

DAY 1

- I. PRELIMINARY INFORMATION--CLASS POLICIES AND WEIGHT ROOM POLICIES
- A. Time of Class -- 10 minutes after hour until 10 minutes before the hour.
 - B. Number of classes -- Only one absence is allowed if one wishes physical education credit. **Everyone must attend the first four classes.**
 - C. Make-ups can only be made on the opposite days of your class. For example, if students are in a Monday/ Wednesday class, they can only make up an absence on Tuesday or Thursday at 10:00, 11:00, 1:00, or 2:00, if classes are being conducted at those times.
 - D. Attire -- Students must wear shoes, elastic or drawstring waist shorts or sweats, shirt or sweat top that covers midriff. **Zippers, buttons, buckles or any other objects that can damage the upholstery are not acceptable.**
 - E. All weights should be put back on trees or racks when you are finished with an exercise. Weights should never be left on the floor or lifting bars.
 - F. Philosophy:
 - To teach students the proper technique of lifting and spotting.
 - To provide information for students to be able to put together their own program.
 - To attempt to eliminate intimidation in the gym.
 - To teach the course as a lifetime activity and as a necessary part of fitness.
 - G. Etiquette -- Proper gym etiquette is expected. Whoever is using the apparatus "owns it". One must ask for permission to work-in on an exercise.
 - H. Progress -- Once all sets of an exercise have been achieved successfully, without the help of a spotter, the weight should be moved up minimally the next time you lift. There are 1/4 and 1/2 plates for the machines to assist in the transition to a heavier weight.
 - I. Warmup -- A warmup is designed to prepare a specific muscle or set of muscles for intense exercise. The specific purpose of a warmup is to

increase the temperature of the muscle and joint gradually by dilating the blood vessels in the muscle and joint area, which allows for a greater flow of oxygenated blood.

The way the routines are set up, you should only have to warmup for the first exercise. A general guideline for warming up is to first spend 5-10 minutes of general movement, such as jogging, but involving those muscles about to be exercised as much as possible. This can be accomplished by performing the specific movement to be done with a very light (20%) load and then some light stretching. Move up to a 50% load and do some more stretching. This should be sufficient to prepare the muscle(s) for the lift.

- J. Stretching -- Flexibility is a major component of fitness and in itself is beyond the scope of this class. However, beyond the light stretching done to warmup a muscle for exercise, further stretching should be done at the conclusion of your workout when your muscles are at their peak temperature. This will permit adequate and safe stretching to optimize long term flexibility.
- II. COMPLEX LIFTS - An exercise incorporating three or more muscle groups for a single movement. Due to the necessity to get the nervous system to work efficiently towards synchronous firing and total recruitment a goal weight in the area of 80% should be sought. However, in the beginning of a program one should start relatively light. Working towards this 80% goal dictates that repetitions be kept between 5-8.
- A. Squats (glutes, quadriceps, lower back)
May be done on squat racks with bar or dumbbells, or Smith Machine or front squats (only if unable to do squats on rack and if approved by instructor)
 - 1. Test class's Achilles tendon flexibility.
 - a. If not able to squat all the way down with heels on floor and back straight with no bar, they must use 5 or 10 lb. plates under heels.
 - 2. Stress joint alignment.
 - a. Knees must follow wide path over toes.
 - b. Bottom of neck (bar) should be directly over center of mass with a reasonably straight, flat back (bar on trapezius -- 1-2 fingers below top protruding vertebrae).
 - 3. Head back and eyes up

4. Wide bar grip to help spotter
5. Angle of back does not change -- do not raise butt.
6. Spotting
 - a. Squat with person (directly behind them).
 - b. Arms underneath squatter's armpits and hands in front of squatter's shoulders.
 - c. Counter any downward movement after initial upward movement has begun.
 - d. Counter any forward movement.

B. Bench Press (Chest, triceps, anterior deltoid)
May be done on bench presses, (Smith Machine, or Hammer Strength Machine with instructor permission).

1. Technique should be stressed before strength.
 - a. Wide grip is necessary (90 degrees for elbow joint when upper arm is parallel to the floor) to increase triceps and chest productivity and efficiency.
 - b. Bar should follow path from nipple line to bottom of deltoid in order to keep bar within (cog) of the three muscle groups involved.
 - c. Thumbs should be behind bar to ensure that bar stays over, not in front of elbow.
2. Symmetry should also be stressed to avoid injury.
3. Spotting should be from behind with **both** hands under the bar. (If spotting on the HammerStrength equipment, stand in front and help if possible)
4. Do not work through failure on the pressing exercises.

C. Incline Press (Chest, triceps, anterior deltoid)
May be done on bench presses, (Smith Machine, or Hammer Strength Machine with instructor permission).

1. Same technique as on bench press except path of bar--in this lift the bar should travel from the top of the chest to top of shoulder.
2. Strength will drop proportionately with increase in incline. You can expect to lift 10% less in the incline press.
3. Spotting must be done from behind--on platform. (If spotting on the HammerStrength equipment, stand in front and help if possible)

- D. Decline Press (Chest, triceps, anterior deltoid)
May be done on decline press only.
1. Same technique as on bench press except path of bar--in this lift the bar should travel from the bottom of the chest to top of shoulder.
 2. Strength will increase proportionately with increase in decline. You can expect to lift 10% more in the decline press.
 3. Spotting must be done from behind.

NOTE: One can expect to lift about 10% more on the decline press than the bench press, and 10% less on the incline press than the bench press.