

Weight Training



Portland Community College Cascade Campus Weight Training Manual

PE 181 A, B, and C

<p>Week One Fitness Testing Smart Goal Setting Weight Room safety</p>	<p>Week One Fitness logs Warm up and cool down Stretch and Abs</p>
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Smart Goal Setting Weight Training

The smart goal setting is a great tool to get a better idea about how to create a plan to reach your goals. When setting your goals, include all of the following:

Your goals need to be:

Specific:

The more detailed you can be the better. What is it exactly that you want to accomplish? An example of a specific goal would be, "I will bench press 200# by the end of term or "I will lose 10# by the end of the term".

Measurable:

Your goals need to be measurable to track your success. For example, "I will lift weights for 50 minutes on Mondays, Wednesdays and Fridays. On Tuesday and Thursday I will jog for 30 minutes.

Attainable:

Your goals need to be reasonable. If you have never lifted before, then bench pressing 200# might not be attainable in 6-12 weeks.

Rewarding:

How will you feel when you reach your goal? Why do you want to obtain your goal? For example: I want to increase my strength for my construction job," or "I want to pass the Fireman's fitness test."

Time Bound:

It is very important to set a deadline for your success. We will set 6 week goals. In the middle of the term we will re-evaluate and set a second 6 week goal. Celebrate when you reach your goal!

My First Six Week goal:

My Second Six Week Goal:

Instructions:

Body Circumference

1. Measure around largest area at measure site.
2. Hold tape around body part snugly, but be sure not to compress the skin.
3. R. biceps should be fully flexed and held at shoulder level.
4. Chest should be measured horizontally at the nipples around.
5. Abdominals should be measured horizontally across the navel.
6. Hips should be measured at the widest part below the top of the pelvic bone. This is usually around the buttocks.

Resting Heart Rate

Resting Heart Rate (RHR) should be taken while you are resting. So sit down and relax for a minute or two before you begin this measurement.

- 1) Find your radial pulse (wrist)
- 2) Use a watch or clock that shows seconds.
- 3) Count the number of times you feel the pulse in either 15, 30 or 60 seconds. If you count for 15 seconds you will need to multiply your result by 4. If you counted for 30 sec. you will need to multiply by 2. The number you get will be the number of Beats Per Minute (BPM).

Push-ups

Standard set up: Toes -Begin with arms straight and below shoulders, torso must be straight from heels to shoulders, neck at neutral position.

Modified set up: Knees - Begin with arms straight and below shoulders, torso must be straight from knees to shoulders with neck at neutral position.

Execution: Torso must stay rigid and shoulders must come down to the height of the elbows - each time.

Sit-ups

Set up: Feet flat on ground, knees bent at about 90 degrees, shoulder blades on ground (or pad), and arms straight and up toward knees.

Execution:

Upward motion - feet must stay on ground (one may come up briefly, but not both) participant must come up so that the elbows are even with the knees.

Downward motion - arms must stay angled toward knees (no swinging) and shoulder blades must touch the ground (or pad) each time.

Pull-ups

You may have your palms facing any direction. 1) Begin by hanging from the bar. 2) Pull your chin up above the bar as many times as possible. 3) Your arms must be straight at the bottom each time. 4) Stop counting when you cannot get your chin above the bar.

Wall Sit

1) At the starting position, your knees should be bent 90 degrees, 2) Back against a wall, 3) sit, leaning against the wall with knees over ankles and hips at knee height for as long as possible.

Sit and Reach

This assessment will determine how flexible you are in the back and hips. 1) In the starting position you will be sitting on the floor with your legs will be straight. 2) Using the Sit and Reach

box you will exhale as you reach forward as far as you can with both hands (one on top of the other). 3) When you get to your farthest distance, hold it for two seconds. 4) We are using the millimeters scale.

Fitness Assessment

Student Name _____

Directions: Fill out the chart below indicating the dates that you take your body measurements. All measurements should be recorded to the nearest 1/4 inch. Get someone to help you if necessary. (25 pts)

Body Circumference: **Measurement**

	Beg. Of Term	End of Term	Change +/-
DATE:			
Weight (optional)			
Neck			
Chest			
Abdomen (at navel)			
Hips (at widest part)			
Biceps, rt side (flexed)			
Thigh, rt side (widest part)			
Physical Fitness:			
Push-ups			
Sit-ups			
Pull-ups (or bent arm hang)			
Sit and Reach			
Step Test (96 bpm)			
1 mi run			
plank			
Wall squat			

The F.I.T.T. Principle for Exercise

The FITT principle (frequency, intensity, time, type) is set of guidelines used to individualize exercise programs for best benefits in both cardiorespiratory and resistance training.

Frequency - How often should you exercise?

