

## PE 9A Assignment 5: Strength Training

Name: \_\_\_\_\_

Strength training aids in maintenance of bone density and strengthening muscles enough to function in everyday tasks.

**Objective:** Become familiar with simple strength exercises that require little or no special equipment and manually log them onto the Fitlinxx system.

**Equipment:** Mat or Rug, Chair, Hand Weights or Cans, Bottles or Pipe filled with Dirt or Water

**Procedures:** Try to do 2 to 3 sets of each exercise. The routine should take 10-20 minutes.

**Squat:** Hold weights at sides, on your shoulders, or keep hands on hips. Bend the hips, knees and ankles so your knees stay over your feet as you lower (torso moves forward). Lower yourself until your knees are bent to 90<sup>0</sup>, hold for a second, then slowly come back up.

**Bent Row:** Stand, left foot forward, right foot back. Bend the left knee as you extend off the right foot so your torso is almost parallel to the floor. Place left hand on a chair or left thigh for support. Hold weight in the right hand, squeeze shoulder blades together and pull the weight upward, keeping arm and elbow close to your body until your hand reaches your ribs. Lower back down. Do the same number of repetitions on both sides.

**Push-Up:** Place hands at shoulder width or slightly wider, fingers pointing away from the body, elbows straight but not locked. Bend elbows to a challenging position, or 90<sup>0</sup>, hold briefly, then straighten. May be done against a wall, or on the floor from the toes.

**Lateral Shoulder Raise:** Hold arms at sides, palms facing the body. Abduct shoulder so arms come away from the sides until parallel to ground, hold a second, then lower back down. Do not raise arms above shoulder height with the elbows straight and palms facing down!

**Pectoral Fly:** Lie on back, arms 90<sup>0</sup> to side. Bring arms up to meet mid-chest, squeeze pectorals and then lower.

**Basic Crunch:** Lie on back, feet flat on floor hip-width apart, femurs parallel. Place hands with fingers behind head, thumbs along jaw line. Lift head 1" off floor. Contract abs, pressing navel inward toward spine and lift shoulders off the floor. Hold one second and slowly lower.

**Oblique Crunch:** Begin in same position as basic crunch. Instead of lifting straight off the ground, rotate the torso, so the shoulder goes toward the opposite knee. Reverse direction. Variation: instead of lifting both shoulders, rotate one off, using the other as a pivot point.

**Assignment:** Log your exercises on the Fitlinxx website. From your workout notembook, follow the link in the *LOG A WORKOUT* box to log *Strength* exercises. In the *Edit Exercise List* box, click the *Add* button.

### Workout Notebook

MESSAGE CENTER  
Inbox: No new messages  
Compose: Message my instructor

QUICK STATS (Apr 1 - 10)	
FitPoints	322
Workouts	4
CV Time	0:30:00
CV Calories	345
Stations	10
Weight [lbs.]	7,195
>> Full Stats	
>> Standings	

LOG A WORKOUT	
1. SELECT DATE	2. SELECT TYPE
April 2005	<input type="checkbox"/> Cardio Machine Treadmills, etc.
3 4 5 6 7 8 9	<input type="checkbox"/> Cardio Activity Running, etc.
10	<input checked="" type="checkbox"/> Strength Free Weights, etc.
reset to today	

### Strength Workout Log: Sunday, April 10 2005

Body Weight: 120 lbs.

Change Date

My Strength Exercises	Edit Exercise List					
	(+ Add)		(-) Remove		Re-order	
Check the exercises that you have performed	Set 1	Set 2	Set 3	Weight	Reps	Add Sets
<input type="checkbox"/> Leg Press Resistance						<input type="checkbox"/>
<input type="checkbox"/> Leg Extension Resistance						<input type="checkbox"/>

In the pop-up, select *Resistance* as exercise type. When you select a muscle group in the next box, a box with a list of *Exercises* for that group appears. Click on an exercise, then click the blue *Add* button on the right - the exercise appears in the lower box. Any exercises you add will listed on the *My Strength Exercises* page.

