

8TH Grade - Weight Training

Class Information & Study Guide

The inclusion of weight or resistance training into a fitness program is essential in having a well-rounded fitness level and healthy lifestyle.

Muscular strength and muscular endurance are two of the five components of health-related fitness. While these two will be the primary focus of this class,

STRENGTH TRAINING...Safety First

- Strength-training exercise should be supervised.**
- Weight equipment can be heavy and dangerous.**
- Serious injury can result when equipment is used in inappropriate ways, such as when people lift weights that are much too heavy, or drop equipment on themselves or other.**

By Barbara A. Brehm, Ed.D. -Associate Professor of Exercise and Sport Studies at Smith College, Northampton, Mass

STRENGTH TRAINING...Why should I do it?

Children and adolescents should train for the right reasons. Good reasons to participate in strength training are:

To increase strength, prevent injury, improve physical fitness and body composition, and improve sports performance.

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Experts have found that strength training programs can be safe and effective. Strength training during childhood and adolescence may make bones stronger, a benefit which can last a lifetime.

As far as what age a child should start such a program, here is a good rule of thumb: If 7- or 8-year-olds are ready for participation in organized sports or activities such as little league or gymnastics, then they are ready for some type of strength training program.

For children starting out in weight training, lifetime fitness and proper exercise techniques should be emphasized.

For a beginning program, start with one set of 10-15 repetitions of 6-8 exercises that focus on the major muscle groups of the upper and lower body. Start with

light weight and high reps and increase the load and decrease the reps as strength improves.

In general, two to three training sessions per week on nonconsecutive days is sufficient. Remember, strength training should be one part of a total fitness program.

Teaching young athletes the benefits of a healthy lifestyle and strength conditioning can give them the strong base on which to build their adult lives.

PURPOSE OF EXERCISES & EQUIPMENT IN NMS FITNESS CENTER

EXERCISE	
AB CRUNCHES or MED BALL TWISTS	Improves Strength in abdominal
BENCH PRESS	Improves Strength in shoulders, chest and arms
LEG PRESS	Improves Strength in hamstrings, quadriceps and hips
ARM CURLS	Improves Strength in bicep muscle in upper arm
LEG CURLS	Improves Strength in hamstrings
LEG EXTENSIONS	Improves Strength in quadriceps
SHOULDER PRESS	Improves Strength in shoulders, chest and arms
LAT PULLDOWNS	Improves Strength in shoulders, chest, arms and back
PUSH UPS	Improves Strength in shoulders, chest, arms and core
CARDIO / AGILITY	Cardio improves endurance /Agility / Quickness
STRENGTH TEST – Measures upper body strength - Bench Press (100 lbs) (# reps) * Strength Test is optional	
VERTICAL JUMP (lower body power test) * Jump Test in optional	
STANDING BROAD JUMP Measures Explosive Leg Strength * Jump Test is optional	
SPEED TEST - 40 Yard Dash (1 Time) * Speed Test is Optional	

PRIMARY MUSCLE OF EACH EXERCISE

FITNESS EXERCISE	PRIMARY FUNCTION & BODY PART	PRIMARY MUSCLES
BENCH PRESS	Strength-Entire Upper Body	Pectorals, Deltoid, Triceps, Biceps
LEG PRESS	Strength- Legs & Back	Hamstrings & Quads
LEG EXTENSION	Strength- Legs	Quadriceps
LEG CURLS	Strength-Legs	Hamstrings
SHOULDER PRESS	Strength-Shoulders	Deltoids & Triceps
SHOULDER RAISES	Strength-Shoulders	Deltoids
SEATED CHEST PRESS	Strength-Upper Body	Pectorals & Triceps
ARM CURLS	Strength-Upper Arms	Biceps
TRICEP EXTENSION	Strength-Back of Upper Arms	Triceps
Ab CRUNCHES	Strength-Abdominals	Obliques
Ab TWISTS	Strength-Abdominals	Obliques
NAUTILAS BIKES	Cardio-Lower Body	Hamstrings & Quads
ELLIPTICAL TRAINER	Cardio-Lower Body	Hamstrings & Quads
SCHWINN BIKES	Cardio-Lower Body	Hamstrings & Quads
JUMP ROPE	Cardio &Agility	Whole Body
AGILITY LADDER	Speed & Agility	Lower Body