Frequency refers to sessions per week. When following any form of exercise program it is important to integrate recovery time for your body. Frequency of exercise means to balance the appropriate amount of exercise for your muscles to adapt, with enough recovery time. It is important to rest 1-2 days before working the same muscle(s) again. Rest days give the muscle the time to repair the small tears that occur during strength training. This is how you get stronger.

The guidelines for cardiorespiratory exercise suggest 3 – 5 sessions/week.

The guidelines for resistance training are more complex depending of the format of the exercise program. As a general rule each muscle group should be exercised at least twice/week for benefits. If the program includes a full body workout each day, a minimum of two sessions/week are suggested. If the program is a split routine 3-4 sessions/ week are the better choice.

Intensity - How hard should you work?

Cardiorespiratory Exercise:

The heart rate is used to measure intensity. It is measured in beats per minute (bpm) and can be measured by taking your pulse on the wrist or neck.

Calculate your Maximum Heart Rate (MHR) as follows: $MHR = 220 - \text{age}$

For beginners the target heart rate zone is between 50 - 70 % of their MHR.

For more advanced individuals a target heart rate zone of 70 - 85% may be more appropriate.

As a general rule target heart rates are

65% of MHR for Fat-burning

85% of MHR for Fitness

Resistance Training:

The workload is the main measure of intensity. It depends on the amount of weight you use and on the number of repetitions per set. It is important to chose a weight that is challenging. You should feel muscle fatigue when approaching the last repetition of your set.

Below are some general guidelines:

Benefits:	Repetitions:	Resistance:	% of One Rep. Max
Toning & Endurance	over 12 reps	lighter weight	60-70%
Strength & Endurance	8-10 reps	medium heavy weight	70-80%
Size & Strength	2-6 reps	heavy weight	80-95%

Time - How long should you be exercising?

Cardiorespiratory Exercise:

Beginners should aim to maintain their heart rate within their target heart rate zone for 20-30 minutes. Once the fitness level increases the length can be increased to 45-60 minutes.

Resistance Training:

Resistance Training sessions generally last for 45 - 60 minutes, depending on the intensity, number of exercises, repetition, sets and rest time. High intensity workouts may only last 20 - 30 minutes. Be sure to take adequate rest between sets.

Below are some general guidelines:

Repetitions	Goal	Sets	Rest
over 12 reps:	Toning	1-2	30 seconds or less
8-12 reps:	Strength	1-3	30 - 90 Seconds
2-6 reps:	Size	3-6	2-3 minutes

Type

What type or kind of exercise should you chose?

Cardiorespiratory Exercise:

Cardiorespiratory exercise should be continuous and use the large muscle groups. Examples include running, cycling, swimming or aerobics classes. It strongly depends on your personal preferences and your physical abilities.

Resistance Training:

The type refers to the equipment you chose, including free weights, machines, resistance bands or body weight exercises.

Every mayor muscle group should be targeted: you arms (biceps, triceps), shoulders, chest, back, core (abs, obliques and lower back), and legs (quads, hamstrings, glutes and calves).

Aim for balance to prevent injury and pain: Make sure you work the opposing muscle groups. For example biceps and triceps, quads and hamstrings, chest and back).

The F.I.T.T. Work Sheet

Name: _____ **Date:** _____

Frequency - How often do I exercise?

Cardiorespiratory Exercise: _____

Resistance Training: _____

Intensity - How hard do I work?

Cardiorespiratory Exercise: My Maximum Heart Rate is _____

My Target Heart Rate is _____

Resistance Training: My Benefit: _____

of Repetitions: _____

Resistance: _____

% of One Rep. Max: _____

Time - How long do I exercise?

