: none"> € Thighs and stomach on mat. € No momentum. € Bring down weights slowly. 	See if you do five more on your last set with perfect form.
Informing task: Stop, before you start the lunges I would like to go over the lunges briefly.			

- € The lung is a little more difficult exercise to perform; therefore it is sometime a good idea to recap. **cap.**

Closure/Assessment

€ How wide should you have your feet when performing the parallel squat?

€

Physical Education

Instant Activity: No instant activity today.

Physical Education
Introduction to Back Exercises

- D) Sitting Rows
 - A. Feet firmly placed on foot board
 - B. Lean back as you pull with your arms
 - C. Let your knees extend from the bended position when pulling back
 - D. Maintain a moderate controlled tempo
- E) Power Clean
 - A. Wide, and stable base
 - B. Hands shoulder width apart, or a little more
 - C. Use all of your muscles, to take strain off your back
 - D. Remember be explosive!!!
- F) Dead Lift
 - A. Wide, and stable base
 - B. Hand shoulder width apart
 - C. Bend at waist
 - D. Don't lock knees
- G) Back extensions
 - A. Maintain a moderate, controlled tempo
 - B. Hands across shoulders
 - C. Toes pointing to the ground

€ 15 Chairs

- € Stop students.
- € Gather all students around the pull-up bar.
- € Show students which muscles are being worked during a pull-up on the muscle chart. (Upper back)
- € Demonstrate a proper pull-up on a pull-up bar.
- € Have advanced

upright row on the
muscle chart. (Upper
back)

€ Have advanced

€ Explain the difference between sitting and an up right row. (Upper/ Lower back).

€

students.

become more
comfortable with the
lifts that you learned
yesterday.



number as them.

	period.		
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- A. Wide, and stable base
 - B. Hand shoulder width apart
 - C. Bend at waist
 - D. Don't lock knees
- D.) Back extensions
- A. Maintain a moderate, controlled tempo
 - B. Hands across shoulders
 - C. Toes pointing to the ground
2. Students will be able to name the muscles used during various upper and lower back exercises (NASPE 3, EALR 1.1)
- a. Lower back muscles-
 - i. Obliques
 - ii. Latissimus Dorsi
 - b. Upper back muscles-
 - i. Latissimus Dorsi
 - ii. Trapezius
 - iii. Rhomboid Major
 - iv. Rhomboid Minor.

Teacher objectives:

£ **Equipment (for a class of 30 students)**

- £ 5 Benches
- £ 2 Leg machines
- £ 1 P7L51ITinmachines

- € Skills charts
- € 30 Assessment #12 sheets

Instant Activity: To start today class I would like for you to find a partner and grab 1 jump rope per person. Lay the jump ropes on the floor in the main gym, so that they are touching at 1 end only. Try to jump across the jump ropes without touching them. How far can you jump without touching in between the two ropes? When I say go, begin, when I say stop, stop. Ready, Go! Stop!

Set Induction: Do you ever wake up in the morning, jump you roll out of bed, jumpstart to walk, jump your back is just killing you? Has your mom or dad ever thrown their back out? This week has been all about working out your lower back. When you get older, jump your back starts to hurt for no reason, then you'll be thinking... "Wow I should have never stopped working out my back". Without a strong back, our posture may suffer, jump so might our muscles themselves. Without a strong back, all of your front side muscles are working 10 times harder to keep you upright. Not only will a strong back benefit your life, but it will also benefit you athletically too! Are there any track jump field throwers here? What is one thing that you need when you throw u hammer? Good, jump that's why this exercise is a great exercise for you!

MAF/Instructional techniques	Extensions	Refinements	Applications
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€

required to add 1 new
back lift to your new
lifts sheet (assessment
#12) which are all in
the pickup box with

	Ready, Go!		
<ul style="list-style-type: none"> € Stop the class € Instruct students to re-rack weights, and meet in the main gym. 	<ul style="list-style-type: none"> € Stop! € Alright class, it is time to end class. € I need all of you to help put the weights away. € When all the weights are put away in the proper place, let's all meet in the main gym. 		

Closure/Assessment:

Physical Education
Continuing Lower Back Exercises
Lesson #15

Objectives (Specific, Behavioral, Assessable)

Student objectives:

1. By the end of this lesson students should be able to demonstrate proper technique and form for various lower back exercises. (NASPE 2, 3, EALR 1.1,)

A.) Sitting Rows

A. Feet firmly placed on foot board

- Have a partner assess your lifting technique by filling out assessment sheet #6.
- You will turn this in at the end of the class period.

€ Let muscles extend fully

Teacher Objectives:

Equipment: (for a class of 30 students)

- € 60 10" (short) wooden dowels
- € 30 Wooden dowels
- € 30 Dumbbell sets
- € 15 Curl bars
- € Weights
- € Anatomy sheets

Instant Activity: To start today class I would like for you to do a one pull up bur

advanced students.

- € Have students do 85 jumping jacks when they are finished.
- € Teacher watches out for safety hazards.

doing 75 simulated inner bicep curls, using your long wooden dowels.

rack weights, and bring it in outside of weight room.	today learning these new exercises. € You all worked hard at the end of class. € Now what I need you to do is re-rack the weights, and have everyone meet out in the main gym once everything is put away. € Go!		
Closure/Assessment: € What cues do you use for any type of bicep curl? € Can you demonstrate the proper grip for an inner bicep curl? € What about an outer bicep curl?			

Teacher Objectives:

Equipment: (for a class of 30 students)

€ 60 10" (short) wooden dowels

€ Have advanced students teach other students the correct form for a dumbbell curl.

€ Teacher will informally assess students on their dumbbell curl form.

€ Teacher will watch out for safety hazards.

of dumbbell curls.

€ I will be walking around and assessing you on your form.

€

- € Have students do 3 sets of 8-10 repetitions of straight bicep, barbell curls.
- € Have partners take turns doing straight bicep curls.
- € Further demonstrate by pin-pointing advanced

assess students on their
inner bicep curl form.

€ Teacher will watch out

**Physical Education
Bicep Curl Exercises
Lesson #18**

Objectives (Specific, Behavioral, Assessable)

Student Objectives:

1. By the end of class students will be able to demonstrate the proper form for each of the bicep curl exercises that they have learned. (NASPE 2, 3, EALR 1.1)

2able The students should be able to name the cues for each bicep curl. (NASPE 3, EALR 1.1)

Dumbbell/ Barbell Curls:

€ Don't use your back

€

Teacher Objectives:

€ Show students on
muscle chart which

€ Let muscles extend fully

Teacher Objectives:

Equipment: (for a class of 30 students)

€ 30 Dumbbell sets

€ 30 Barbells

€

Informing Task: Today class you will be working with your partner using the bicep curl exercises that you have been working on all week. I am going to let you free lift using your personalized weight training plan. It is important to know how a real weight room operates. Today, you must remember your weight room etiquette.

- € Refresh the students on their weight room etiquette.
- € Have students break into groups of 2-3 students.
- € Alright class, who

students teach other students the correct form for lifts.

€ Teacher informally assesses students on their dumbbell curls.

€ Teacher, will walk around and make sure everyone is safe.

€ Be sure to add 1 new bicep exercise to your personalized weight

	proper place, let's all meet in the main gym.		
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Closure/Assessment:

- € How did you all do today?
- € Were you able to use the lifts that you learned effectively in the weight room?
- €

Teacher Objectives:

Equipment: (for a class of 30 students)

- € 30 Dumbbell sets
- € 15 Barbells
- € 15 Curl bars
- € Anatomy sheets
- € 30 pencils
- € 30 Assessment #7 Sheets

Instant Activity: Today we are going to do a sit-up pyramid. Find a partner, and begin doing 10 sit-ups each. When you are both done doing

€ Hav1 students find th1
people with th1 sam1

**`Physical Education
Introduction to Triceps exercises
Lesson #21**

Close Grip Bench Press:

- Back flat on bench
-

Instant Activity: To start class today I would like everyone to grab a jump rope from the jump rope rack located in the weight room and find self spaeweight room. We will hautes to jump rope in place using wha combinations you would like. When I say go you may begin. When I say stop please stop jumping and return your jump rope back to where you got it.

Set Induction: NFL quarterbacks have strong arms and are able to throw the football very far and accurate. Having strong arms and especially strong triceps muscles reaes in their a

wooden dowels to
demonstrate lift to
teacher.

- above your chest.

	<p>until your buttocks are close to the floor or you can't bend your arms any more.</p> <ul style="list-style-type: none">• Raise your body back up until your arms are fully extended on the bench and your triceps are fully contracted.		
--	--	--	--

- Gather students around a bench press and teacher will demonstrate close grip bench press lift.
- Teacher will observe as each student safely and correctly performs the lift.

	<p>contacting your chest and then return the weight to the starting position above your chest.</p> <ul style="list-style-type: none">• Be sure to fully contract your triceps upon return to the starting position.		
--	---	--	--

necessary.

