## PE 9A, In-Class Activity 4b: Weight Training II NAME:

Strength training coordinates the interactions of the motor neurons with their muscle fibers, and increases the amount of interacting proteins that create muscular contractions, which increases strength. Maintenance of bone density is another benefit of strength training. A good strength training program hits all the major muscle groups, and performing each exercise properly not only targets the correct muscles, but also prevents injury.

## Objectives

Perform a strength training routine, familiarize yourself with where you should feel each exercise, and learn to tell if you are performing an exercise correctly by how it 'feels'.

## Procedures

Complete 1-2 sets for the exercises in your assigned workout. Rest one to two minutes between sets (about the time it takes you to spot your partner for a set or do a different exercise on your own). Do not sit on the machine between sets — exit after each set and let someone else complete a set during your rest period. Record the number of repetitions you complete for each set. As you do each exercise, try to feel which of your muscles are working to create the movement – if you don't know the names of the muscle groups, think in terms of areas such as front of the legs, back of the arms, top of the shoulders, etc. Read the card on the machine that tells you where you're supposed to feel the exercise working AFTER you complete your set.

## Results

Fill in the following table:

Exercise	Load	Reps Set 1	Reps Set 2	Where do you Feel It?

Go to the next page...

Did you feel the exercises where you SHOULD have felt them? \_\_\_\_\_yes \_\_\_\_no If not, why do you think you felt the exercise somewhere else?

Compound exercises involve movement around more than one joint, and therefore work more than one muscle group. Isolation exercises involve movement around one joint, concentrating on one muscle group (sometimes two). For each exercise, check whether it is compound or isolation. If it's a compound exercise, tell me which muscle group fatigued first.

Exercise	Compound / Isolation?	Muscle Groups Worked	First to Fatigue
	CompoundIsolation		
	CompoundIsolation		