Cardiorespiratory Exercise: _____

Resistance Training: _____

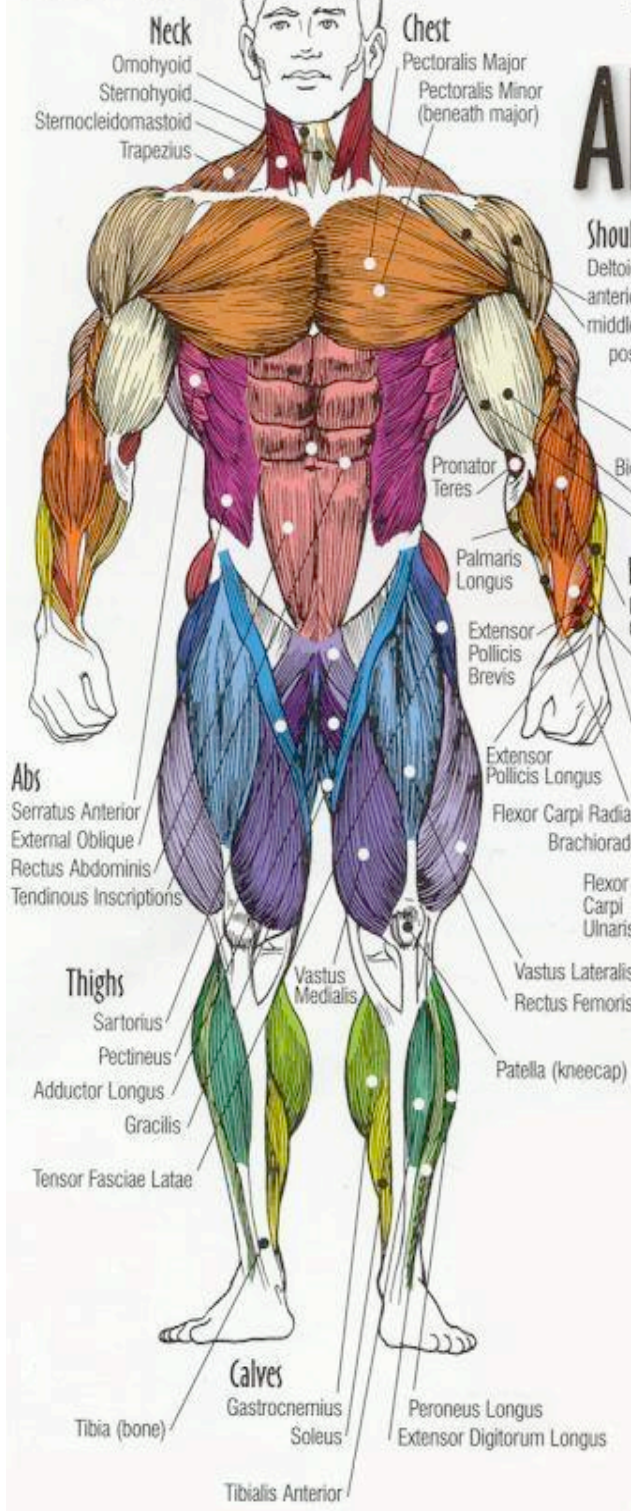
Type - What kind of exercises/equipment do I choose?

Cardiorespiratory Exercise: _____

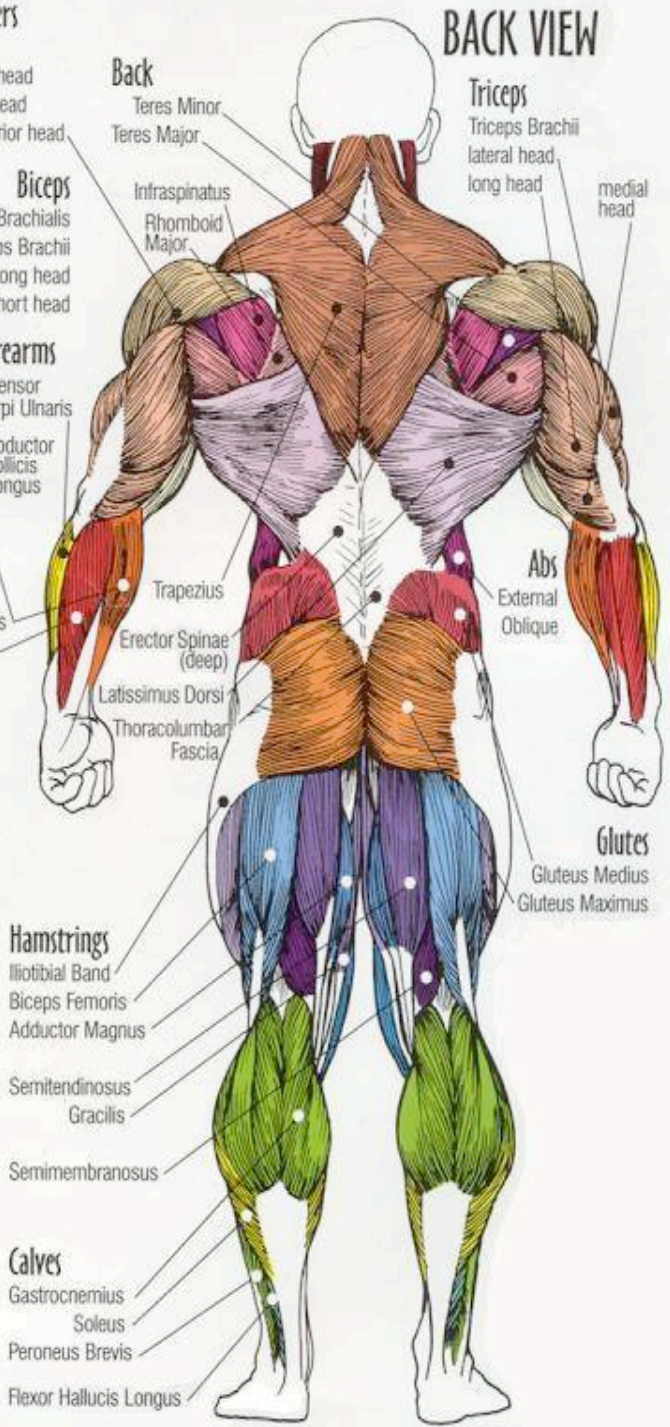
Resistance Training: (Describe briefly) _____

