

## Weight Training

History – Weight lifting is an international sport, also a training technique for athletes in other sports. From the earliest times men have lifted weights as a test of strength. Long popular as a competitive sport in Europe, Egypt, Turkey, and Japan, weight lifting became increasingly popular in the United States after 1900. Weightlifting has been an Olympic sport since 1896, which was the first modern day Olympics. In the year 2000 a women's event was added.

| Exercise            | Primary Muscle Used | Secondary Muscles Used                |
|---------------------|---------------------|---------------------------------------|
| <b>Upper Body</b>   |                     |                                       |
| Bicep Curl          | Biceps              | Forearms, Wrists                      |
| Tricep Extension    | Triceps             |                                       |
| Shoulder Press      | Deltoid             | Triceps                               |
| Shoulder Shrug      | Trapezius           | Deltoids                              |
| Chest Press         | Pectorals           | Deltoids, Triceps                     |
| Lateral Raises      | Deltoids            | Trapezius                             |
| Push-Ups            | Pectorals           | Deltoids, Triceps                     |
| Mountain Climbers   | Pectorals           | Deltoids, Triceps, Gluteus, Hamstring |
| <b>Mid Section</b>  |                     |                                       |
| Good Morning        | Lower Back          |                                       |
| Bent over Row       | Latissimus Dorsi    | Biceps, Trapezius                     |
| Sit-Ups             | Upper Abdominals    |                                       |
| Crunches            | Lower Abs           |                                       |
| Criss-Cross Sit-ups | Obliques            | Abdominals                            |
| Leg Exchanges       | Lower Abs           | Hip Flexors                           |
| <b>Lower Body</b>   |                     |                                       |
| Lunges              | Gluteus Maximus     | Hamstring, Quadricep                  |
| Squats              | Quadriceps          | Gluteus Maximus, Hamstring            |
| Calf Raises         | Gastrocnemius       |                                       |

**Physical Fitness** – the ability of the body to do the most activity with the least amount of effort.

**Health Fitness** – activities that reduce a persons chance of getting disease.

Cardiovascular Fitness, Muscular Strength, Muscular Endurance, Flexibility & Body Composition

**Skill Fitness** – activities that improve a persons level of skill.

Agility, Balance, Coordination, Power, Reaction Time & Speed

**Resting Heart Rate** – the rate in which your heart beats when you are at rest.

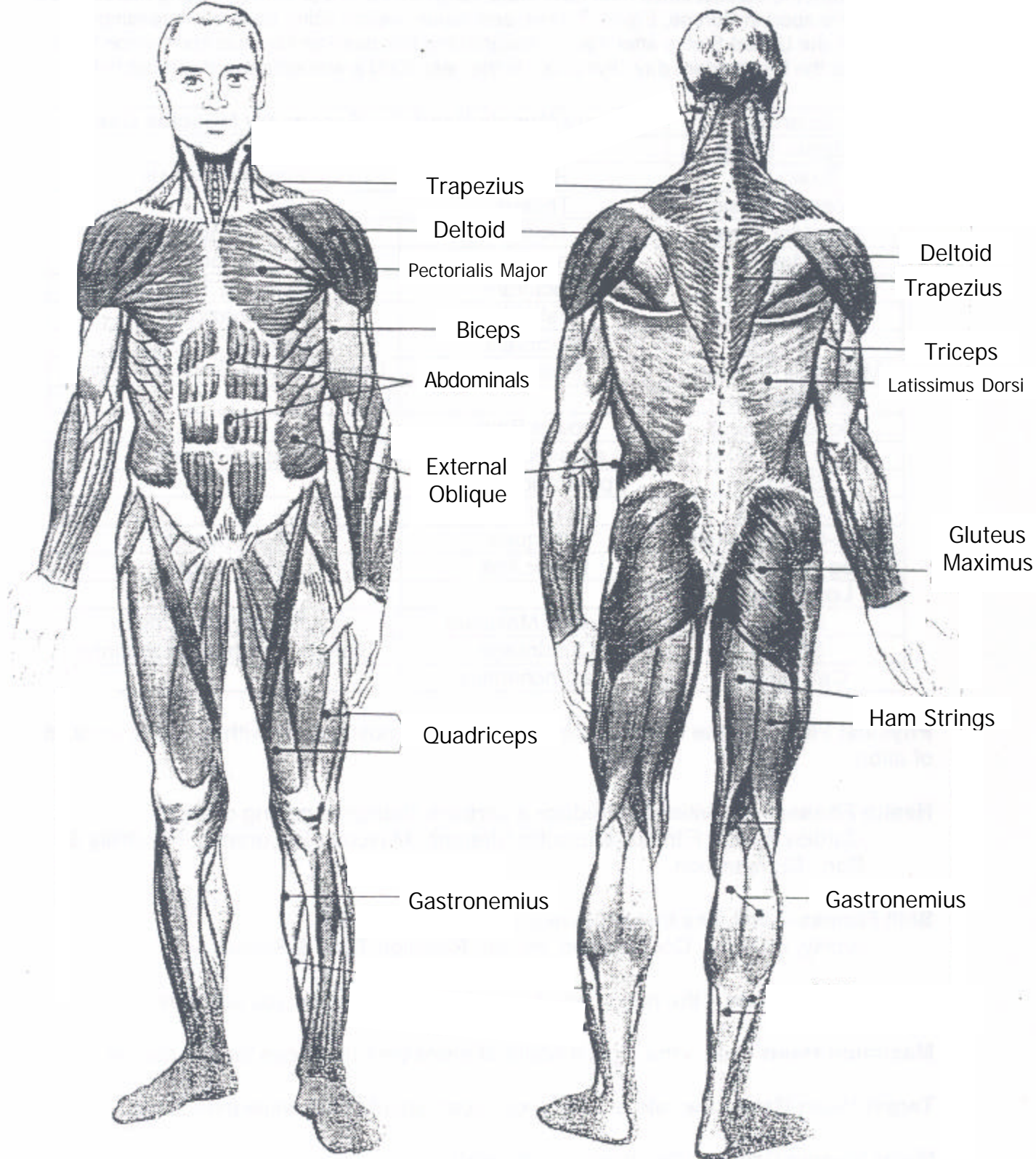
**Maximum Heart Rate** – the most amount of beats your heart can beat in a minute.

**Target Heart Rate** – the rate at which your heart should beat while exercising.

**Major Muscle Groups** (See diagram on back!)

- |               |                    |                      |
|---------------|--------------------|----------------------|
| 1. Biceps     | 6. Quadriceps      | 11. Oblique          |
| 2. Triceps    | 7. Hamstrings      | 12. Latissimus Dorsi |
| 3. Deltoids   | 8. Gastrocnemius   |                      |
| 4. Pectorals  | 9. Gluteus Maximus |                      |
| 5. Abdominals | 10. Trapezius      |                      |

# Muscle Chart



HRM VIDEO

TOTAL HEALTH BECOMING PHYSICALLY FIT