**Weight Lifting/Training Study Guide**

* Weight training is a program for developing strength and/or endurance through use of weights, barbells, or machines.
* The frequency of workout sessions is recommended to be every other day, so the body is afforded ample time to rebuild muscle tissue. Rest two days (48 hours) in between.
* Breathing while lifting should be in rhythm with the activity; inhale on the negative work and exhale on the positive work (the lifting phase). Exhale when pushing against a resistance.

**FITNESS COMPONENTS**:

* Muscular strength is the ability of a muscle group to apply a maximal force against a resistance one time.
* Muscular endurance is the ability to repeat muscle movement over a period of time

**SAFETY**:

* Always use a spotter. The spotter always stands behind the lifter.
* Go through a full range of motion
* Breathe properly
* Keep back straight and hips aligned below shoulders to prevent back strains.
* Stretch after warm-up and after the workout

**BENEFITS:**

* Improve your physical appearance
* Perform physical activity more efficiently
* Reduce fatigue
* Increase bone density

**PRINCIPLES OF TRAINING**:

* Specificity: activity performed must be specific to the desired effect.
* Overload the workload must be greater than that to which the individual is accustomed
* Progression: overload should be gradual and moderate within minimum and maximum limits to prevent soreness and injury
* Reversibility: With no training, the effects of training will be lost.
* Frequency: Exercise must be performed a least three (3) times a week for improvement to be seen.
* Intensity: If exercise intensity is to low, no improvements will be made.

**Weight Lifting/Training Quiz**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_

Please circle whether you believe the statement to be true or false.

1. True or False Weight training is a program for developing strength and/or endurance through use of weights, barbells, or machines.
2. True or False The frequency of a workout session should be every day.
3. True or False You should inhale on the negative work and exhale on the positive work or the lifting phase.
4. True or False You should always have a spotter.
5. True or False Only stretch after the workout is over.
6. True or False Two benefits of weight training are to improve physical appearance and to increase bone density.
7. True or False Overload is a specific exercise to get a specific desired effect.
8. True or False Specificity is a workload that is what the person is not accustomed to.
9. True or False With no training, the effect of training will be lost is called reversibility.
10. True or False You can keep the intensity of your exercises low and still see improvement.