Physical Education
Triceps exercises Continued
Lesson #23

Objectives (Specific, Behavioral, Assessable)

Student Objectives:

1. By the end of class students will be able to demonstrate the proper form of dips and the close grip bench press. (NASPE 2, 3. EALR 1.1.2- Safely participates in a variety of developmentally appropriate physical activities.)
2. Students should be able to name cues for the skull crusher, dips and the close grip bench press.

Teacher Objectives:

Cues:

Skull Crushers:

- € Flat on back
- € Body controlled and balanced
- € Elbows in, parallel with body
- € Flex the muscle during muscle contractions
- € Let muscles extend fully

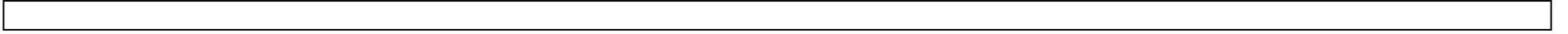
Dips:

- € Slow and controlled movement
- € Arms parallel with body
- € Keep legs straight and fully extended
- € Flex the muscle during muscle contractions
- € Let muscles extend fully

Instant Activity: “Catch Tag” (On Field or in Gym, whichever is available) Today we will be playing a game called catch tag. (Four cones will

necessary.

- ⌘ Once students finish dips and close grip bench



Physical Education
Triceps exercise Continued
Lesson #24

Objective (Specific, Behavioral, Assessable)

Student Objective:

1. By the end of class students will be able to demonstrate the proper form for the skull crusher, dips and the close grip bench press and incorporate one or all of them into their personal workout program. (NASPE 2,3.EALR 1.1)
2. The student should be able to name the cue for the skull crusher, dips and close grip bench press. (NASPE 2, EALR 1.1,)

Teacher Objective:

Cue:

Close Grip Bench Press:

Informing Task: Today we will continue working on triceps exercises. You are fr

excess strain on other
muscles.

€ Be sure you keep your

Physical Education
Triceps exercise Continued
Lesson #25

Objective (Specific, Behavioral, Assessable)

Student Objectives:

1. By the end of class students will be able to demonstrate the proper form for the skull crusher, dips and the close grip bench press and incorporate one or all of them into their personal workout program. (NASPE 2,3.EALR 1.1)
2. The student should be able to name the cue for the skull crusher, dips and close grip bench press. (NASPE 2, EALR 1.1,)

Teacher Objectives:

Cue:

Close Grip Bench Press:

- € Back flat on bench
- € Hands gripped closely together
- € Slow controlled movement

MAF/Instructional techniques	Extensions	Refinements	Applications
€ Have students find a partner and team up with two other partnerships making a group of six. There should be five			

Physical Education
Introduction to Shoulder exercises
Lesson #26

Objectives (Specific, Behavioral, Assessable)

Student Objectives:

1. By the end of class students will be able to pinpoint the following major muscles in the shoulder region: (NASPE 2, 3, EALR 1.1)

€

Instant Activity:

	muscles.		
--	----------	--	--

Informing Task: Now that you all are familiar with the major muscles of the shoulder region, we will learn the seated military press, shoulder shrugs and the front shoulder raises, all in which will help to strengthen and condition those muscles.

€ Gather students around a

<ul style="list-style-type: none">€ Gather students around a seated bench and teacher will demonstrate front shoulder raises.€ Teacher will observe as each student safely and correctly performs front		lower weights down to starting point keeping yourself safe from injury.	
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Physical Education
Shoulder exercises
Lesson #27

Objectives (Specific, Behavioral, Assessable)

Student Objectives:

1. By the end of class students should be able to demonstrate proper technique and form for the seated military press, shoulder shrugs and front shoulder raise exercises. (NASPE 2, 3, EALR 1.1)
2. By the end of class students will be able to name cues for the seated military press, shoulder shrugs and front shoulder raises. (NASPE 2, EALR 1.1)

A. Seated Military Press

- € Back straight and against back of seat bench or chair.
- € Arms bent at 90 degree angle holding dumbbells close to shoulders.
- € Weights are lifted straight above head until arms are full

Teacher Objectives:

C. Front shoulder raises

€

Instant Activity: "Catch Tag" (On Field or in Gym, whichever is available) Today we will be playing a game called catch tag. (Four cones will be set up in a twenty by twenty yard space.) Four students will volunteer to be the chasers (these students will wear the pinnies) and the rest of the class will be the runners. If you are tagged by one of the chasers you are to remain frozen until another student throws you the football. Once you've successfully caught the ball (ball may not be dropped) you may run with the ball and throw it to another student to unfreeze them. You must stay in the field of play. When I say go you may begin and

€ Only one dumb bell at a time.

€

Closure/Assessment:			

- € How did everyone feel with the weight and the lifts today?
- € Did everyone feel comfortable with their assessment today?
- € Did everyone add new lift to their new lift sheets and turn them in?

Physical Education
Shoulder exercises Continued

- € Arms stay straight as you lift dumb bell straight out and up.
- € Only one dumb bell at a time.
- € Flex muscle during muscle contraction
- € Slowly lower weights down to starting position.

Equipment: (For a class of 30 students)

- € 3 Chairs or Seated Benches
- € 18 Wooden Dowels(8 inches long)
- € 6 Dumbbells
- € Anatomy sheets
- € 30 Jump ropes
- € Task Cards

€ Have students record lifts carefully read the cues and stick to them.
on a piece of paper.

04w [)902(When stude)6(nts are done)6(,)J0.0002 Tc 0.0007Tw 1.639 4.14d[(they ma)6(y work on any)J0.0008 Tc 0.0001 Tw 0 4.151D[other lif

of the lower back.

- € Be sure your Palms are in neutral position in front of body facing towards your thighs.
- € Keep your Arms straight as you lift dumb bell straight out and up. This ensures you get stress on the proper muscle and prevent any injuries.
- € Only one dumb bell at a time.
- € Flex muscle during muscle contraction and hold it to get a good workout.
- € Be safe and slowly lower weights down to starting position. This will prevent
- € Be sure to have your back straight and against back

straight above head until
arms are fully extended.
This ensures full
contraction of muscles.

€ Be sure to flex muscle
during muscle contraction.

€ Slowly lower weights
down to starting point
ensuring safety and
prevention of tearing of
the muscles.

Physical Education
Final Day of Weight Training Unit Lesson #30

Objectives (Specific, Behavioral, Assessable)

Student Objectives:

Teacher Objectives:

and gather around me in the weight room area. Go!

Set Induction: Congratulations class! You have successfully completed the weight training unit. Keeping healthy and strong muscles will help you in all that you do in life. I challenge all of you to continue lifting and learning new lifts and exercises that will keep

Closure/Assessment:

- € Did everyone enjoy the unit?
- € Who can tell me something exciting they have learned over the unit?
- € What is the most important thing to remember in the weight room?

		the leg press, and give them feedback regarding their form.			
7 Weight Training Unit	Legs	<p>Ask verbal questions regarding the form of the day's leg exercises.</p> <p>What muscles did we use today and where are they on the muscle chart?</p> <p>Watch students lift at the leg curl, and give them feedback regarding their form.</p>	NASPE 2 EALR 1.1 EALR 3		

		are they on the muscle chart?			
--	--	-------------------------------	--	--	--

10 Weight

12 Weight
Training Unit

Upper Back

the feedback
regarding their form
for the exercise.
Ask several questions
regarding the form of
the day's back
exercises.

What muscles did we
use today and where
are they on the
muscle chart?

Watch student
perform pull downs at
the pull down station
and give them
feedback regarding
their form for the
exercise.

Ask the Student

exercises.

What muscles did we
use today and where
are they on the
muscle chart?

Watch student

Watch student
perform simulated
skull crushers and
give them feedback

the day's back
exercises.

What muscle0 did we

		muscle chart?		
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27 Weight
Training Unit

Deltoids

Watch student
perform dumbbell
shoulder press and
give them feedback
regarding their form
for the exercise.

Ask verbal questions
regarding the form of
the day's back
exercises.

What muscles did we
use today and where
are they on the
muscle chart?

Watch student
perform the shoulder
press and give them

Arms formed an L shape

Did not bounce bar off chest

Assessment Sheet # 3 Part 1
Barbell Parallel Squat

Directions: Each one of you will have an assessment sheet that checks your form for every chest exercise. One of your partners will be spotting you while another one checks your form. Choose one of your partners to check your form while you perform the barbell parallel squat. Whoever is assessing should give feedback to the lifter on his/her technique after every set. If they did not perform it correctly explain to him/her why he/she did not perform the lift correctly. Don't just mark on his/her sheet if they did not do the lift correctly. You will perform each exercise for three sets of 10-12 reps before moving on to the next exercise. This is not a race; perform at your own pace. It is o.k. if it takes you longer to master the form. If you need help ask the instructor.

