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 aready started your workout, or "SelectWorkout" 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.

	Women	Men
Exercise		
	% body weight_	% body
	weight	weight
Leg Press	75	100
Caïf Press	25	30
Lea Curl	25	30
Incline Press	25	80
Narrow-Grip Pullup	50	70
Seated Row '	30	60
Abdominal		

Complete up to 20 repetitions, set the weights down, hit *Next Set*, then *OK* if you did 12-15 repetitions. If you didn't, use the following guidelines to choose your goal resistance:

Tap *Settings* to enter your seat adjustments into the TP. A QWERTY keyboard will appear for you to enter them manually.

Results

Testing can help you track your progress and determine your training loads – the loads that you'll use when you exercise. Use the table below to adjust your training loads from your trial loads based on the repetitions you completed.

Reps	Adjustment		
Completed .	(in plates)		
>7	· -1 1/2 ′		
8-9	-1		
10-11	- 1/2		
12-15	0		
16-17	+ 1/2		
18-19	+1		
>20	+1 1/2		

Enter your data from this exercise in this table:

Exercise	Trial Load	Reps Completed	Adjustment	Training
	Load	Completed		Load