**Add Strength Exercises**

<sup>\*</sup> Exercise Type:  
Resistance = free weights, weight machines and all other resistance equipment  
Body Weight = exercises performed with just your bodyweight

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Body Weight = exercises performed with just your bodyweight

For the exercises you'll be doing this week, use the following:

<b>Exercise Type</b>	<b>Muscle Group</b>	<b>Exercise</b>
Resistance	Other Lower Body	Squat – Dumbbells
Resistance	Upper Back	One Arm Rows – Dumbbells
Body Weight	Chest	Push-Ups Normal
Resistance	Shoulders	Lateral Raise -- Dumbbells
Resistance	Chest	Fly – Pec Fly
Body Weight	Abdominals	Basic Crunches
Body Weight	Abdominals	Oblique Crunches

To log the exercises, type in the weight lifted per rep (Fitlinxx will auto-fill percentages of your body weight for body-weight exercises) and the number of reps for each set. Do this for each workout date. Don't forget to change your workout date if you're logging exercise on a date that is different from the date you exercised!

<input type="checkbox"/>	Seated Rows Resistance																	
<input type="checkbox"/>	Shoulder Press Resistance																	
<input type="checkbox"/>	Bicep Curls Resistance																	
<input type="checkbox"/>	Tricep Extensions Resistance																	
<input type="checkbox"/>	Ab Crunches* Body Weight [10%]																	
<input checked="" type="checkbox"/>	Push-ups Normal* Body Weight [40%]	48.0	15	48.0	15													

**Log It!** <sup>\*</sup> Weight = lbs.  
<sup>\*</sup> Calculated as a percentage of your Body Weight when you check the box for that exercise

At the end of the week, go to the Strength Detail of your Workout Notebook and click *By Date*. Select each day you did the at-home exercises this week from the drop down and print them.

**Workout Notebook**  
Strength Summary

Your complete strength training summary. You select the timeframe, and you get a report on visits, reps, and sets per exercise

Turn these logs in to me

Can I change my workout data?

**Strength**

Summary | By Exercise | Comparison  
By Date | Breakdown

Select Time Period:  
 This Month  Last Month  Year to Date  Lifetime  
 Custom from: 4/1/2005 to: 4/10/2005 go

Exercise	Visits	Reps	Sets	Ave Wt(lbs.)	Tot Wt(lbs.)	Form %
Life Fitness Hip Adductor (Inner Thigh) Adduction	1	15	1	40	600	93
Life Fitness Lateral Raise	1	10	1	30	300	97
Life Fitness Leg Curl	1	14	1	52	735	100
Life Fitness Leg Press	1	14	1	155	2,170	100
Manual Log Body Weight Push-ups Normal	1	30	2	48	1,440	100
Life Fitness Chest Press	2	24	2	60	1,440	99
Life Fitness Rear Deltoid/Pectoral Fly Reverse Fly	2	20	2	37	750	97
Life Fitness Seated Row Wide Grip Row	2	20	2	60	1,200	98
<b>TOTALS</b>	<b>11</b>	<b>147</b>	<b>12</b>	<b>60</b>	<b>8,635</b>	<b>98</b>

**Workout Notebook**  
Strength Detail

Want to get even more specific? Check here to review your performance on any particular day

Can I change my workout data?

**Strength**

Summary | By Exercise | Comparison  
By Date | Breakdown

Workout Date: 4/10/2005  
City College of San Francisco San Francisco

Exercise	Volume			Total (lbs.)	Form		
	Set#	Reps	Wt (lbs.)		Form%	Fast	Bounce
Manual Log Body Weight Push-ups Normal	1	15	48	720	100	0	0
	2	15	48	720	100	0	0
<b>Total</b>	<b>30</b>	<b>48</b>	<b>48</b>	<b>1,440</b>	<b>100</b>	<b>0</b>	<b>0</b>
<b>Grand Total</b>	<b>30</b>	<b>48</b>	<b>48</b>	<b>1,440</b>	<b>100</b>	<b>0</b>	<b>0</b>