Observer: some possible, appropriate feedback:
Nice feet placement

Performer: cues to remember.
A.) keep a back straight
B.) feet shoulder width apart
C.) heels planted on floor throughout lift
D.) squat until you reach a 90% angle or until legs are parallel to floor
E.) keep bar stable
F.) knees do not exceed toes

Spotter: cues to remember.
A.) Always keep your eyes on performer
B.) Place hands on waist
C.) Stand in back of rack and performer

Critical feature	Set 1	Set 2	Set 3
Back was straight throughout lift			
Feet were shoulder width apart			
Knees did not exceed toes			
Legs formed a 90% angle or were parallel to floor			
Bar was stable throughout lift			
Heels did not come up from floor			

Performed 10-12 reps

Assessment Sheet Part 2
Leg Extension

Directions: Each one of you will have an assessment sheet that checks your form for every chest exercise. One of your partners will be spotting you while another one checks

Assessment Sheet # 3 Part 3
Leg Curl

Directions: Each one of you will have an assessment sheet that checks your form for every chest exercise. One of your partners will be spotting you while another one checks

Assessment Sheet # 4 Part 1
Dumbbell Parallel Squat

Directions: Each one of you will have an assessment sheet that checks your form for every chest exercise. One of your partners will be spotting you while another one checks your form. Choose one of your partners to check your form while you perform the dumbbell parallel squat. Whoever is assessing should give feedback to the lifter on his/her technique after every set. If they did not perform it correctly explain to him/her why he/she did not perform the lift correctly. Don't just mark on his/her sheet if they did

Barbell Lunge

Directions: Each one of you will have an assessment sheet that checks your form for every chest exercise. One of your partners will be spotting you while another one checks your form. Choose one of your partners to c

Assessment Sheet #5
Upper Back

Directions: Each one of you will have an assessment sheet that checks your form for every upper back exercise. One of your partners will be spotting you while another one checks your form. Choose one of your partners to check your form while you perform the lat pull down, pull up, and bent over row exercises. Whoever is assessing should give feedback to the lift i

ETEM/P MID 8DC BT/TT1 1 Tf2.9w 10.0 0 10.0 10.9 6.2 16m() 193(g s 10.0 0 10.

- D.) Back extensions
 - A. Maintain a moderate, controlled tempo
 - B. Hands across shoulders
 - C. Toes pointing to the ground

Observer: Always be positive, NO PU2 DOWNS!!!

Inner Bicep Curls:

- Wide grip w/ elbows close to body.
- Don't use your back
- Slow and controlled movement
- Flex the muscle during muscle contractions
-

Let muscles extend fully

Assessment Sheet #8 Triceps

Directions: Each one of you will have an assessment sheet that checks your form for every Triceps exercise. Your partner will be spotting you and checking your form. Once you have finished one lift switch with your partner and allow him/her to perform the lift. Do this for the skull crusher, dips and the close grip bench press. Whoever is assessing should give feedback to the lifter on his/her technique after every set. If they do not perform it correctly explain to him/her why he/she did not perform the lift correctly. Don't just mark on his/her sheet if they did not do the lift correctly. You will perform each exercise for three sets of 10-12 reps before moving on to the next exercise. This is no race; perform at your own pace. It is o.k. if it takes you longer to master the form. If you need help ask the instructor.

Observer/ Performer: cues to remember.

A) Skull Crushers:

- Flat on back
- Body controlled and balanced
- Elbows in, parallel with body
- Flex the muscle during muscle contractions
- Let muscles extend fully

B) Dips:

- Slow and controlled movement
- Arms parallel with body
- Keep legs straight and fully extended
- Flex the muscle during muscle contractions
- Let muscles extend fully

C) Close Grip Bench Press:

- Back flat on bench
- Hands gripped closely together
- Slow controlled movement
- Flex the muscle during muscle contractions
- Let muscles extend fully

Observer: Always be positive, NO PUT DOWNS!!!

Spotter: cues to remember.

- A.) Always keep your eyes on performer
- B.) Place hands under bar but do not touch bar
- C.) Always be ready to assist your partner

Assessment Sheet #8 Triceps

Directions: Each one of you will have an assessment sheet that checks your form for every Triceps exercise. Your partner will be spotting you and checking your form. Once you have finished one lift switch with your partner and allow him/her to perform the lift. Do this for the skull crusher, dips and the close grip bench press. Whoever is assessing should give feedback to the lifter on his/her technique after every set. If they do not perform it correctly explain to him/her why he/she did not perform the lift correctly. Don't just mark on his/her sheet if they did not do the lift correctly. You will perform each exercise for three sets of 10-12 reps before moving on to the next exercise. This is no race; perform at your own pace. It is o.k. if it takes you longer to master the form. If you need help ask the instructor.

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- Flex the muscle during muscle contractions
- Let muscles extend fully

C) Close Grip Bench Press:

- Back flat on bench
- Hands gripped closely together
- Slow controlled movement
- Flex the muscle during muscle contractions
- Let muscles extend fully

Observer: Always be positive, NO PUT DOWNS!!!

Spotter: cues to remember.

- A.) Always keep your eyes on performer
- B.) Place hands under bar but do not touch bar
- C.) Always be ready to assist your partner

Assessment Sheet #9 Triceps

Directions: Each one of you will have an assessment sheet that checks your form for every Triceps exercise. Your partner will be spotting you and checking your form. Once you have finished one lift switch with your partner and allow him/her to perform the lift. Do this for the skull crusher, dips and the close grip bench press. Whoever is assessing should give feedback to the lifter on his/her technique after every set. If they do not perform it correctly explain to him/her why he/she did not perform the lift correctly. Don't just mark on his/her sheet if they did not do the lift correctly. You will perform each exercise for three sets of 10-12 reps before moving on to the next exercise. This is no race; perform at your own pace. It is o.k. if it takes you longer to master the form. If you need help ask the instructor.

Observer/ Performer: cues to remember.

A) Skull Crushers:

- Flat on back
- Body controlled and balanced
- Elbows in, parallel with body
- Flex the muscle during muscle contractions
- Let muscles extend fully

B) Dips:

- Slow and controlled movement
- Arms parallel with body
- Keep legs straight and fully extended
- Flex the muscle during muscle contractions
- Let muscles extend fully

C) Close Grip Bench Press:

- Back flat on bench
- Hands gripped closely together
- Slow controlled movement
- Flex the muscle during muscle contractions
- Let muscles extend fully

Observer: Always be positive, NO PUT DOWNS!!!

Spotter: cues to remember.

- A.) Always keep your eyes on performer
- B.) Place hands under bar but do not touch bar
- C.) Always be ready to assist your partner

Assessment Sheet #10
Shoulders

Directions: Each one of you will have an assessment sheet that checks your form for every Shoulders exercise. Your partner w

