**Review for Weight Training 1**

**Weight room safety**

* Make eye contact with your spotters, and check those around you prior to lifting.
* Leave food, drink, and gum outside of the weight room because it poses an immediate danger to yourself and your classmates.
* When in the weight room, you should stay in your designated space with your lifting groups.
* Horseplay is not appropriate behavior while in the weight room.
* Never interfere with a person who is lifting safely.
* Each group is responsible for making sure their area is clear of equipment before and after lifting.
* Always secure the weight plates with clamps.
* Using correct lifting technique is more important than the amount of weight.
* When lifting high amounts of weight, side spotters are needed
* There can be up to 3 spotters used during certain lifts
* As a lifter, talk to your spotter, count off the rack (3,2,1, go)
* “Rack it” directs the spotter(s) to immediately take to weight from the lifter
* Active spotting includes the following: hand position, concentration, eye contact, vocal commands
* Do not run in the weight room
* Do not turn to talk, or do anything else, while you have weight in your hands, or on your shoulders.

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| Question 5 answers |

**BFS cycle**

* BFS stands for Bigger, Faster, Stronger
* Week 1 of each cycle is 3x3. This means 3 sets of 3 repetitions each.
* Week 2 of each cycle is 3x5. This means 3 sets of 5 repetitions each.
* Week 3 of each cycle is 5x5. This means 5 sets of 5 repetitions each.
* Week 4 of each cycle is 10-8-6. This means 3 different sets of 10, 8, 6 repetitions each.
* Each BFS cycle comprises 4 weeks
* Max outs occur every 5 weeks
* The BFS chart tells you exactly how much weight to use according to your current MAX and cycle.

**Technique of core lifts**

**Bench Press:**

* Be certain that the weight is balanced on the bar and that collars are securing the plates.
* Position yourself so that the bar is located above the eyes. The back and buttocks should be firmly placed on the bench pad. The feet should be placed flat on the floor. The grip should be centered on the bar, with the arms slightly wider than the shoulders.
* Proper breathing - inhale as the bar is lowered to the chest. The breath is then exhaled as the bar is pressed off of the chest.
* During the down phase the lifter lowers the bar to the chest at a controlled pace. The weight continues down until it gently touches the chest just at or below nipple level. If the bar is lowered too quickly control is lost resulting in the bar bouncing off of the chest. This is improper for numerous reasons.
* During the pressing phase the weight is pushed toward the starting position. The lifter exhales, with the arms fully extended and the elbows locked. Two common errors during the press phase include: arching the back and lifting the feet from the floor.

**Incline Press:**

* Sit on the incline weight bench with your head, shoulders and buttocks in contact with the bench. Your feet should be flat on the floor, retain this position throughout your lift – none of your contact points should shift during the press.
* Your grip on the bar should be wide but comfortable. Wrap your thumbs around the bar for safety. The bar should rest on the base of your palm, with the force of the bar driving down through your wrists and forearms.
* Keep your entire body tight as you unrack the bar. Your lats and chest should be tight, stabilizing the bar. Press down through your feet keeping your quads tight. Maintain this position, keeping your body tight and stable throughout your lift.
* After unracking the barbell, lock it out at the top and control the weight before starting your lift.
* Lower the bar to the upper portion of your chest in a controlled but quick manner. The bar should come to a complete stop on your chest to prevent bouncing.
* Press the bar off your chest explosively using your chest and lats. Continue pressing until locked out again.

**Parallel Squat:**

* Have a spotter you can trust.
* The Squat Setup: Chest Up, Head up, Eyes Forward and focused on dot (or other focal point).
* How to Squat Down: Turn feet slightly outward, 35 degree is optimal, no more then 45 degree angle. Knees slightly out.Push your knees out as you Squat down. Get Parallel.Your hip joint must come lower than your knee joint.
* How to Squat Up: Hips Up. Drive out of the hole by leading with your hips, not your chest. Don’t let your knees travel forward at the bottom or you’ll lose power. Squeeze Your Glutes. Power comes from the glutes. Chest should remain out; head and eyes still up, back straight. Always KEEP YOUR HANDS ON THE BAR!

**Basic Anatomy**

Body Joints

Pivot – c1 vertebrae and the base of the cranium

Hinge – distal end of the humerus, proximal end of radius and ulna – elbow

 Distal end of femur, proximal end of tibia and fibula, patells – knee

Ball and socket - Formed by the femur and pelvis – hip

 Formed by the humerus and the scapula

Terms with other names

Cranium – head

Scapula- shoulder blade

Clavicle – collar bone

Mandible – jaw

Coccyx – tail bone

Patella – knee cap

Tibia – shin bone

Bones of the Body:

Be familiar with skeletal system hand outs & notes

Eg:

Radius/ Ulna- bones of the forearm

Tibia / Fibula – bones of the lower leg

Muscles:

Be familiar with muscular system hand out & notes

Eg:

Biceps – upper arm flexor muscles

Triceps – upper arm extensor muscles

Quadriceps – upper leg extensors

Hamstrings – upper leg flexors

Cardiac muscle – striated and involuntary control – heart muscle tissue

Smooth Muscle – no striations and involuntary control – muscles of body organs ie: digestion

Skeletal muscle - striated and voluntary control – muscles that move body joints ie: knee

Directions of the body and planes of movement:

**ABD**uction – a motion that pulls ie: the arm away from the midline of the body

**ADD**uction - a motion that brings ie; the arm back towards the midline of the body

Flexion – the movement of the joint angle decreasing

Extension – the movement of the joint angle increasing

Anterior – front of the body

Posterior - back side of the body

Pivot – the point of rotation

Distal – the end of a bone farthest away from the midline of the body

Proximal – The end of a bone closest to the midline of the body

Medial –the side closest to the middle of the body

Lateral – the side opposite of the medial and along the outside of the body line

Functions of anatomy:

Skeletal – protect the body organs, give shape, and produce blood cells

Muscle – regulate body temperature, give shape and allow for movement to occur