**WEIGHT TRAINING & CONDITIONING I – EXAM REVIEW**

Lifting Technique

* When performing the bench press, your hands should be equal distance apart on the bar.
* When performing the bench press, your feet should stay firm on the ground.
* When performing the bench press, it is acceptable to arch your back prior to beginning the lift, however once the lift is started you shouldn’t arch your back if it was flat on the bench to begin the lift.
* When performing the bench press, the lifter should be positioned with their eyes directly below the bar.
* When performing the bench press, during the pressing phase the weight is pushed towards the starting position.
* During the bench press, the weight should be lowered and make a complete, but quick, stop on the center of the lifter’s chest.
* Proper breathing during the bench press is to inhale as the bar is lowered to the chest and exhale as the weight is pushed back towards the starting position.
* When performing the bench press, the lift is complete when the arms are fully extended and the elbows are locked.
* During the bench press, the lifter should keep their entire body tight and stable throughout both phases of the lift.
* During the parallel squat, an important safety point is for the lifter to keep BOTH hands on the bar at all times.
* Proper form for the parallel squat includes crash bars being at proper height, the lifter wearing a belt, chest out, head up, and eyes focused forward throughout the entire lift.
* The feet should be outward 35-45 degrees when squatting during a parallel squat.
* The lifter’s weight should remain on their heels while performing the parallel squat.
* Quads, hamstrings, & glutes provide the most power during the parallel squat.
* The bench press works the pectoral and tricep muscles.
* The incline press works the chest and shoulders.
* When performing the incline press, the head, shoulders, and buttocks should be in contact with the bench throughout the entire lift.
* The mile run test measures cardiovascular endurance.

Basic Anatomy

* Example of a pivot joint is the head.
* Examples of a hinge joint include the knees and elbows.
* Examples of a ball-and-socket joint include the hips and shoulders.
* Voluntary muscles that attach to bones are skeletal muscles.
* Involuntary muscles that are responsible for the heart beating are cardiac muscles.
* There are 639 muscles in the human body.
* There are 206 bones in the human body.
* Be able to identify the following bones: clavicle, humerus, ulna, radius, femur, tibia, fibula, and phalanges.
* Be able to identify the following muscles: deltoids, pectoralis major, biceps brachii, latissimus dorsi, gluteus maximus, sartorius, and gastrocneumius.

Weight Room Safety

* There should be no horseplay in the weight room.
* Plates should always be secured with clamps.
* You should stay with your group and avoid running through the weight room or shouting across the weight room.
* Lifters should wear a belt when performing lower body or back lifts.
* Spotters/others should not interfere with lifters in a way other than spotting.
* Active spotting includes: eye contact, hand positioning & vocal commands.
* Whether you are lifting or spotting you should always be alert & aware of your surroundings. Make eye contact with those around you before lifting.
* If a lifter on the bench press is attempting to lift over 300 lbs., a minimum of 2 spotters are needed.
* Food, drinks & gum should not be brought into the weight room.
* As your group changes lifts, they should clean/return equipment.
* The key phrase used to direct the spotter to immediately take the weight from the lifter is “rack it.”