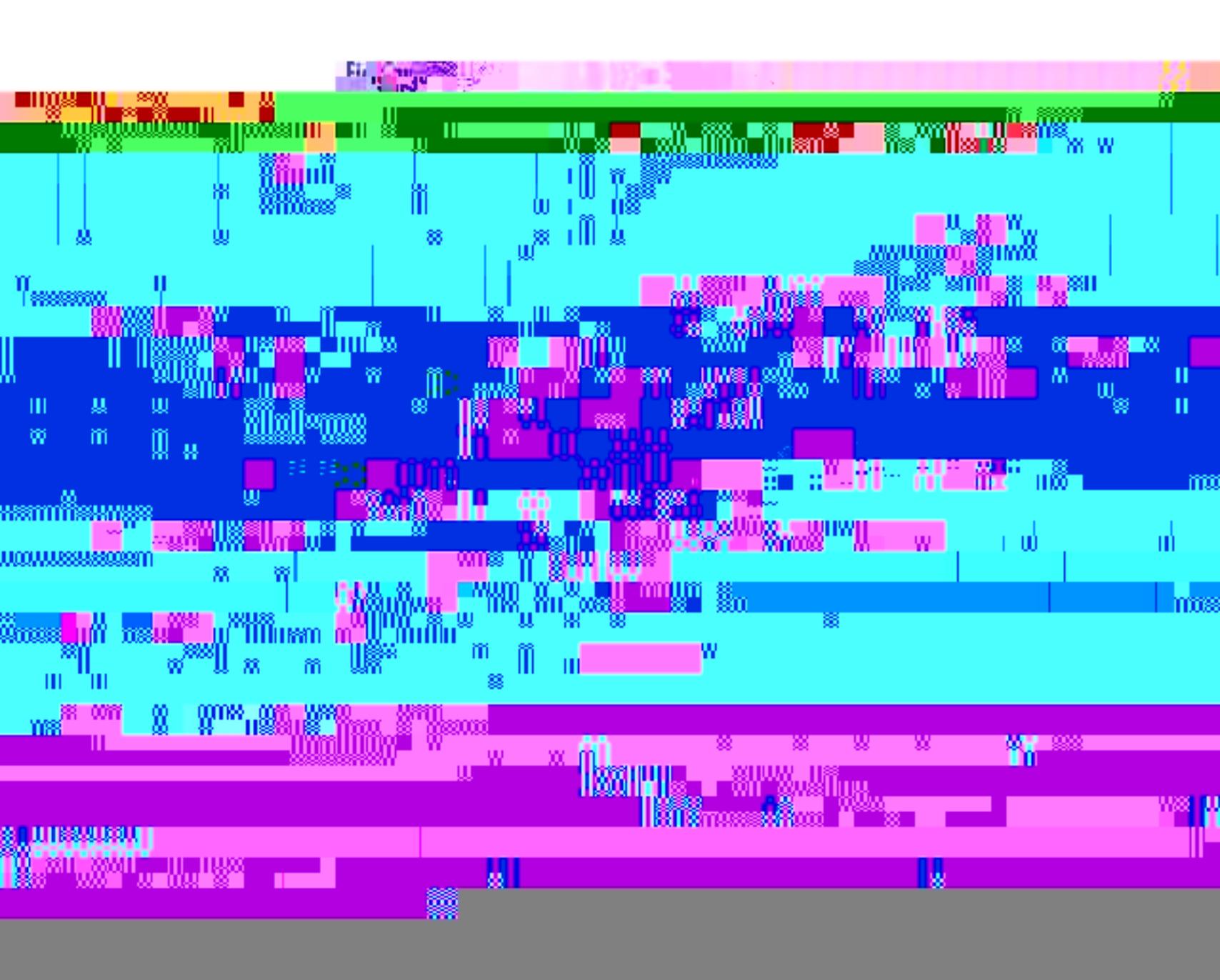
NAME _____

**New Lifts Sheet
Additions to My Personalized Plan
Assessment #12**

Instructions:

Use this sheet to write down new lifts that you will incorporate into your personalized weight training program. There will be days when you are required to add a new lift into your plan, but you can use this sheet daily to add at you wi.

1. _____



Chest Task # 1

Presses using dowel

Perform 10 pushups, then do 20 reps with the wooden dowel on the bench. Rest a minute then do as many crunches as you can.

Move on to task# 2

Chest Task # 2

Barbell



Chest Task # 3

Dumbbell

**Perform 12 to 15 dumbbell fly's with the weight of your choice.
Remember to always choose appropriate poundage. If you can**

Chest Task # 4

Barbell

Perform 6 to 8 reps flat barbell bench press with the weight of your choice. Rest 1 minute then perform either an incline or decline barbell press with the weight of your choice. Perform 3 to 4 sets of each exercise.

For cues, look at the barbell & dumbbell skill chart.

You can change up the order of this circuit by simply performing the decline or incline press before the flat bench press.

Move on to task # 5

Chest Task # 5

Barbell & Dumbbell

Perform 4 to 6 reps of flat barbell bench press with the weight of your choice. Rest a 1 minute then perform the incline bench press with the weight of you choice. Rest 1 minute then perform 6 to 8 reps of decline bench press. Perform 3 to 4 sets of each exercise.

For cues, look at the barbell & dumbbell skill chart.

Move on to task # 6



Chest & Leg Task # 6

Bench & Squat

Advanced A.

Perform 1 set of flat, incline or decline barbell bench press with the weight of your choice. Rest 1 minute then perform 1 set of



Chest & Back Task # 9
Barbell Bench Press & Lat pull-down
Advanced B.

Leg Task # 11

Dumbbell Squats

Perform 12 to 15 reps of dumbbell squats with the weight of your choice.

Add a couple of sets of leg extensions or leg curls, to make this task more difficult.

Back Development Task #1

Lat Pulls

With a partner, Do 29 simulated lat pulls, using a wooden dowel. After you do 29, then do 12 push-ups.

Back Development Task #2

Back Development Task #4

Bent Over Rows

**Do 3 sets of 9 reps of bent over rows, using dumbbells.
You may choose how much weight you would like to use.**

Back Development Task #6

Pull-ups

~~Do as many unassisted pull-ups as possible in 25 seconds. If you are having~~

For cues, look at th.

Move on to task #7

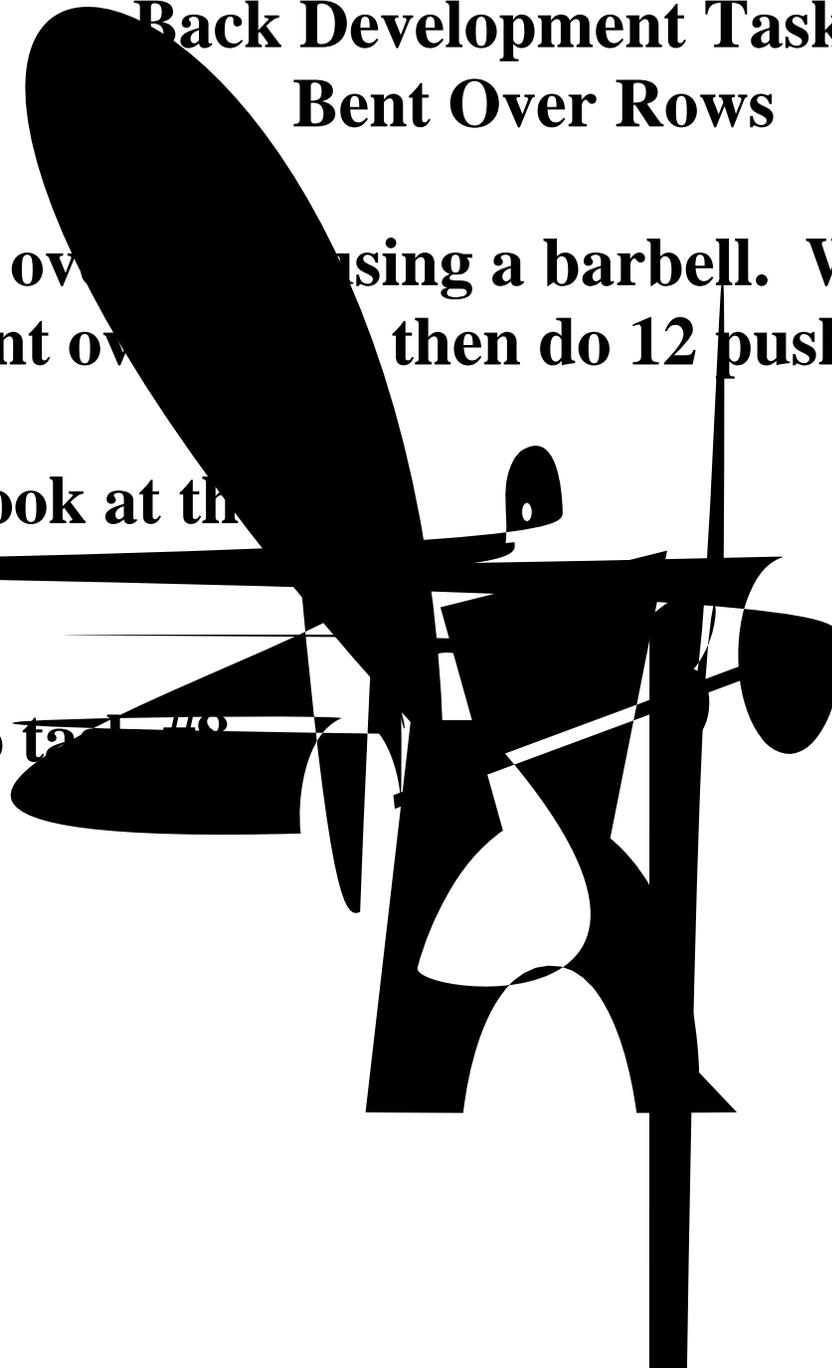
Back Development Task #7

Bent Over Rows

Do 21 bent over rows using a barbell. When you have done 21 bent over rows then do 12 push-ups.

For cues, look at the

Move on to task #8



Back Development Task #8

Lat Pulls

See how much weight you can do while doing 1-3 repetitions on the pull down machine. When you are done, bear crawl to your next task. Do crunches if you are waiting for the machine.

