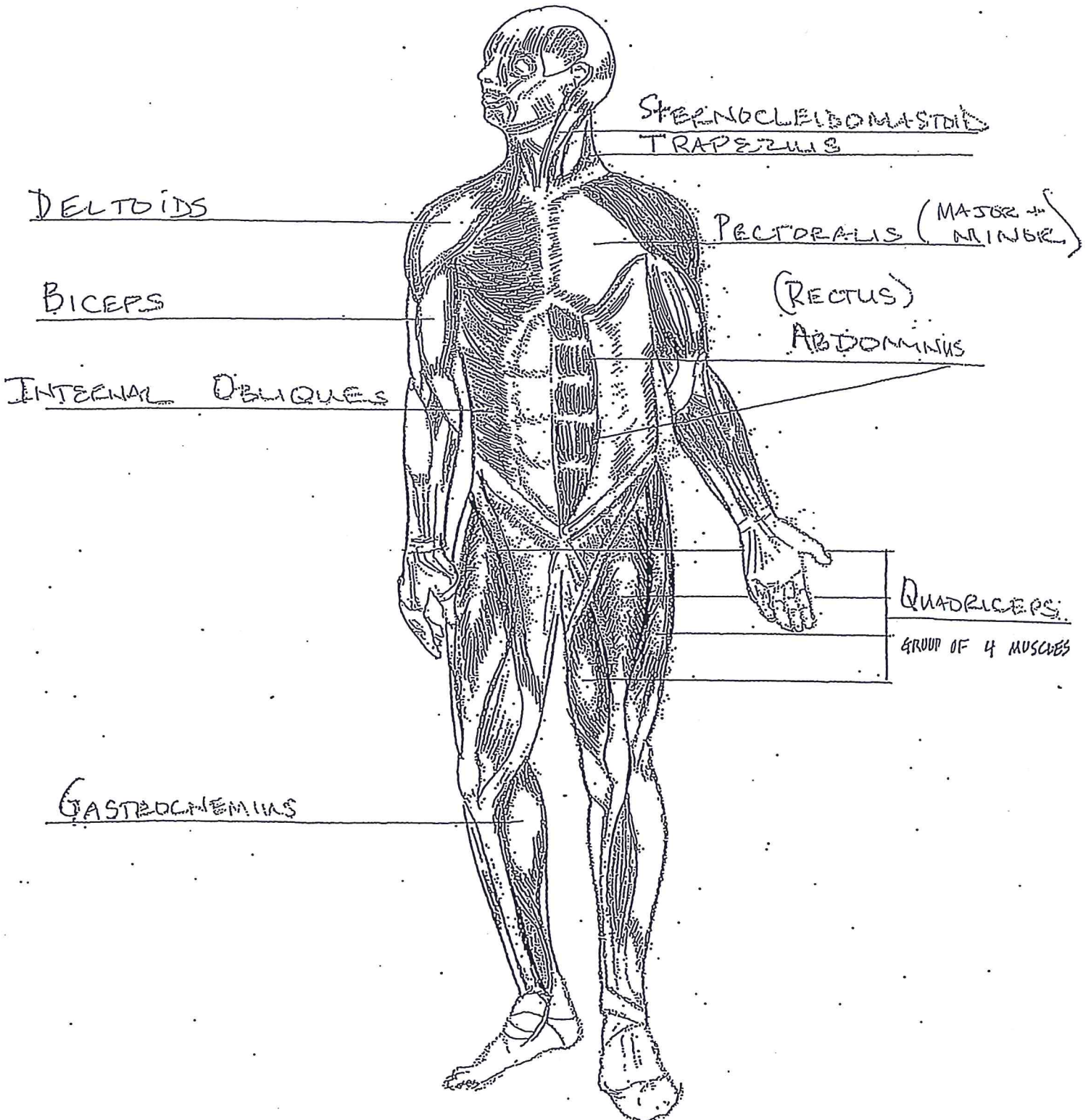
