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

1. ***Essential Elements of Weight Routines***

1.) Make sure that the routine includes exercised for each of the following muscle groups:

* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_

2.) Do the exercises in the right order

Lower Body

* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Upper Body

Core

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_

***\*\* DON’T exercise the same muscle group two days in a row\*\****

3.) Perform the last repetition to fatigue

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. ***How to Weight Train***

1.) ***Sets and Repetition***

* A \_\_\_\_\_\_ is the number times a movement is done in \_\_\_\_\_\_\_\_without a break.
* A \_\_\_\_\_\_is a number a times a sequence of \_\_\_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* When writing your program the number of \_\_\_\_\_\_\_\_ is written first then the number of \_\_\_\_\_\_\_\_\_\_\_.

2.) ***Rest Intervals***

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.) ***Intensity***

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.) ***Proper Technique***

* Move the weight through the joint’s entire \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Avoid \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_ motions to help move the weight.
* Move the weight \_\_\_\_\_\_\_\_\_\_\_\_\_
* Establish and maintain proper \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If it hurts \_\_\_\_\_\_\_\_\_\_, listen to your body, slight twinges of discomfort should not be \_\_\_\_\_\_\_\_\_\_\_\_\_.
1. ***Weight Training Principles***
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_( Frequency, Intensity, Type and Time)

2.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* The overload principle states that the body must receive a \_\_\_\_\_\_\_\_\_\_\_ greater than it is used to for it to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The key is to remember the gradual and progressive components of the GPO principle – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The principle of progression says to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and add a little each workout.
* This can be achieved by increasing the \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of activity and \_\_\_\_\_\_\_\_\_\_\_\_ of activity.



3.) ***Individuality and Specificity***

* The principle of individually simply recognizes that everyone is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and that exercise programs should be \_\_\_\_\_\_\_\_\_\_\_ with these differences in mind.
* Before you begin to design an exercise program you need to \_\_\_\_\_\_\_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and determine what your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The principle specifically states that the body will respond and make

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are specific to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ put on it.

* When designing a program you need to be clear what your \_\_\_\_\_\_\_\_\_\_ are in order to ensure you are specifically \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ certain muscle groups properly.

4.) ***Adaptation***

* Your body is an amazing machine that will\_\_\_\_\_\_\_\_\_\_ to whatever you do. This is why people \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ when they do nothing.
* When starting a weight training program you will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your body within the first \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* It is also important to remember that since your body adapts so well, in

order to continually promote \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_, it is a good idea to change your program every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