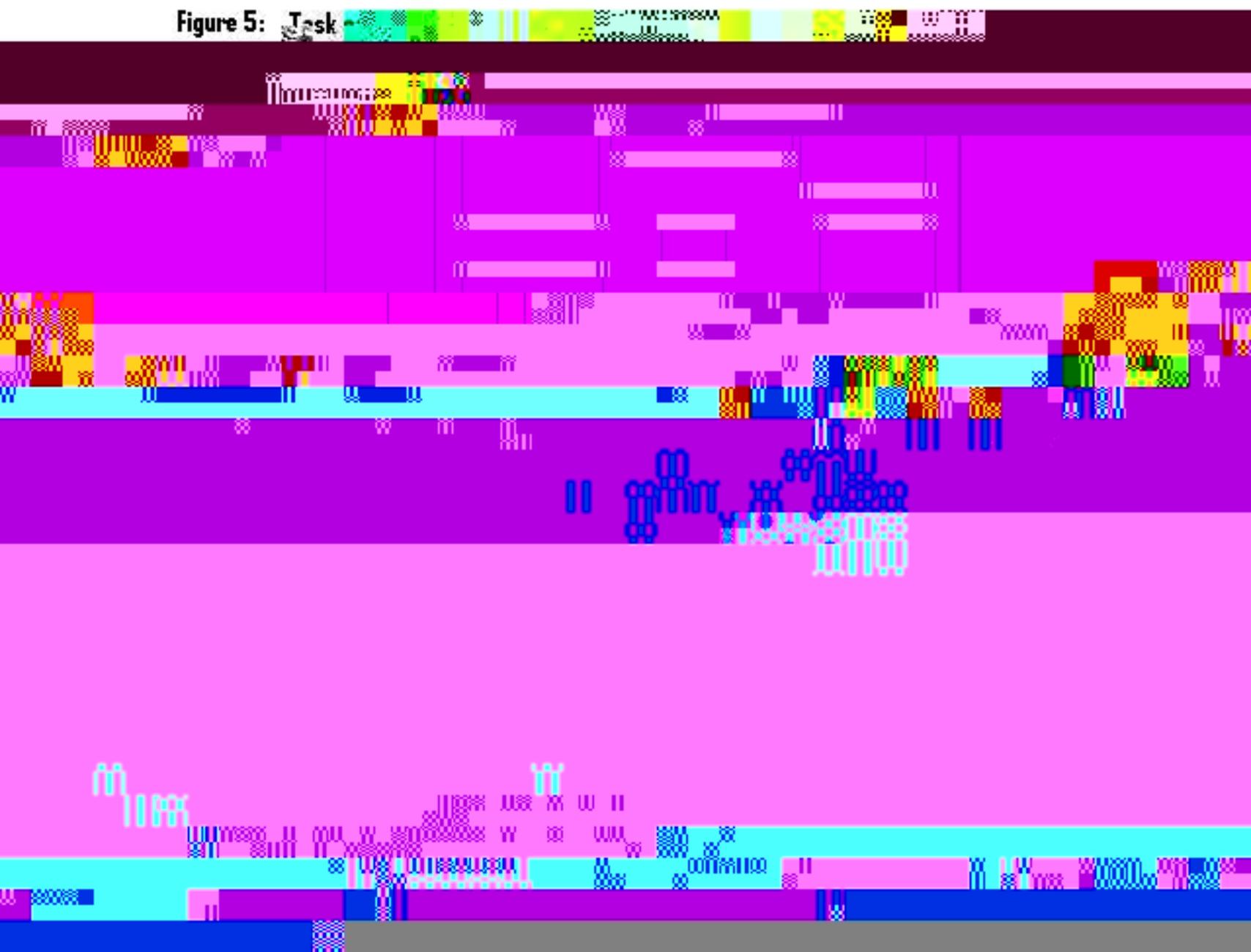


Back Development Task #9

Back Development Task #10



Figure 5: Task



Bicep Development Task #1

Straight Bicep Curls

**Do 12 simulated straight bicep curls using wooden dowels.
When you are done, do 12 push-ups.**

**For cues, look at the
straight bicep curls
skill chart**

Move on to task #2

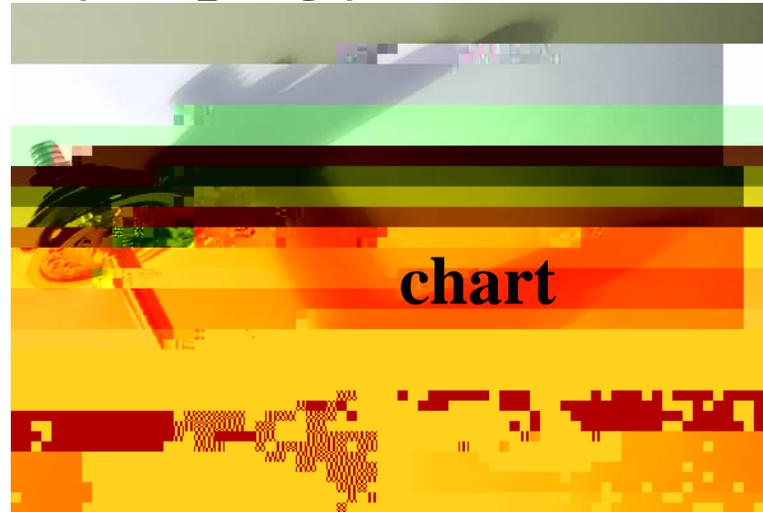


Bicep Development Task #2
Inne6 e Qurls #2

Bicep Development Task #3

Outer Bicep Curls

**Do 21 simulated outer bicep curls using a wooden dowel.
When you are done, do 34 jumping jacks.**



**F
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skill**

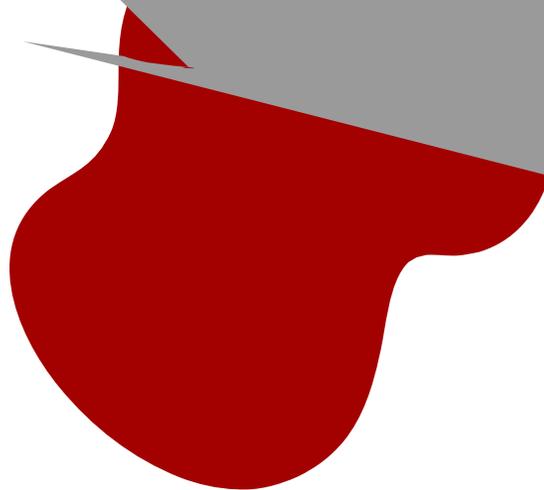
Move on to task #4

**o
u**

Bicep Development Task #4

Dumbbell Curls

Do 1 set of 2
with any amount
are finished doing
For



Bicep Development Task #7
Inner Bicep Curls

Bicep Development Task #8

Straight Bicep Curls

Do 1 set of 8-10 reps of straight curls, with as much weight as you can do it with. When you are done, do 11 push-ups.

For cues, look at the

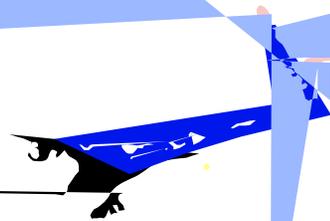
Bicep Development Task #9

Inner Bicep Curls

Do 1 set of 8-10 reps of inner bicep curls, with as much weight as you can do it with. When you are done, do 9 push-ups.

Triceps Task #1

Skull Crushers



Tricep0 .ek #2
Dip0

With a partner do 2 sets of 10 dip0. Afterwards do 20 crunche0.

For cues look at the Dip0 skill chart.

Move on to .ek #3

Triceps Task #3

Close Grip Bench Press

With a partner do 20 simulated close grip bench presses using wooden dowels. Afterwards do 25 jumping jacks.