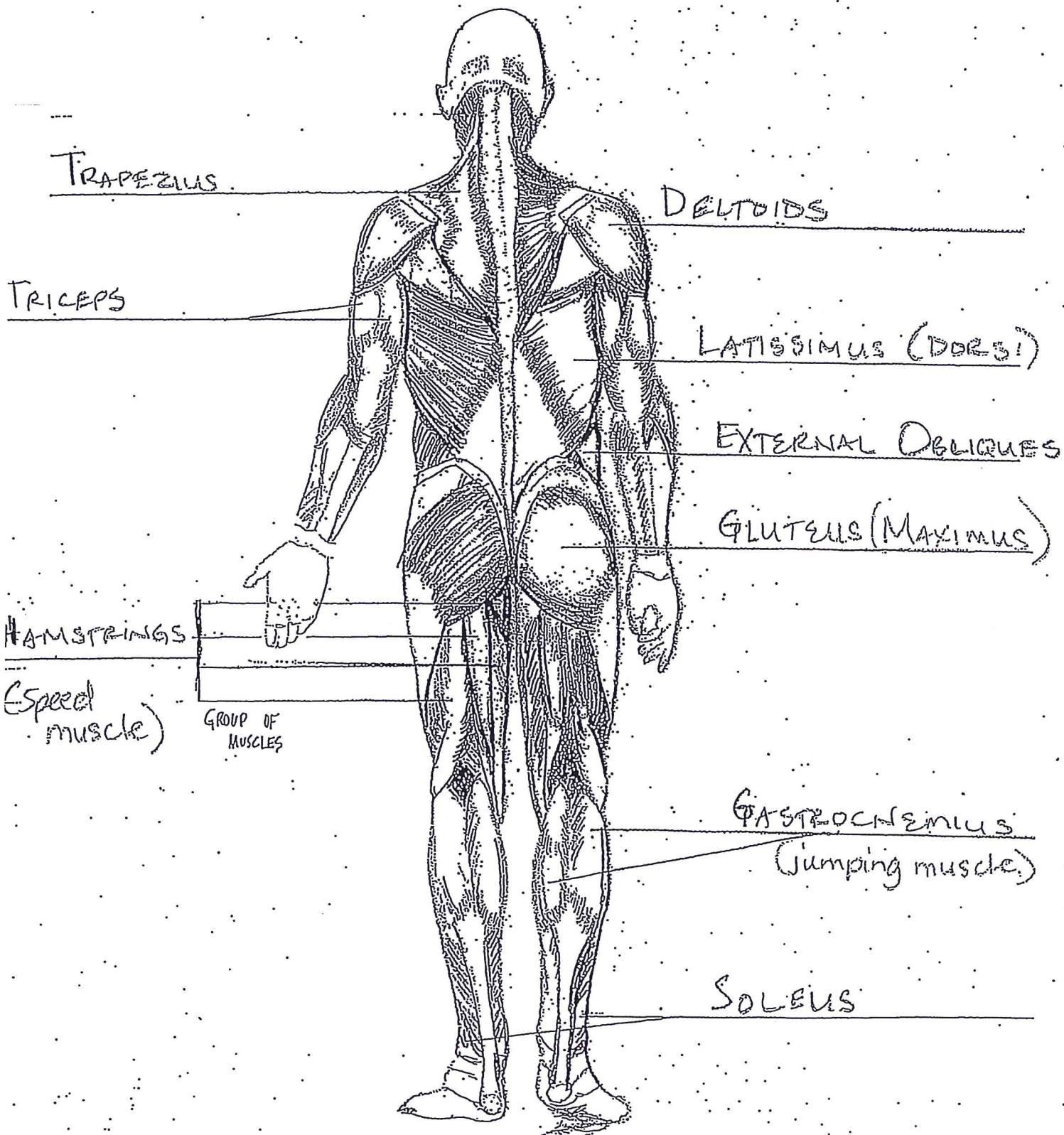


