YER FORT

Weight Training Routine

PRE-WEIGHTS WARM-UP

Always warm up the muscles with some form of mild, rhythmic exercise before weight

Some suggested pre-weight warm-ups are:

- · Jog lightly for 5 to 8 minutes, or
- Do 50 four-count jumping jacks, or
- Jump rope for 5 to 8 minutes

Routine Developed by Lauren Chouinard

DIRECTIONS FOR EXERCISES

- Do the exercises in the order shown.
- 2. Study the position of each figure carefully before performing each exercise.
- 3. Lift smoothly on a 2 second count, then pause and return to the starting position on a 4 second count.
- 4. Start from fully stretched position and end in fully contracted position.
- . NEVER JERK OR SNAP THE WEIGHT from one position to another.
- When an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.

TRAINING TIPS

- Check with your health-care professional before beginning this or any other exercise program.
- 2. With heavy weight, always have someone close by who can assist you if necessary
- 3. Exhate when performing the lifting phase of the exercise, inhole while lowering the weight.
- 4. Protect your lower back from strain whenever possible by bending knees, tightering abdominal muscles, and flattening low back area.
- 5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time for repair.



From dorted position, press legs forward to just shorr of lockedknee position.



(QUADRICEPS) Raise weight to lockedknee position. Keep feet flexed toward knees.



(HAMSTRINGS) Bring heels as close to buttocks as possible. Keep feet flexed toward



(CALVES) With knees locked and balls of feet at edge of pedals, extend then flex ankle fully.



(CHEST-SHOULDERS-TRICEPS) Press weight upward until arms are straight. Medium to wide grip. Feet on bench protects low back.



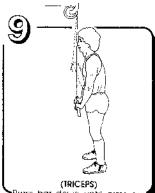
om seated or kneeling position. using wide grip, pull barro back of



(SHOULDERS-TRICEPS) Press bar until arms are straight. Keep low back flat and stomach tucked in. Medium to wide grip.



Keeping arms straight, lifts shoulders as high as possible. Rotate back and down



Press bar down until arms are straignt. Keep upper arm in line with upper body. Narrow grip.



(BICEPS) Using wide grip, curi bar to chest Keep upper arm in line with upper



lold bar with erect posture. Bend at waist away from machine as far



(ABDOMINALS) Tuck chin to chest and curl upper body faward knees. Keep low back flat on floor. Hold two counts.

TRAINING GOALS

- A. If your goal is to increase muscle size and achieve maximum strength:
 - 1. Complete 3 sets of each exercise
 - Set #1 medium weight for 10 repetitions
 - Set #2 heavier weight for 6-8 repetitions (add 2 5 pounds) Set #3 - heaviest weight for 3-5 repetitions (add 2 - 5 pounds)
 - 2. Rest 1 to 2 minutes between each set.
 - The last few repetitions in each set will require a challenging effort if the weight is correct.
 - 4. Increase weight for Set #1 by 2 5 pound increments over a 2 to 3 week period.
- B. If your goal is to increase muscle endurance and tone with moderate strength gains:
 - 1. Complete 2 sets of each exercise
 - Set #1 medium weight for 15-18 repetitions
 - Set #2 heavier weight for 12-15 repetitions (add 2 5 pounds)
 - 2. Rest 1 minute between each set.
 - The last few repetitions in each set will require a challenging effort if the weight is correct.
 - Increase weight for Set #1 by 2 5 pound increments over a 2 to 3 week period.

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===== RECOMMENDATIONS: =

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