10
Bench Press

**2 sets of 10 using light weight
10 push-ups.**

10

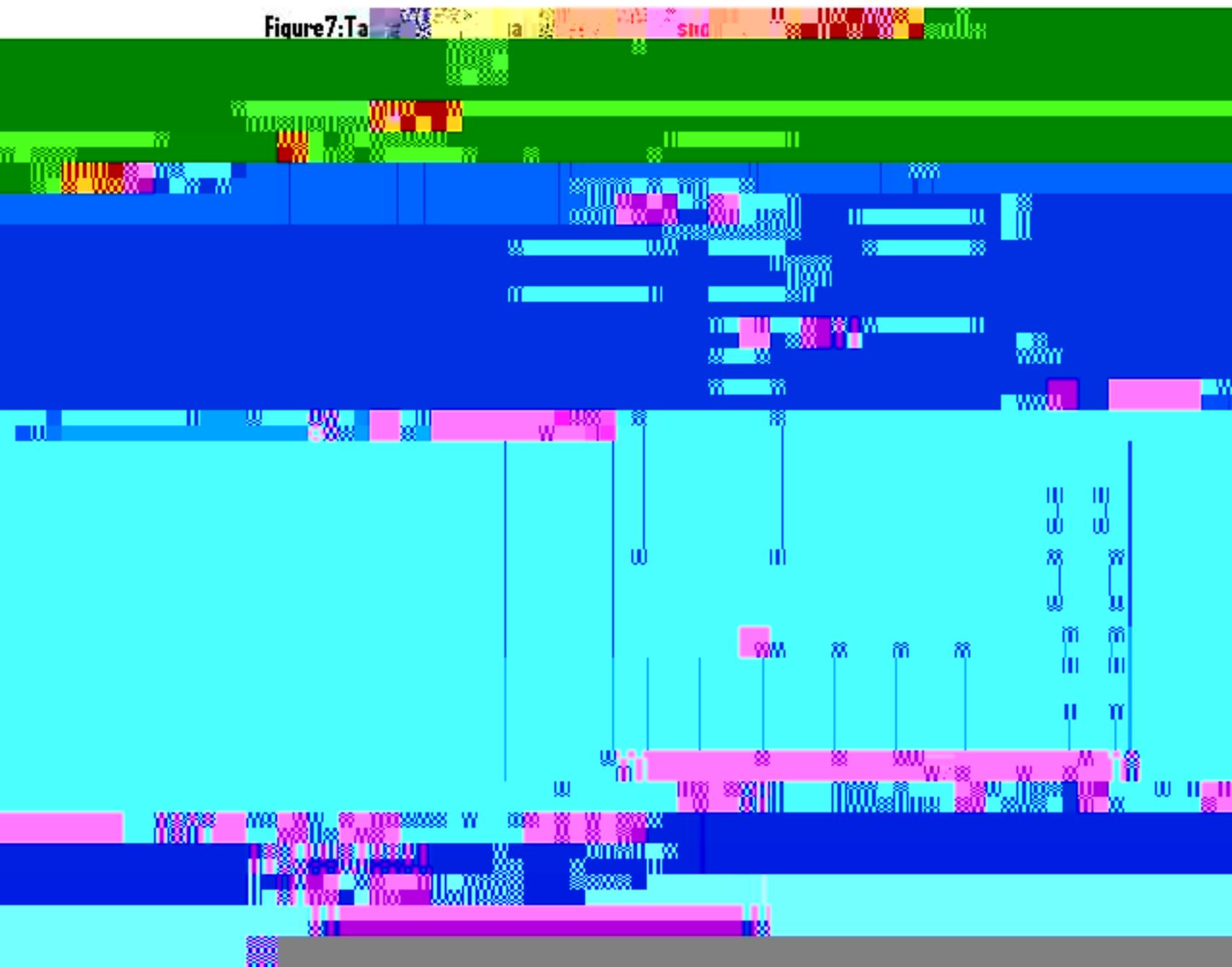
Triceps Task #8

Dips

**With a partner do 3 sets of burn out dips.
Afterwards jog in place for a minute.**

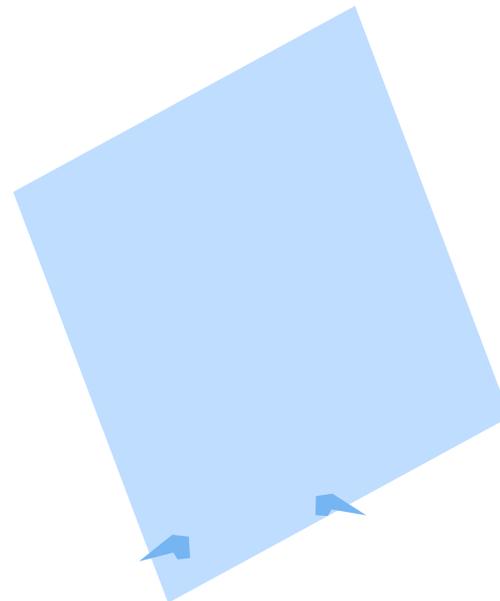
For cues look at

Figure 7: Ta



Shoulders Task #4 Seated Military Press

Using light dumbbells do 3 sets of 7. Afterwards do 10 push-ups.



Shoulders Task #6 Front Shoulder Raises

**Using dumbbells with light weight do 3 sets of 8.
Afterwards do 25 crunches.**

**For cues look at Front Shoulder
Raises skill chart.**

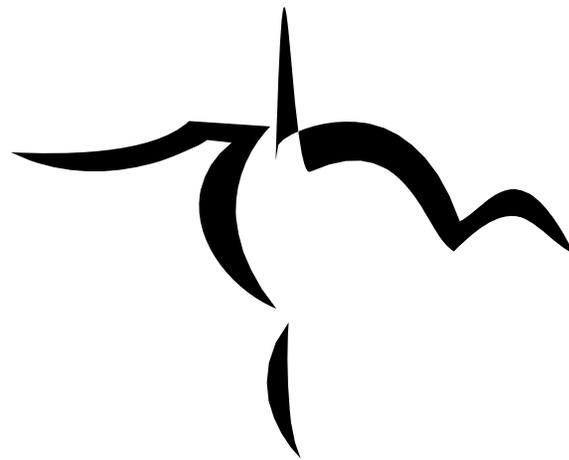
Shoulders Task #7 Seated Military Press

Using dumbbells with however much weight you feel comfortable with, do 3 sets of 10. Afterwards do 30 jumping jacks.

For cues look at Seated Military

Shoulders Task #9 Front Shoulder Raises

Using dumbbells with however much weight you feel comfortable with do 3 sets of 10. Afterwards jog in place for a minute.



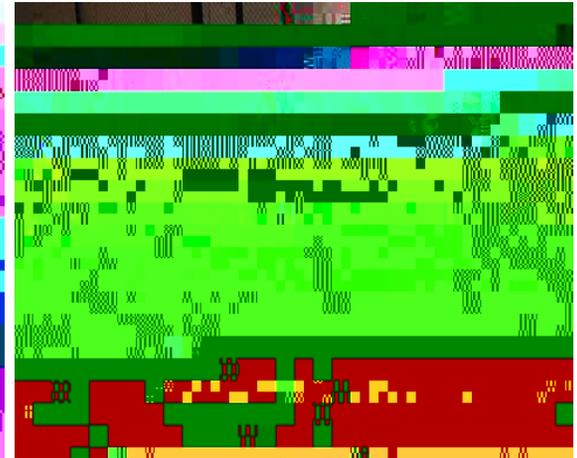
Barbell Lunge

Dumbbell Lunge

- Start by standing with your feet shoulder width apart.

Dumbbell Flat Bench

- Remember to push off with your legs to get weight up to your chest.
- Remember to always have someone spot you.
- When you begin this lift, form your arms like an “L”.
- Touch the dumbbells at the top softly.
- Remember to always keep your feet planted.

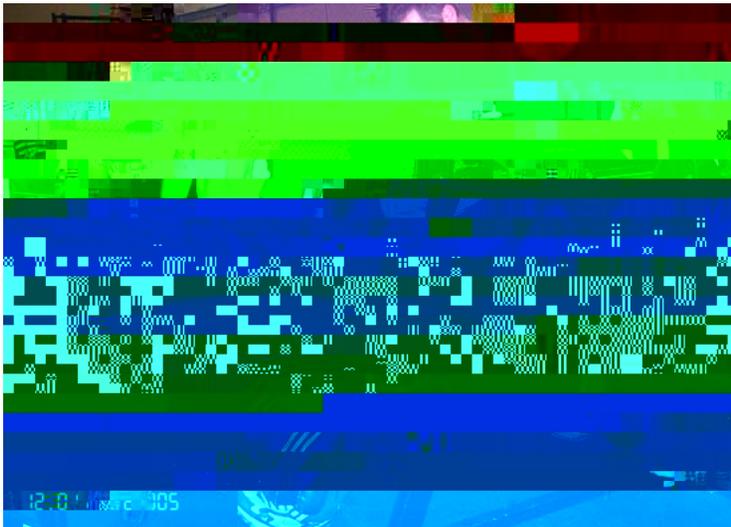


Barbell Squat

- Make sure you always have a spotter.
- Position the bar on your upper back not your neck.

Barbell Decline Bench Press

- Keep your back flat throughout exercise.
- Touch your chest softly on the way down.
- Come up to full extension on the way up.
- Inhale on the way down and exhale on the way up.



Pull Up

⊘ **Hands face away from body**

⊘ **Cross feet**

⊘ **Bent or straight knees**

⊘ **No leg kicking**

⊘

Bent Over Rows

€ **Hands shoulder width apart**

€

Dead Lift

- € **Wide, and stable base**
- € **Hand shoulder width apart**
- € **Bend a hip part Hand End Don't lock knees**

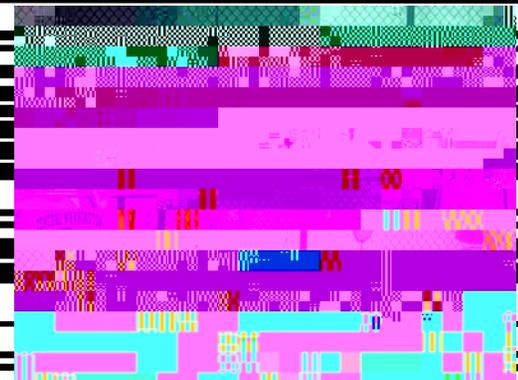
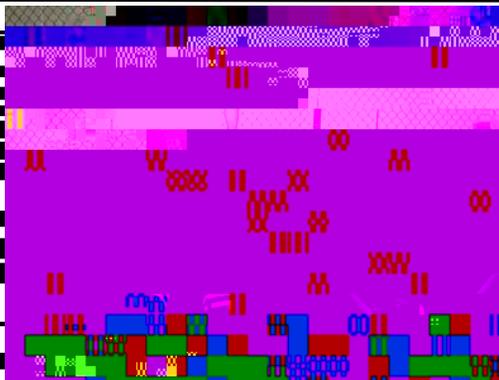
Back Extensions

Power Clean

Wide, and stable base

Hands shoulder width apart, or a little more

Explosive!!!