FINAL EXAM STUDY PACKET

Study Guide

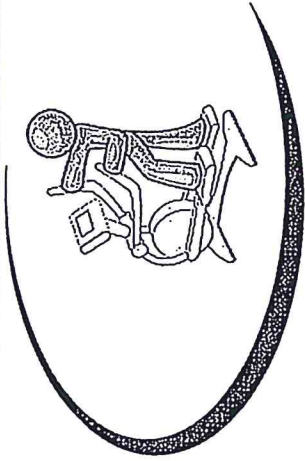
NAME: _____





Are you getting enough Cardio?

Your Guide to a healthy lifestyle



Cardiovascular Exercise: an activity that gets your heart pumping and causes you to breathe more heavily, circulating oxygen and nutrients through your blood to all the cells in your body and making your cardiovascular system stronger.

VRHS
PHYS. ED. DEPT

How to treat injuries

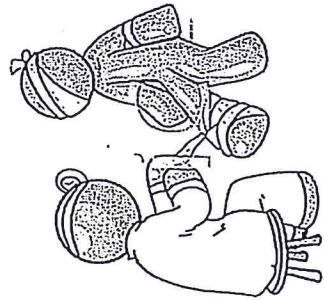
R: Rest

I: Ice

C: Compression

E: Elevation

Always get injuries checked out by a doctor!

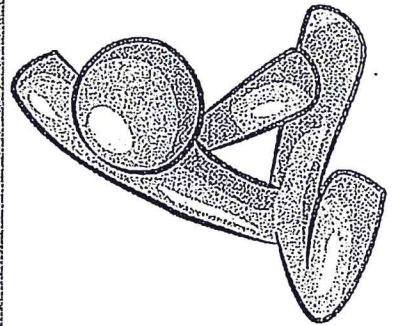


Common Injuries

- Sprains/Strains (See a Doctor)
- Shin Splints (Ice and Rest)
- Soreness (Stretch and cool down)
- Tendinitis (See a Doctor)

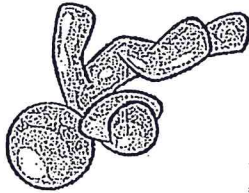
How to reduce soreness

- Stretch within 30 minutes of completed cardio
- Cool down at the end of the workout. Stretch all muscle groups used in the workout

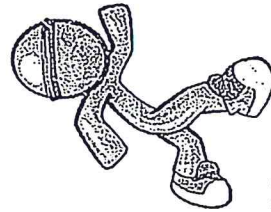


Cardiovascular Activities

- Aerobic Dancing/Zumba
- Running/Jogging
- Jump Rope
- Use of Treadmill, Elliptical Machine, Stairmaster, Stationary Bike in our Wt. Room
- Swimming
- Hiking
- Biking
- Cross country skiing
- Rowing
- Walking
- Roller Skating/Blading



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Benefits

- Stronger cardiovascular system
- Leaner body/reduced weight
- More energy
- More confidence
- Help with body image
- Feeling of accomplishment
- Reduced depression/anxiety
- Reduced cholesterol/blood pressure/heart disease
- Increased endurance

Getting FIT

- ⇒ F- frequency (Cardio type of exercise 3-5 times a week)
- ⇒ I- intensity (exercising at 60-85% of your max heart rate)
- ⇒ T- time (30-60minutes **NON-STOP** per exercise session)
- ⇒ T- type (any exercise that keeps you in your Target Heart Rate Zone)

Taking your pulse

Carotid Artery: below your jaw, where the head and neck meet.

Wrist: where hand and wrist meet

- Count each beat for 1 minute

- Count for 30 seconds and multiply by 2

- Count for 10 seconds and multiply by 6

Finding your baseline

- Max Heart Rate: 220 minus your AGE
- Target Heart Rate Zone: Find your Max Heart Rate and multiply that by .60 to find the lower end OR multiply .85 to find the higher end.
- Your Target Heart Rate Zone is the range at which your cardiovascular exercise is optimal and maximized

INFORMATIVE HEART RATE CHART FINDING YOUR MAX HEART RATE

AGE	MHR	(THRZ)	10 SEC. COUNT	MAX HEART RATE FORMULA =
				220 - YOUR AGE = MHR
				Do the math below!!!
14	206 BPM	124 BPM - 175 BPM	21BPM -29BPM	220
				= ???
15	205 BPM	123 BPM - 174 BPM	21BPM -29BPM	_____ BPM = YOUR MAX HEART RATE
16	204 BPM	122 BPM - 173 BPM	20BPM -29BPM	
17	203 BPM	122 BPM - 173 BPM	20BPM -29BPM	
18	202 BPM	121 BPM - 172 BPM	20BPM -28BPM	

Now enter your Max Heart Rate to find your TARGET HEART RATE ZONE below

$$20 \text{ --- } \frac{20 \text{ --- } \times .85 (85\%)}{X .60 (60\%)} = \text{BPM} \quad \sim \text{TO --- BPM}$$

As calculated above your Target Heart Rate Zone = _____ BPM to _____ BPM

RESTING HEART RATE:
To find your 10 Sec. Count DIVIDE your beats per minute above by 6 (since there are 60 seconds in a minute)

Your 10 Second Count should be = _____ BPM to _____ BPM

50-90 BEATS PER MINUTE (AVERAGE IS 70 BPM)

TO FIND YOUR RESTING HEART RATE:

TAKE YOUR PULSE WHEN YOU WAKE UP FOR 3 MORNINGS.

