



WEIGHT TRAINING FRESHMEN & SOPHOMORES

Core Lifts

Parallel Squat

- Works the quadriceps, hamstrings, gluteus maximums muscles
- Bar should be rested on the natural shelf of the back, between the trapeziums and the scapula.
- Hands in a comfortable position
- Feet and knees should be slightly wider than the hips with the toes slightly pointing out.
- Eyes should be looking up to where the wall and the ceiling meet when squatting, this will help keep your back straight
- Chest up – this will help tighten your upper-back and prevent your back to bend
- When squatting the heels should stay on the ground, they do not move or come off the ground
 - If they do come off the ground, your ankles are not too flexible
 - Put a 5lb weight under your heels, elevated floor
 - Do not go up on your toes or rock forward
 - The power you need to lift comes from your heels
- Squat all the way down so your quadriceps are parallel to the ground
- Squat with a smooth and steady motion, go up the same speed you go down
- Breath in when you squat, breath out with force when you go up
- Back should be straight
- Spotting the squat
 - 2 person spotter – one on each side of the bar
 - 1 person needs to be designated as the caller – if the person squatting is in trouble, the caller will say “go” and both spotters help with the bar at the same time
 - 1 person spotter – spots from behind, follows the squatter down, when in trouble will grab the bar and help them up to the upright position
 - 3 person spotter – one on each side of bar and one from behind
 - The spotter behind is the “caller”
 - If the squatter has a lot of weight on the bar and all spotters cannot help bring the bar up, stabilize the bar and the squatter goes down to the floor. The safety bar on the bench will catch the bar.

Bench Press

- Works the Pectorals Major and Triceps
- Lay on your back with your eyes under the bar
- Back straight, heels on the ground, do not lift your heels off the ground
- Hand position – elbow and forearm should be at a 90 degree angle when taking the bar down
 - Longer arms will have a wider grip
 - Shorter arms will have a closer grip
- Bar is lifted up and then down to your chest – touch bar to chest
 - Do not rest the bar on your chest
- Inhale when you take the bar down, exhale when you push the bar up
- Spotting the Bench Press
 - Spotter stands behind the bench press
 - When in trouble, the spotter either can grab the bar with hands over or under the bar and *helps* the lifter bring the bar up to the stand

Box Squats

- Isolate the hamstrings, quadriceps, gluteus maximums, and the hip
- Use the same techniques and spotting skills as the parallel squats
- To determine your height of the box – sit down on the box so your hips ends up lower than your knees when sitting.
 - Squat down by sitting on the box,
 - No bouncing or rocking back
 - No touch and go
 - Sit back on the box in a controlled way
 - Do not take your feet off the floor
 - Squat up by exploding from your hips

Towel Bench Press

- Isolating the upper pectorals muscles and the deltoid muscle
- Use the same techniques and spotting skills as bench press
- Place a towel over or under (keep it from moving or falling) your shirt on your chest bone
- Use the same hand grip as the bench press, lower the bar so it just touches the towel, and use a control lift up

Power Clean

- Isolates the Quadriceps, Hamstrings, Hips, Trapezius, Latissimus Dorsi
- Feet shoulder width apart, hands beside the knees
- High pull (with elbows staying high) and catch, front squat
- Jump to the side
- Jump under the bar to a front squat
- Release the ball down, then reset legs, go squat down to touch floor, repeat

Dead Lift

- Isolates the Quadriceps, Hamstrings, Gluteous, Gastrocnemius
- Feet shoulder width apart, chin up
- Squat down with Quadriceps parallel to the floor
- Arms straight throughout the lift
- Lift w/legs
- Straight back throughout the whole lift

Auxiliary Lifts

Arnold Press

- Works the anterior and lateral deltoid
- In a seated position on a ball, with your feet firmly planted on the floor, grasp two dumbbells with both hands.
- Curl the weight up to the shoulder area. Hold the dumbbells at shoulder level with palms facing the body. Keep your back straight and your head up.
- In a controlled fashion, slowly press the dumbbells simultaneously upwards and rotate your hands forward until you have fully extended your arms upwards. Slowly lower the weight down and repeat the movement.
- Keep the movement fluent, slow, and controlled.

- Remember, the real trick to the Arnold press is not the upward motion but the downward motion. The real work of this exercise occurs when you return the weight to its starting position.

Stiff Leg Dead lift

- Works your hamstrings and gluteus maximums
- Standing on a block, grab a light barbell and hold in the arms down position. Keep your back straight and head level.
- Keep your knees slightly bent and buttocks out.
- Slowly bend at the waist while lowering the bar past your knees.
- You should feel a slight stretch in your hamstrings and glutes.
- Slowly raise the bar upwards back to the starting position. Remember to squeeze your buttocks and hamstrings on the way up.
- Always keep your back straight and keep the weight moderate on this exercise.
- Keep the movement fluent, slow, and controlled.
- Exhale while you exert. In this case when you lift the weight up.

Curl

- Isolates the Bicep
- Use dumb bells
- You can sit down, stand up, and do one arm at a time or two.
- Start with the arm straight down
- Curl the arm up.
- Keep the back straight throughout the whole exercise, do not sway

Benefits of Weight Training

- Builds strength, power, and endurance
- Controls weight and lowers body fat
- Improves physical appearance
- Builds self-confidence
- Lowers risk of injuries to muscles, ligaments, and tendons
- Properly conditioned muscles help carry out daily activities
- Improves flexibility
- Specificity of desired muscle area for certain activities

Break-in and Muscle Soreness

- Muscle soreness is a common condition with any beginning lifter, it is a “swelling” of each fiber in the connective tissue
- Muscle soreness should gradually disappear within 5 to 7 days
- Should feel less and less of it as you get more and more in shape – body will become more efficient at reducing muscle soreness
- Different ways to reduce muscle soreness
 - Break—in slowly: use light weight to begin with and increase
 - Cool-down after workout: helps rid area of soreness