

WEIGHT ROOM STUDY GUIDE

- Five stages of a work out, in order, *from start to finish* are 1.warm-up, 2.stretch, 3.main workout, 4.cool-down then 5.stretch.
- After you have performed an exercise, you should put the weights back on the racks correctly.
- When you train specifically to increase your **muscular strength**, it is recommended that you train by using higher weight, low repetitions.
- When you train specifically to increase your **muscular endurance**, it is recommended that you train by using lower weight, higher repetitions.
- F.I.T.T. stands for Frequency, Intensity, Time, and Type.
- A repetition or a 'rep' is the number of times you do the same movement.
- A set is a 'series' of reps.
- Using a weight that is too heavy for you and partial movements when performing the exercise are examples of improper exercise performance
- The muscles being worked while using the Bench Press are the Pectoralis Major, Triceps and Deltoids.



- The muscles being worked while using the Leg Press are the Hamstrings and Quadriceps.



- The muscles being worked while using the Arm Cable Curl (Bicep Cable Curl) is the Biceps.



- The muscles being worked while using the Arm Cable Pushdown (Tricep Cable Pushdown) is the Triceps.



- The muscle being worked while using the Back Pulldown (Lat Pulldown) is the Latissium dorsi.



- The five components of physical fitness are:
 - Cardiovascular Endurance: Cardiovascular endurance refers to the body's ability to deliver oxygen and nutrients and the ability to remove waste products.
 - Muscle Strength: Muscle strength refers to the amount of force a muscle can exert by contacting against resistance.
 - Muscle Endurance: Muscle endurance refers to the ability of a muscle to continually generate a force over a sustained period of time without fatiguing.
 - Flexibility: Flexibility refers to the ability of each joint to express its full range of motion.
 - Body Composition: Body composition refers to the amount of body fat you have, versus the amount of lean muscles, bones and organs.
- The F.I.T.T. Principle describes how to safely apply the principles of overload and progression:
 - Frequency: Frequency is how often a person performs the targeted health-related physical activity.
 - Intensity: Intensity is how hard a person exercises during a physical activity period.
 - Time: Time is the length of the physical activity.
 - Type: Type or specificity, refers to the specific physical activity chosen to improve a component of health-related fitness.