Musculature ANATOMY CHART

FRONT VIEW



BACK VIEW



Weight Training Skills Test

Portland Community College – Cascade Campus

Name _____

Demonstrate the following:

Proper Lunge Form _____

Proper Squat Form _____

Proper Push up Form _____

Proper Lat Pull Down _____

Identify and Show an exercise for each muscle group:

Quadriceps _____

Hamstrings _____

Pectoralis Major _____

Rectus Abdominus _____

Deltoids _____

Biceps _____

Triceps _____

How do you adapt a weight workout to:

Muscle Strength _____

Muscle Endurance _____

Weight Training Components of Fitness

What does it mean to be physically fit? Physical Fitness is defined as “*a set of attributes that people have or achieve that relates to the ability to perform physical activity*”. In other words it is more than being able to run a long distance or lift a lot of weight at the gym. It is not just the amount of body fat you carry. Overall fitness is made up of five main components:

1. Cardiorespiratory Endurance

The ability of the body's circulatory and respiratory systems to supply fuel during sustained activity. To improve Cardiorespiratory endurance, try activities that keep your heart rate elevated for a sustained period of time such as swimming, biking and walking. Start slowly with an activity you enjoy and gradually work up to a more intense pace.

2. Muscular Endurance

This is the ability of a muscle or group of muscles to sustain repeated contractions or to continue applying a force against a fixed object. To improve muscular endurance you can use resistance exercises with light weight and 12 to 15 reps.

3. Muscular Strength

This is the muscle's ability to exert a maximum amount of force for a brief period. The key to working muscle strength is resistance training with a heavier load. You can build muscle strength with weights or calisthenics.

4. Flexibility

It is the range of motion around a joint. Good flexibility in the joints can prevent injuries through all stages of life. If you want to improve your flexibility, try activities that lengthen the muscles such as static stretching and Yoga.

5. Body Composition

It refers to the relative amount of muscle, fat, bone and other vital parts of the body. A person's total weight (what you see on the bathroom scale) may not change over time. But the scale does not assess how much of that body weight is from fat and how much is from lean tissue. Body composition is important to consider for your health and managing your weight.

The greatest benefit from a regular exercise program is an improvement in overall fitness. *Appropriate exercise* improves muscle strength and endurance, cardiorespiratory endurance, flexibility and body composition.

Weight Training Information

Strength Program

A strength training program should be individually tailored to meet the goals, capabilities and interests of each participant. This paper is designed to help you identify your strength training goals and to provide you with basic guidelines and information to help you meet those goals. The human body has over 650 muscles and those muscles are made stronger as they respond to repetitive demands made upon them. Weight training is one of the most efficient ways to improve strength and to make noticeable differences in your body. If you work at it, you will see and feel the results.

1. **Area of emphasis:** Choose from one or more of the following:
 - a. general strength improvement
 - b. general muscle endurance
 - c. Maximal strength gains and size
 - d. Rehabilitation
 - e. Training for a particular sport or activity
2. **Warm up and stretching:** start with 5- 10 minutes of light aerobic activity to increase blood circulation and to warm up your muscles. A good additional warm up can be achieved by lifting your first set with very light weights (40-50%max). Stretch at the end of your workout to increase flexibility and to prevent soreness.
3. **Time commitment:** A regular commitment of at least two days a week per body part is essential to see results.
4. **How Much Weight:** *Begin slowly to prevent injuries and to minimize excessive soreness.* It is better to start too conservatively than to begin with too much weight, Once your muscles are beyond the initial "shock", they begin to adapt and you can gradually increase your workload by adding weights, sets, or repetitions.
5. **Enjoyment:** Pick exercises that you like and you will do regularly. There usually are several lifts that affect the same area, so select the ones that you are comfortable with.
6. **Number of Exercises:** Pick at least one exercise for each body part you wish to improve. If there is time include a second and a third. A basic program of 8-12 exercises will include one lift per body part. A balanced program will include exercises for each of the following areas: chest, mid back, shoulders, lats, calves, abdominals, biceps, triceps, quadriceps, and hamstrings.
7. **Specificity of training:** Choose exercises that are specific for the muscle areas you want to train. If you are training for a specific sport, identify the exercises that isolate muscle groups and movement patterns common in that sport.
8. **The number of reps will vary depending on your goal.**
 - A. First 3 weeks of training: use high reps (12-15) and low weight
 - B. For maximum size and strength, use heavy weights and low reps (4-6)
 - C. For endurance and definition use light weights and high reps (15-20) to fatigue.
 - D. For general muscular health use 8-12 reps to fatigue.
9. **Number of sets:** 1-2 sets of each exercise is recommended for the first couple of weeks with light weight. After that, 2-4 sets are usually recommended.