Inner Bicep Curls

- € **Wide grip w/ elbows close to body.**
- € **Don't use your back**
- € **Slow and controlled movement**
- € **Flex the muscle during muscle contractions**
- € **Let muscles extend fully**

Outer Bicep Curls

Skull Crushers

Dips

- € **Slow and controlled movement**
- € **Arms parallel with body**
- € **Keep legs straight and fully extended**
- € **Flex the muscle during muscle contractions**
- € **Let muscles extend fully**



Close Grip Bench Press

- € **Back flat on bench**
- € **Hands gripped closely together**
- € **Slow controlled movement**
- € **Flex the muscle during muscle contractions**
- € **Let muscles extend fully**

Seated Military Press

€

Shoulder Shrugs

- € **Stand up straight with straight back.**
- € **Arms straight down at sides.**
- € **Firm tight grip on dumbbells.**
- € **Arms still straight at side as you shrug shoulders straight upward.**
- € **Flex muscle during muscle contraction.**

Front Shoulder Raises

- € **Stand straight up with a straight back slightly bending the knees.**
- € **Palm in neutral position in front of body.**
- € **Arms stay straight as you lift dumb bell straight out and up.**
- € **Only one dumb bell at a time.**
- € **Flex muscle during muscle contraction**
- € **Slowly lower weights down to starting position.**



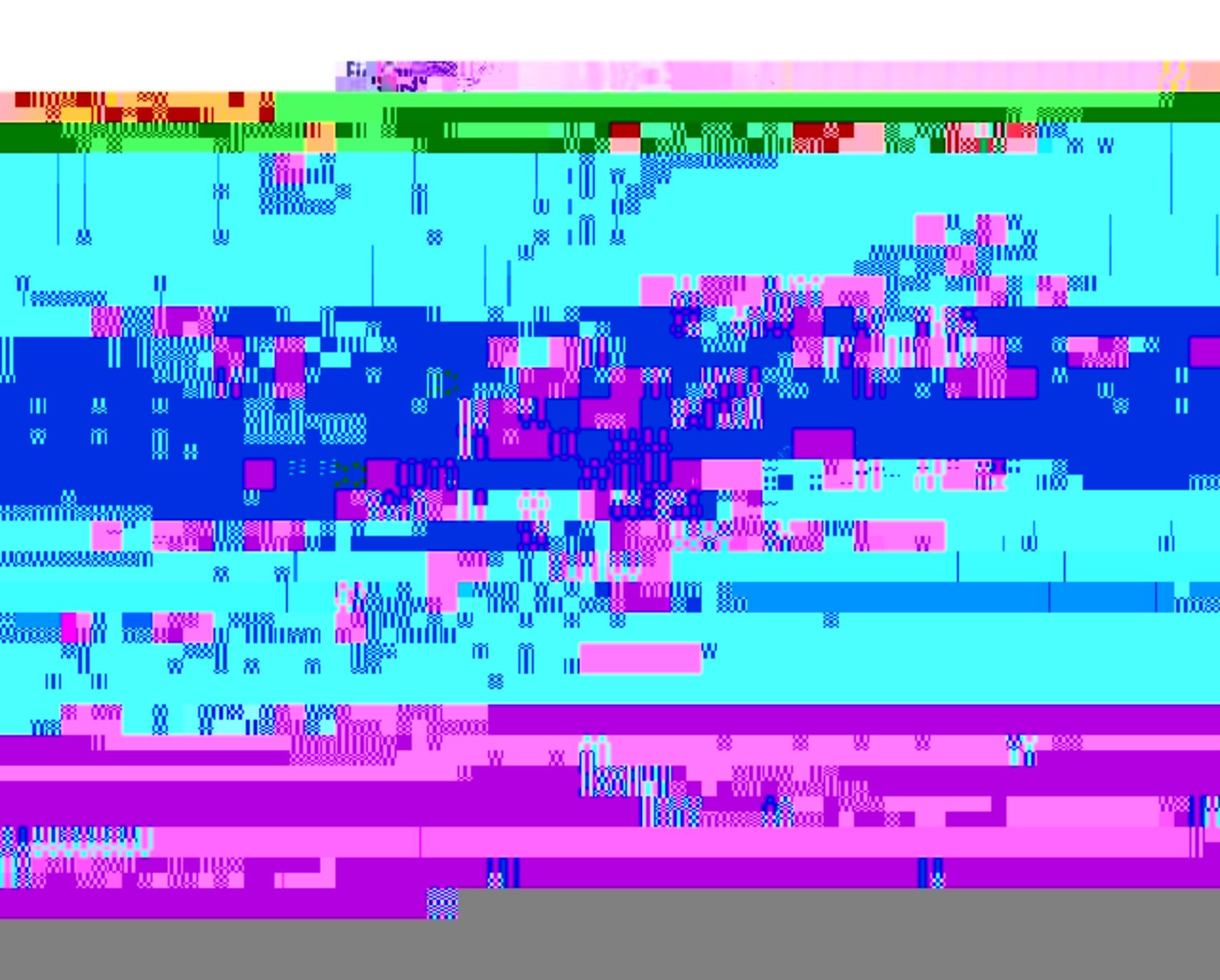


Figure 2. Chest development.



