

7th GRADE WEIGHT TRAINING STUDY GUIDE

A. MUSCLES AND EXERCISES

Pectorals-chest muscle-Bench press, Pushups, Peck Deck

Deltoids-Shoulder Muscle-Military Press, Overhand Pull-ups

Abs- Stomach Muscle-Crunches, Sit-Ups

Biceps- Front of Upper Arm Muscle-Arm Curls, Underhand Pull-Ups

Quadriceps- Front of Thigh Muscle-Leg Extension, Leg Press

Trapezius- Upper Back Muscle-Shrugs, Upright Rows, Military Press

Triceps- Back of Upper Arm- Arm Extensions, Pull Overs

Lats- Middle Back Muscle-Pull Downs

Gluteus Maximus-Butt Muscle-Squats, Leg Press

Hamstrings-Back of Thigh Muscle-Leg Curl, Leg Press

Gastrocnemius-Calve Muscle-Toe Raises

Soleus-Calve Muscle-Toe Raises

General Terms/Principles:

- 1. Exhale when exerting force (lifting weight) and inhale when not exerting force.**
- 2. Exercise larger muscle groups before smaller muscle groups.**
- 3. Exercise muscle groups on both sides of limb or body. (Biceps and Triceps, Quadriceps and Hamstrings)**
- 4. To build strength or muscle mass, lift heavy weights with few reps.**
- 5. For general fitness, lift 10 reps with moderate weights.**
- 6. For muscle endurance (tone), lift 15 or more reps with light weight.**
- 7. Wait 36-48 hours between weight training sessions for muscle rest and recovery.**
- 8. Reps- Number of times a weight is lifted.**
- 9. Set- Completion of a group of reps.**