

Strength Training Study Guide

Strength Training (also known as resistance training) is an essential part of any sports or fitness program, whether you play Football, Tennis, Soccer, Basketball or just want to be a fit person. Strength Training is appropriate for children and adults alike.

Make Strength Training fun (workout with a friend, listen to music and challenge yourself to improve) and you will enjoy the many benefits!

Strength Training benefits include;

1. *Increasing muscular strength.*
2. *Increasing muscular endurance.*
3. *Toning and Defining Muscles.*
4. *Burning calories.*
5. *Increasing Bone Strength.*
6. *Feeling and looking healthier. Increased self esteem.*
7. *Increased performance in athletics.*
8. *Reducing the risk of injury.*

The following 5 principles should always be followed:

1. ***Safety!*** *Use proper form, Do not over do it. Allow 48 hours of rest between workouts. (Muscles grow during rest).*
2. ***Stretch/warm up!*** *Do this before any strenuous exercise. This helps ensure full range of motion and helps prevent injury.*
3. ***2 sets of 15-20 repetitions.*** *This is where you should reach muscular fatigue. If you cannot do 15 reps the weight is too heavy!*
4. ***Lift slowly!*** *Control the weight! The upward(positive) motion should take 2 seconds and the Negative(downward motion) should take 4 seconds to complete.*
5. ***Breathe!*** *Always breathe when lifting! Do not hold your breathe!*

The following exercises work the corresponding muscles:

1. **Bench Press/Push ups-** *Triceps and pectorals*
2. **Shoulder Press-** *Triceps and Deltoids*
3. **Curls-** *Biceps*
4. **Pull-ups/Lat pulldown-** *Biceps and Lats*
5. **Squats/Lunges-** *Quadriceps and gluteus*
6. **Sit ups and crunches-** *Abdominals*