

**Name:**

**PE 9A: Fit or Fat**

**Activity 4a: Weight Training I**

Strength training is important for weight control in that it helps increase lean body mass, which in turn revs up metabolic rate. Strength training should be done two to three times per week.

**Objective:** Become familiar with strength training in general, learn proper lifting mechanics, and determine proper individual training loads by testing ability at given trial loads.

**Facilities and Equipment:** CCSF Fitness/Wellness Center; Closed-Toed, Supportive Shoes

**Procedures:** Type your 5-digit id into the kiosk. Tap “View Active Workout” if you already started your workout, or “Select Workout” if you haven’t. Scroll through your assigned strength machines and list them in the left column of the table below. A partner will help set your machine adjustments and enter your settings in the right column later.

Machine Name	Setting/s (seat / back / legs / arms)

Warm-up on a cardiovascular machine for a few minutes before moving to the strength machines. Complete one set of each strength exercise to exhaustion – you couldn’t do another repetition without breaking form – at your trial load. Count and record the number of repetitions you can do on the table at the end of this exercise. Breathe throughout your set – don’t hold your breath, it creates a lot of intrathoracic pressure.

Type your ID into the Training Partner (TP) attached to the strength machine. If you have more than one exercise on a machine, use the arrow keys to select the exercise you want. Set your *Range of Motion* first. Your partner will verify start and end points of your ROM and work the TP. Work through as large a range as possible, with these caveats: never hyperextend a joint; when working pectorals, keep your hands in front of the plane of your chest; don’t flex beyond 90°.

Select a weight for your trial load you feel comfortable lifting, and do one set, following the TP. The following table lists suggested trial loads. The trial load is used in a trial set to determine training load.

