

Frequency: How often you work out.

Intensity: How hard you work. Increase intensity by adding weight, reps, sets, or by decreasing time between sets.

Time: How long you work out.

Types: Cardiovascular or Strength

Reasons to Lift:

1. Strengthen muscles, tendons, ligaments
2. Injury prevention
3. Injury rehabilitation
4. Burn calories at a high rate after exercise (after burn affect)
5. Self-Confidence
6. Tone body (self-image)
7. Increase energy level
8. Stress relief
9. Better quality of life

Repetition(Reps):One complete movement of an exercise.

Sets: Fixed number of repetitions. Reps make up a set.

Rest: Time between sets.

Flexion: Decreasing the angle of a joint. (ex. Arm curl)

Extension: Increasing the angle of a joint. (ex. Tricep extensions)

Antagonistic Parts:Two muscles that work in opposition to one another. (ex. Tricep and bicep)

Muscular Endurance:Ability to perform a specific movement many times.
Reps: 12-15

Muscular Fitness: Training a muscle to increase size and appearance. (ex. Getting toned up or gaining muscle mass)

Reps: 8-12

Muscular Strength: Ability of a muscle to lift maximal resistance for a short time.

Reps: 5-6

Core: Consists of muscles in mid-region of body. (ex. Abdominals, obliques, and erector spinae)

Super Set: Doing multiple sets back to back w/out rest. (ex. Squatting and then doing v-ups)

Compound Set: Doing multiple sets back to back for the same muscle Group. (ex. Bench press and then push-ups)

Principle of Specificity:

You train each muscle by performing an exercise that Works the muscle. (ex arm curls for biceps)

Principle of Overload:

Requires you to add extra resistance to the muscle to force The muscle to work harder. (ex. Adding more weight, sets, reps)

Principle of Progression:

As you overload a muscle, it will begin getting used to the extra load. To continue to gain strength, endurance, or size, you need to increase the demand on the muscle.

Proper Breathing:

Breath out when going against resistance. Breath in on the rest part of the exercise.

Pectoralis Major (Pecs, chest):

Bench, Flys, Push-ups

Latissimus Dorsi (Lats, back):

Rows, Pull-downs, Reverse grip Pull-ups

Trapezius (Traps, back of shoulders/neck)

Deltoid (top and front of shoulder)

Military press, Shrugs, Lateral raises

Bicep (front of upper arm)

Curls

Triceps (back of upper arm)

Dips, Extensions, closed grip press

Abdominals (core, stomach)

Sit-ups, planks

Obliques (core, outer stomach/side)

Side plank, Russian Twists, Side crunches

Erector Spinae (spine)

Dead lift, Superman, Reverse sit-ups

Quadriceps (quads, front upper leg)

Squats, Lunges

Hamstrings (back upper leg)

Cleans, Box jumps

Gluteus Maximus (glutes, butt)

Squats, lunges, Step-ups, Good Mornings

Gastrocnemius (calf)

Balance board, toe raises