Fig. 3

Weight Room

8

10

11

12

13

14

15

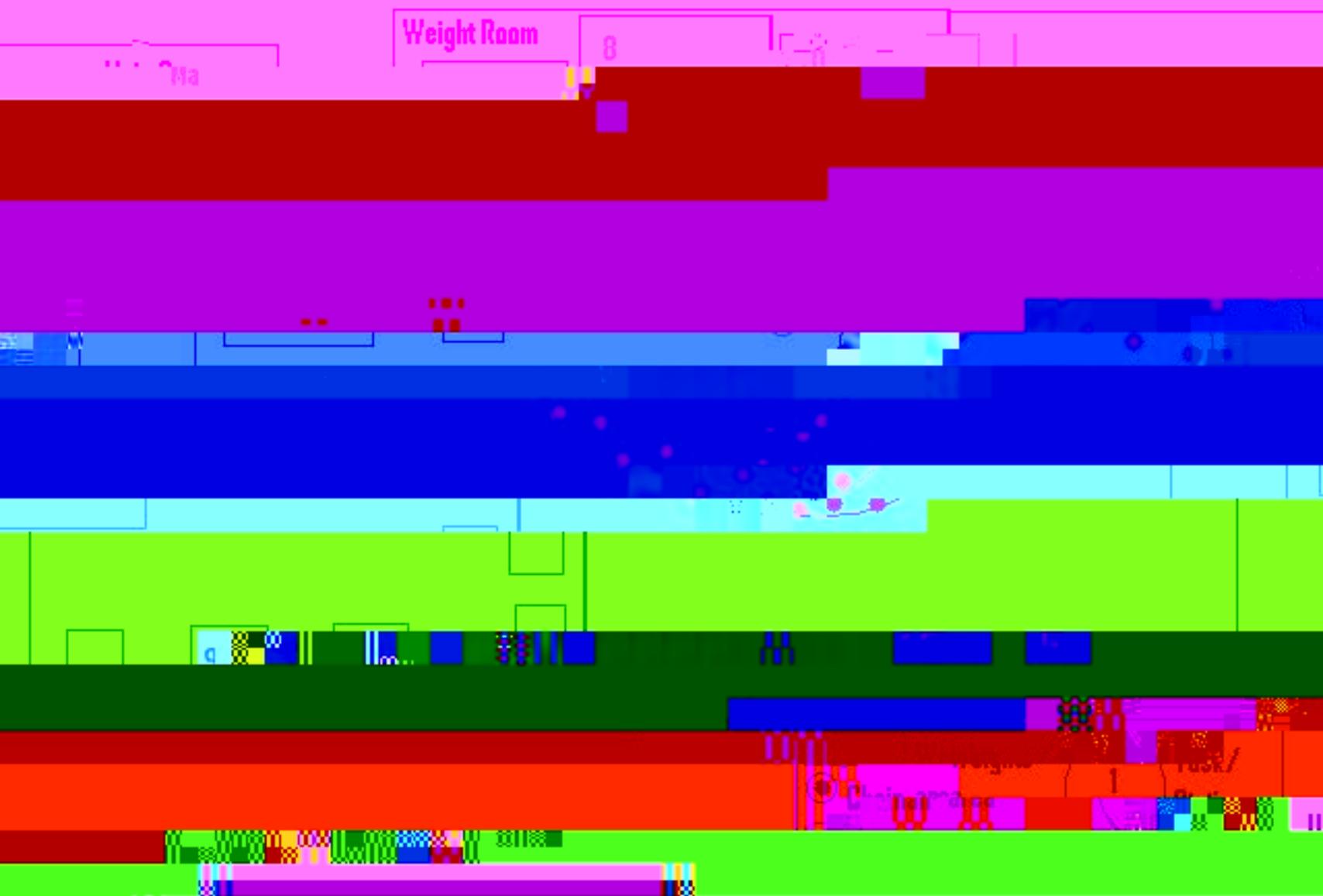


Figure 4: Tack



Figure 5: Task

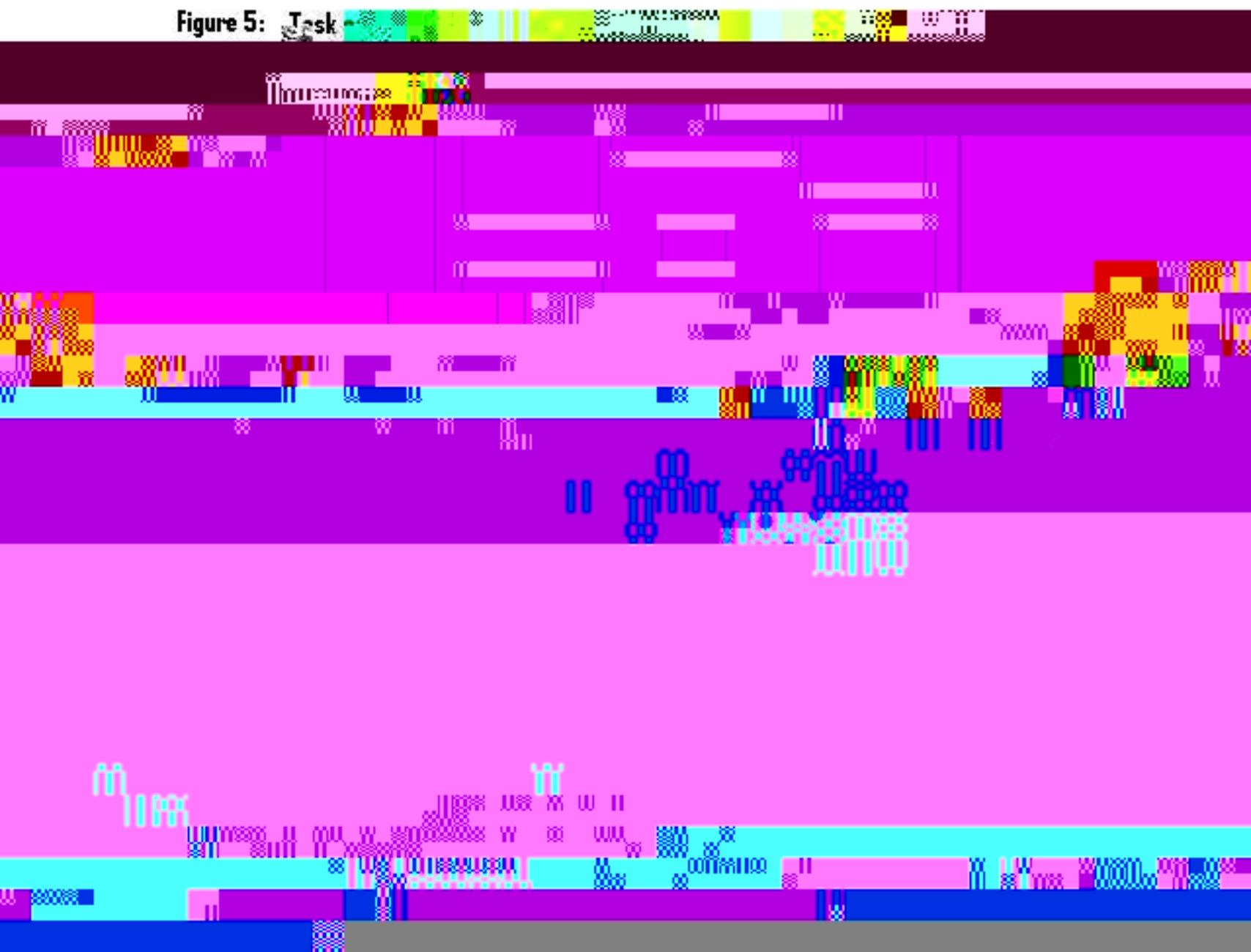
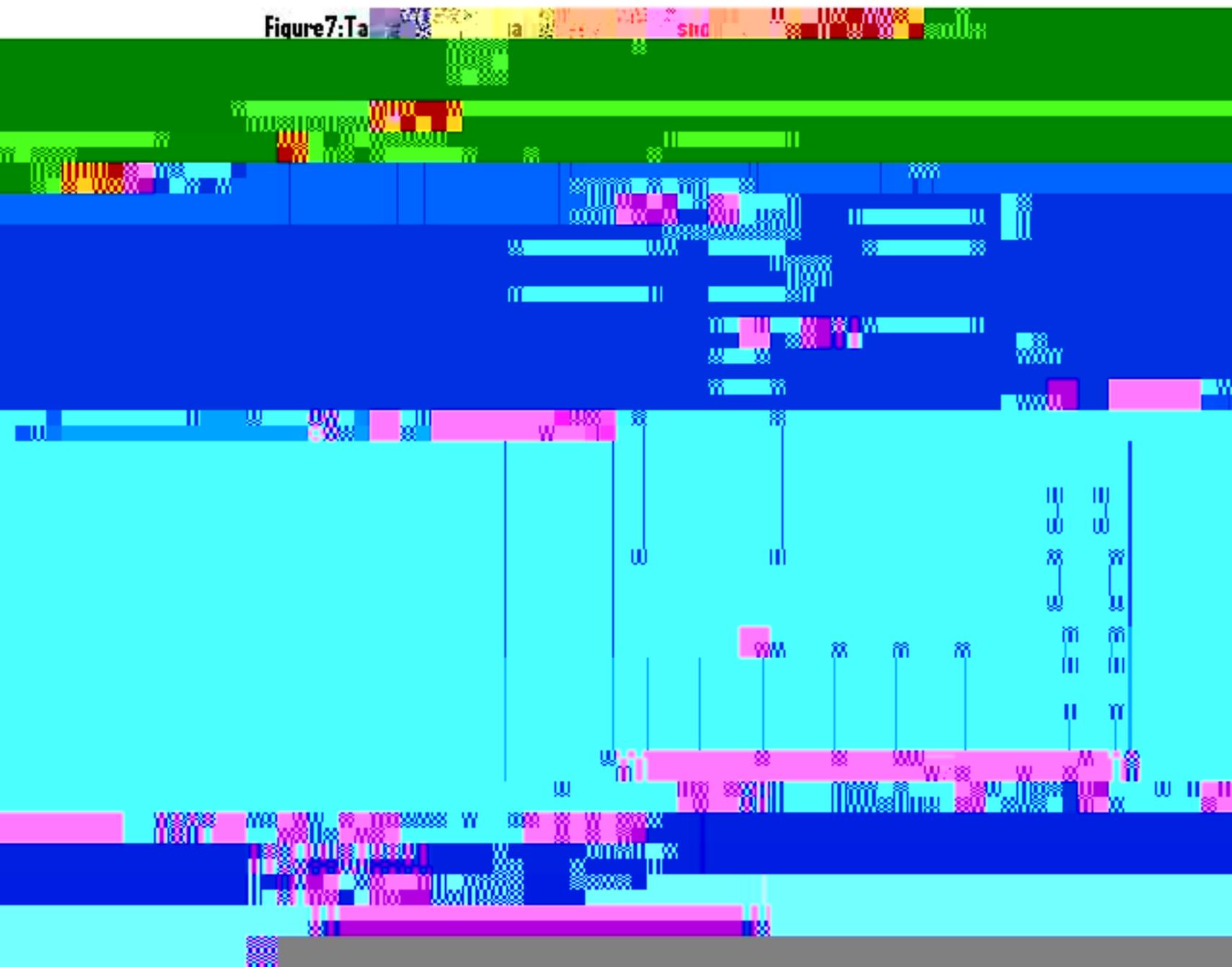


Figure 7: Ta



- € Always re-rack weights.
- € Never drop weights.
- € Always use collars on bars.

Course Requirements:

Attend class, be on time, and participate. Participation is an important part of this class. Your fitness level will not improve without moving. You need to be involved in every class workout. You will not be allowed to sit and observe class.

Grading:

Attendance (50%): The grade for this criterion will be determined by participation records demonstrating regular attendance and appropriate etiquette and social behavior. Because this is an activity class, daily participation is required. Students must attend 75% of all class meetings to receive credit in the course. **Four unexcused absences will result in an automatic zero.**

Barbells- An individual bar that you use to place plates on each side.

Weight Room Terminology

Spotter – Partner who assists in lifts, checks for safety hazards, and supervises the lifter.