10. **How much weight:** After a couple of weeks with light weights, gradually increase weight based on your goals:
 - a. For maximal gains, use about 90% of your 1 rep maximum (RM) doing 4-6 reps
 - b. For endurance, use 12-15 reps at 50% of 1 rep maximum (RM)
 - c. For a balanced program use 75% of your 1 RM doing 8-12 reps
11. **Rest Intervals:** Rest between 30-60 seconds between sets for most exercises. If you are lifting very heavy, you may increase up to 3 minute rests.
12. **Sequence of exercises:** Begin with large muscle groups first (legs, chest, and back) and follow with the smaller muscle groups, which are required as supporting muscles during training for the larger groups. Vary the muscle groups you start with to emphasize different areas.
13. **When to increase the weight:** Strength gains will plateau unless a progressive overload is applied by adding weight. When the muscle can successfully complete all of the reps of the set, it is time to increase the weight. For example, if you are lifting 8-12 reps, add weight when you can do 12 reps and the increased weight will probably drop you down to 8 reps. Work your way back up to 12 reps and add weight again.
14. **Rebuilding time:** Muscles need time to rebuild after the demand of working out. *Allow at least 48-72 hours of rest* before working the same muscle groups again. Use soreness as a guide as well. A little soreness 24 hours after lifting can be expected, but it should dissipate by 48 hours. Soreness should not be debilitating.
15. **Safety and spotters:** Utilize correct lifting technique to minimize risk of injury. Stop if a sharp pain occurs in the muscle or joints. Use spotters when using free weights, especially with the bench press, incline press and squats.
16. **Breathing:** *Never hold your breath while lifting.* The recommended breathing technique is to exhale during the exertion phase and inhale during the recovery phase.
17. **Range of Motion:** Execute each lift through a full range of motion so loss of flexibility does not occur. Muscles will only do what is asked of them, so limiting their movement will eventually cause their movement to become limited.
18. **Muscle Balance:** Strengthen both the primary muscle groups and the opposing muscle groups which support them. For example, do exercises for the quadriceps and the hamstrings, the biceps and the triceps, etc.
19. **Controlled movement:** Control the weights at a constant speed throughout the entire exercise so you are getting benefit in both the exertion and the recovery phase. If momentum takes over than the weight goes too fast during the recovery, gravity and not your muscles is doing the work.

Weight Training – Safety and Facts

1. **Is weight training a good way to lose weight?** If you increase your muscle mass, weight gain often happens. However, if your weight gain is muscle, your percent body fat may lower, so those tight fitting jeans may fit looser. Muscle gain increases your metabolism, so that increases the rate at which you burn calories all day long.
2. **Is weight training alone a balanced exercise program?** No. Weight training strengthens muscles but it does nothing for developing cardiovascular fitness.
3. **Will women develop muscles as big as men's?** Women will not develop the same musculature as men even doing the same workouts due to differences in hormonal levels. The hormone testosterone, which is primarily responsible for muscle development, is found at higher levels in males than in females.
4. **Will I need extra protein to build strength?** There is no evidence to indicate that excess protein will speed up strength development. The average American's consumes more protein than is recommended already and ingesting more via diet or supplements is not likely to improve strength gains.
5. **Will weight training cause me to be muscle bound?** Becoming "muscle bound" is caused by using improper and/or imbalanced technique. Stretching after working out, exercising through a full range of motion, and working both agonist and antagonist muscles involved will prevent loss of flexibility.
6. **Can weight training convert fat to muscle and will muscle convert to fat if I stop lifting?** The answer to both questions is NO! Muscle and fat are two different tissues and one does not change into the other. Muscle tissue grows in response to resistance training and decreases through inactivity.
7. **Why can't I build muscle like "Arnold"?** There are four factors involved in muscle development. They are: normal growth, adequate diet, stimulus (resistance training) and genetics. We can control the first three but not genetics. We all inherit different body types, bone structure, hormonal levels, etc., which will impact our ability to build muscle and these are not under our control.
8. **Why am I sore after lifting weights?** Delayed Onset Muscle Soreness (DOMS), is the result of hydroxyl proline (a chemical by-product of muscle breakdown), muscle cell debris and microscopic tears in the

muscle fiber. These are a natural result of resistance training and should be expected for a day or two after lifting. This is why one should not lift the same muscle groups on a daily basis, they need time for repair.

- 9. What is the cause of the “pumped up” feeling after a heavy workout?** This is due to tissue edema (fluid buildup) in the muscle. This is normal and will dissipate in a few hours.

