

Chapter 10: Developing Muscular Fitness

Lesson 1: Beginning a Resistance Training Program

Short- & Long-Term Goals p. 273 TWE (motivate)

Setting Your Goals

-set reasonable goals, establish short/long term goals, indentify a variety of short-term goals, keep written records, revise goals, think positively

Applying safety rules & procedures

-familiarize yourself w/ equipment warm-up, technique, spotters, safety belt, clips, practice lifts, control speed,, alert/responsible, return equipment, time for muscles to repair, cool down

Spotting- 3 main duties

- 1.) Help the lifter move weight in a steady motion, 2.) observe & point out any improper technique 3.) motivate & encourage

Other spotter duties- keep area free of weights & equipment, count reps/sets, proper weights on the bar, communicate w/ the lifter

Proper technique

-back straight- adjust machines for proper alignment

-wide base w/ standing lifts- use legs not back to lift objects, keep weight close to your body, full range of motion, concentrate on muscles, hands on the bar, maintain pressure

Breath control

-never hold your breath during a lift (it reduces oxygen & can cause dizziness & fainting)

-breath out during concentric phase (positive) of contraction

-breath in during eccentric phase (negative) of contraction

Proper Grips- 3 types (should all be evenly spaced)

- 1.) underhand, 2.) overhand, 3.) alternated

Weight Room Etiquette

-no horseplay, put away weights/equipment

Lesson 2: Planning Your Resistance Training Workout

Components of the workout

-rep, set, exercise, body area (arms, legs, shoulders, back, legs, chest)

-strength training circuit

-**p. 298** muscle fiber types & specific training

-Importance of exercising all muscle groups

-primary / secondary muscle groups **p. 301 fig 10.6**

-staying the course- overload, specificity, progression **p.302**

Variations of the Circuit

Training large muscle groups before small muscle groups (fig 10.7 p. 302)

-**large muscle group**- upper legs, chest, back (require more strength/energy)

-**small muscle group**- arms, lower legs

-fatigued small muscles cause large muscle group exercises to be more difficult

Alternating pull exercises w/ pull exercises(fig 10.8 p. 303)

-gives muscles extra time to recover between sets

- keeps opposing muscles balance

Alternating Upper Body & Lower Body Exercises (fig 10.10 p. 304)

-more recovery time

-negative is that more leg exercises may be needed

Lesson 3: Applying FITT to R.T.

Frequency- how often? (each muscle group 2x per week)

Intensity- amount of weight (training load) **fig 10.15 p.311**

Time- recovery time **p. 312**

- Greater the resistance= greater the recovery time
- 30s. body recovers ½ of its energy, 3 min. for full recovery, 5 min. muscles begin to cool down
- Between reps= none, between sets-**fig 10.16 p. 312**, between exercises-1 ½ to 2 ½ min.

Type- specific exercises

Lesson 4: Achieving Muscular Fitness

The Basic Resistance Fitness Program

-training goals **fig 10.18 p. 315**

-basic 8 program w/ free weights **fig 10.19 p. 316**

Programs designed for strength & power

Pyramid training- best suited for large muscles (**fig 10.20 p. 317**)

Multiple sets- same amount of weight for 3-5 sets of 80-95% of RM (**fig 10.21 p. 318**)

Negative Reps- lifter does eccentric or negative phase using 10-15% greater than 1 RM. Concentric phase is handled by the spotters

- 3-4 reps, athletes use this for performance enhancement, used by advanced lifters..not beginning lifters

Programs designed for building muscle mass- 70% of 1RM

Supersets- performing alternating sets using opposing muscles without resting

-keeps opposing muscles balanced, efficient 9ex: bench press-seated row, biceps-triceps, shoulder press-lat pull down, leg curls-leg ext.)

Compound Sets- alternate sets of exercises w/ out allowing for rest between sets (train the same muscle groups)

-good for larger muscles, done once in a while

Multiple Hypertrophy Sets-using the same amount of weight throughout and to the point of fatigue (65%-80% of 1 RM)

-reps are higher per set (8-10) / shorter rest period