Workout Design Options

Pyramids: A method of multi-set training in which loads get progressively heavier or lighter and the number or reps change for each set. For example, a lifter might perform five sets of chest press as follows:

Set 1 10 reps @ 80#'s
Set 2 8 reps @ 90#'s
Set 3 6 reps @ 100#'s
Set 4 4 reps @ 110#'s
Set 5 2 reps @ 120#'s

Super Setting: A superset involves two exercises that stress two opposing muscle groups. An example of supersetting is performing 10 repetitions of bicep curls then immediately performing 10 repetitions of tricep extensions. You do these without rest, but it is considered active rest since the muscle group you just used is not being actively used during the next exercise.

Giant Sets: Giant sets take the idea of supersets one step further. Instead of stringing two exercises together, a lifter strings three exercises together before resting.

Compound Sets: A compound Set involves two exercises that stress the same muscle group, performed one right after the other without a rest. For example, a compound lift for the chest would be a set of bench presses followed immediately by a set of dumbbell flies. Take a one-minute rest after the second exercise. Keep in mind that you will probably use less weight than usual for the second exercise since muscles are already fatigued.

Stripping: This procedure is a type of pyramid, but without rest. In the stripping workout you will do one long set to failure. Start with about 90% of your 1RM, do 6-8 reps, reduce by 10lb, without any rest do 6-8 reps...repeat until failure. The goal is to fatigue/failure by 4-6 sets. The number of reps and amount of weight can vary. This is a high intensity workout design that will increase your muscle endurance and definition.

Pre-exhaustion: s designed to fatigue a large muscle group by performing a single-joint exercise before the multi-joint exercise. An example of pre-exhaustion would be to execute a seated leg extension exercise before performing the squats. This is a more advanced technique because beginning and intermediate students are advised to perform multi joint exercises before single joint.

Periodization: is the process of varying a training program at regular time intervals to bring about optimal gains in physical performance. Some proven benefits of periodization are improved muscular endurance, strength, power, motor performance, and/or muscle hypertrophy. The goal of periodizing an exercise program is to optimize training during short (e.g., weeks, months) as well as long periods of time (e.g., years, a life time, or an athletic career).

Protein: How Much Do You Need?

Are You Getting the Right Amount of Protein?

By [Laura Dolson](#), About.com Guide

Updated October 04, 2011

About.com Health's Disease and Condition content is reviewed by our [Medical Review Board](#)



High Protein Foods

Photo © Malcolm Romain

What is protein? How much protein do we need? Is it possible to eat too much protein? These are important questions for people following a low carb way of eating, who usually are replacing part of their carbohydrate intake with protein.

What is protein?

Protein is one of the basic building blocks of the human body, making up about 16 percent of our total body weight. Muscle, hair, skin, and connective tissue are mainly made up of protein. However, protein plays a major role in **all** of the cells and most of the fluids in our bodies. In addition, many of our bodies' important chemicals -- enzymes, hormones, neurotransmitters, and even our DNA -- are at least partially made up of protein. Although our bodies are good at "recycling" protein, we use up protein constantly, so it is important to continually replace it.

Proteins are made up of smaller units called amino acids. Our bodies cannot manufacture nine of the amino acids, so it is important to include all these amino acids in our diets. Animal proteins such as meat, eggs, and dairy products have all the amino acids, and many plants have some of them. [Learn more about amino acids in our diet.](#)

How much protein do we need?

Our protein needs depend on our age, size, and activity level. The standard method used by nutritionists to estimate our minimum daily protein requirement is to multiply the body weight in kilograms by .8, or weight in pounds by .37. This is the number of grams of protein that should be the daily minimum. According to this method, a person weighing 150 lbs. should eat 55 grams of protein per day, a 200-pound person should get 74 grams, and a 250-pound person should eat 92 grams.

Another way to [compute protein needs](#) has to do with lean body mass. This method is discussed in the [Zone Diet](#) and [Protein Power](#) books.

Do people who exercise need more protein?

Although it is controversial, there is evidence that people engaging in endurance exercise (such as long distance running) or heavy resistive exercise (such as body building) can benefit from additional protein in their diets. One prominent researcher in the field recommends 1.2 to 1.4 grams per kilogram of body weight per day for endurance exercisers and 1.7 to 1.8 grams per kg per day for heavy strength training.

But shouldn't protein intake be a percentage of total calories?

Quite a few programs and nutritionists quote percentage of calories, usually in the range of 10 percent to 20 percent, as a way to figure out how much protein a person needs to consume daily. This is a rough estimate of a person's minimum protein needs. It works because typically, larger and more active people need more calories, so the more calories they need, the more protein they will get.

Where this falls down is when people are eating diets that are lower in calories for any reason, conscious or not. People who are ill or losing weight, for example, do not need less protein just because they are eating fewer calories -- so anyone on a weight loss diet should not go by the percent of calories method of calculating protein needs.

What happens if we don't eat enough protein?

Unlike fat and glucose, our body has little capacity to store protein. If we were to stop eating protein, our body would start to break down muscle for its needs within a day or so.

Is it OK to eat a lot more protein than the minimum recommendations?

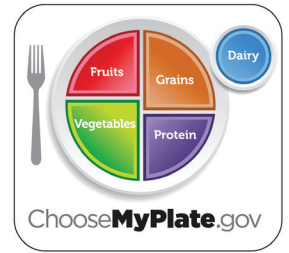
This is the crucial question for people on diets that are higher in protein than usual, as low-carb diets tend to be. In a review of the research, the National Academy of Sciences reported that the only known danger from high-protein diets is for individuals with kidney disease. After careful study, they recommend that 10 percent to 35 percent of daily calories come from protein. They point out that increased protein could be helpful in treating obesity. There is also accumulating evidence that [extra protein may help prevent osteoporosis](#).

Extra protein can be broken down into glucose in a process called [gluconeogenesis](#). On low carb diets, this happens continually. One benefit of obtaining glucose from protein is that it is absorbed into the bloodstream very slowly, so it doesn't cause a rapid [blood sugar increase](#).

What foods have the most protein?

Meat, fish, eggs, dairy products, legumes, and nuts all have substantial amounts of protein. These articles can help:

with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions



















Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium

















Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

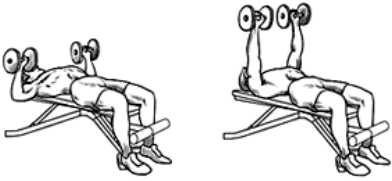
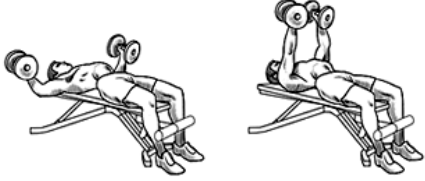

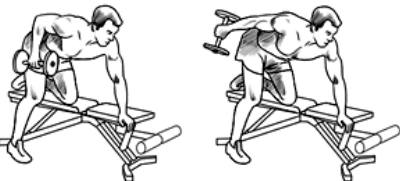
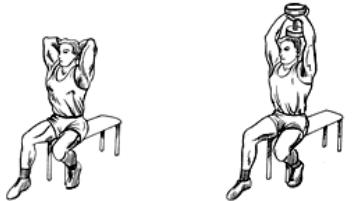


* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.






Weight Training #1 - Weight Training #1

Cardio / Strength Training	# of Sets	# of Reps	Progress Log								
■ Chest Dumbbell Press											
 	3	8									
■ Chest Chest Fly (Dumbbells)											
 	3	8									
■ Back Row (Dumbbells) - on Knee; One-Arm											
 	3	8									
■ Triceps Triceps Kickback (Dumbbells)											
 	3	8									
■ Triceps Triceps Extension (Dumbbells) - Seated											
 	3	8									
■ Shoulders Shoulder Press - Standing; Pronation Grip											
 	3	8									
■ Shoulders Front Deltoid Raise (Dumbbells) - to Horizontal											
 	3	8									
■ Biceps Biceps Curl (Dumbbells) - Standing; Alternated											
 	3	8									
■ Biceps Biceps Curl (Dumbbells) - Seated; Concentrated											
 	3	8									

Weight Training #1 - Weight Training #1 (continued...)

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Triceps Triceps Extension (Dumbbells) - Seated											
		3	8								
■ Thighs Front Lunge (Dumbbells)											
		3	8								
■ Thighs Squat (Ball) - on Wall; Weighted											
		3	8								
■ Calves Calf Raise (Dumbbells) - Standing											
		3	8								
■ Calves Calf Raise (Dumbbells) - Standing											
		3	8								
Stretching Exercises											
											

	<p>■ Chest Dumbbell Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on a bench and hold 2 dumbbells at chest level along your body.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the dumbbells and breathe in while lowering them back.</p>
	<p>■ Chest Chest Fly (Dumbbells)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Lie down on your back on the bench and grab one dumbbell with each hand at shoulder height, elbows just slightly arched.</p> <p>Motion Raise the dumbbells until they are side by side on top of you and slowly lower them back after a short pause.</p> <p>Tips/Caution Try to maintain the same angle in your elbows throughout.</p>
	<p>■ Back Row (Dumbbells) - on Knee; One-Arm</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Put your left knee and hand on a bench and grab a dumbbell with your right hand.</p> <p>Motion Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>
	<p>■ Triceps Triceps Kickback (Dumbbells)</p> <p>Secondary Muscles Forearms</p> <p>Starting Position Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body.</p> <p>Motion Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause.</p> <p>Tips/Caution Keep your upper arm still throughout.</p>
	<p>■ Triceps Triceps Extension (Dumbbells) - Seated</p> <p>Secondary Muscles Forearms</p> <p>Starting Position Sit down and hold one dumbbell with both hands behind your head, elbows at 90 degree angles, upper arms straight up.</p> <p>Motion Raise the dumbbell by straightening your arms and slowly lower it back after a short pause.</p> <p>Tips/Caution Keep your upper arms still throughout.</p>
	<p>■ Shoulders Shoulder Press - Standing; Pronation Grip</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold two dumbbells close to your shoulders, palms facing forward.</p> <p>Motion Push the dumbbells straight up until your elbows come close to locking and lower them back after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>
	<p>■ Shoulders Front Deltoid Raise (Dumbbells) - to Horizontal</p> <p>Secondary Muscles Front Deltoids, Trapezius</p> <p>Starting Position Stand up and hold one dumbbell with each hand in front of your thighs, palms facing back.</p> <p>Motion Raise the dumbbells forward then up until your arms are parallel to the ground and lower them back down after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>

	<p>■ Biceps Biceps Curl (Dumbbells) - Standing; Alternated</p> <p>Secondary Muscles Inside Forearms</p> <p>Starting Position Stand up and hold one dumbbell with each hand, one down the side of your body and the other up near your shoulder, palms facing your body.</p> <p>Motion Raise one dumbbell toward your shoulder and while slowly lowering it back down after a short pause, start raising the other one.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>■ Biceps Biceps Curl (Dumbbells) - Seated; Concentrated</p> <p>Secondary Muscles Inside Forearms, Lower Biceps</p> <p>Starting Position Sit sideways on a bench, rest one arm against your thigh and hold a dumbbell with that hand down between your legs, palm facing the other leg.</p> <p>Motion Raise the dumbbell towards your shoulder and slowly lower it back down after a short pause. Alternate after a set.</p> <p>Tips/Caution Keep your back and upper arms still throughout.</p>
	<p>■ Thighs Front Lunge (Dumbbells)</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the side of your body, palms facing each other.</p> <p>Motion Take a wide step forward so that your knee shows a 90 degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Thighs Squat (Ball) - on Wall; Weighted</p> <p>Secondary Muscles Buttocks, Quadriceps</p> <p>Starting Position Crouch with your back pressed against the ball, itself against the wall, knees at 90 degree angles and hold dumbbells with your hands down your body.</p> <p>Motion Raise yourself up by extending your legs and slowly lower yourself back after a short pause.</p> <p>Tips/Caution Breathe out while raising yourself up and breathe in while returning to starting position.</p>
	<p>■ Calves Calf Raise (Dumbbells) - Standing</p> <p>Secondary Muscles Calves</p> <p>Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other.</p> <p>Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause.</p> <p>Tips/Caution Make sure that only the calf muscles are exercising.</p>

Sample Program Designs

Full Body Each Day

Chest
Shoulders
Back
Biceps
Triceps
Quadriceps
Gluteals
Hamstrings
Calves
Abdominals
Low Back

Each Body Part 2X a Week

Day 1

Chest
Shoulders
Biceps
Triceps
Quads
Gluteals
Abdominals
Low Back

Day 2

Quads
Gluteals
Low Back
Hamstrings
Calves
Abdominals
Back
Triceps

Day 3

Chest
Shoulders
Hamstrings
Back
Biceps
Calves
Abdominals
Low Back

Push/Pull - Switch days on alternating weeks

Day 1

Chest
Shoulders
Triceps
Calves
Abdominals
Low back

Day 2

Back
Biceps
Quadriceps
Gluteals
Hamstrings
Abdominals

Day 3

Chest
Shoulders
Triceps
Calves
Abdominals
Low Back

Upper Lower - Switch days on alternating weeks

Day 1

Chest
Shoulders
Back
Biceps
Triceps
Abdominals
Low Back

Day 2

Quadriceps
Gluteals
Hamstrings
Abductors/adductors
Calves
Abdominals
Low Back

Day 3

Chest
Shoulders
Back
Biceps
Triceps
Abdominals
Low Back

Pyramid Workout

Bench Press _____

Cables 3 X 8

Tricep Ropes _____

Tricep kickbacks 3 X 8

Bicep Negatives (start high to low) _____

Bicep 3 X 8

Lat Pull Down _____

Lat Row 3 X 8

Shoulder Press _____

One arm rows 3 X 8

Leg Press _____

Lunges 3 X 8

Five By Five for Weight Loss

Five sets of five exercises with five minute aerobic intervals

Warm up with 5 minute of cardio

5 X 5 ball push ups

5 minutes of aerobics with 3 fast intervals

5 X 5 ball squats or weighted squats

5 minutes of aerobics

5 X 5 shoulder press (seated on ball)

5 minutes of aerobics with 3 fast intervals

5 X 5 supermans

5 minutes of aerobics

Bicep curls