DAY 1 _____ BPM, + DAY 2 _____ BPM, + DAY 3 _____ BPM = Total BPM for 3 Days = _____ / BY 3
Add each days calculations and divide that number by 3 = _____ = Your Average Resting Heart Rate

REMEMBER: You will need to re-calculate your Max. & Target numbers with each birthday! Resting Heart Rate decreases with exercise because your heart becomes more efficient with each beat!

YOUR NAME: _____ BLOCK _____

NAME OF 20+ YEAR OLD _____ THEIR AGE _____

NOW TEACH SOMEONE

ELSE, WHO IS 20 YEARS

OF AGE OR OLDER.

HOW TO FIND THEIR OWN:

~ MAX. HEART RATE

~TARGET HEART RATE ZONE

~10 SECOND COUNT

~RESTING HEART RATE

FINDING YOUR MAX HEART RATE

MAX HEART RATE FORMULA =

220 - YOUR AGE = MHR

DO THE MATH BELOW!!!!

220

= ???

_____ BPM = YOUR MAX HEART RATE

NOW ENTER YOUR MAX HEART RATE TO
FIND YOUR TARGET HEART RATE ZONE BELOW

_____ ? _____ ?

X .60 (60%) _____ X .85 (85%)

= BPM ~TO~ = BPM

AS CALCULATED ABOVE YOUR TARGET HEART RATE ZONE =

_____ BPM TO _____ BPM

TO FIND YOUR 10 SEC. COUNT DIVIDE
YOUR BEATS PER MINUTE ABOVE BY 6
(SINCE THERE ARE 60 SECONDS IN A MINUTE)

RHR = _____ DAY 1 + _____ DAY 2 + _____ DAY 3 = _____ TOTAL

TOTAL DIVIDED BY 3 = _____ = AVE. RESTING HEART RATE

REMEMBER: YOU WILL NEED TO RE-CALCULATE

YOUR 10 SECOND COUNT SHOULD BE =

YOUR NUMBERS WITH EACH BIRTHDAY!

_____ BPM TO _____ BPM

Karate Kick Metaphor

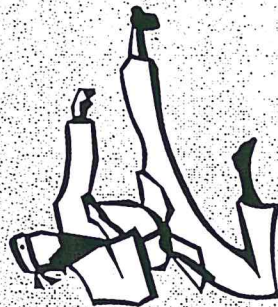
- ◊ Breathe out when exerting force
- ◊ Breathe in when absorbing force

◊ Tempo=

Strength/Power Training

(When exerting force breathe out 1,2,... When absorbing force breathe in 1,2,3,4 {Like a Karate Kick}) *with heavier weights*

- ◊ Tempo=Toning (When exerting force breathe out 1,2,3,4....when absorbing force breathe in 1,2,3,4 {Like a pendulum}) *w/ lighter wts.*



Flexion: when muscles are being contracted
Extension: when muscles are being elongated

Abdominals:

- ◊ Bent legs work upper abs
- ◊ Straight legs work lower abs
- ◊ Internal and External oblique's are worked by twisting motions during ab workouts.

Free Weights:

- ◊ Cheaper
- ◊ Greater range of motion
- ◊ More variety in exercise
- ◊ Develops muscles to fullest
- ◊ More strength needed
- ◊ More coordination
- ◊ More agility
- ◊ Less space
- ◊ Spotter needed
- ◊ Can be dangerous if not done correctly

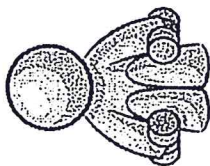
Machines:

- ◊ Great for beginners
- ◊ Safer
- ◊ Can be done alone
- ◊ Saves time
- ◊ More expensive
- ◊ Isolates one muscle group
- ◊ More space needed

Lets get Fit!

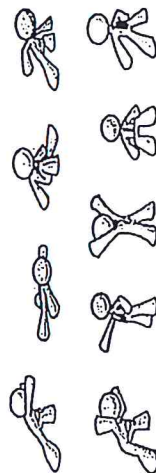
In this brochure:

- Weight Room Techniques
- Resistance Training



VRHS

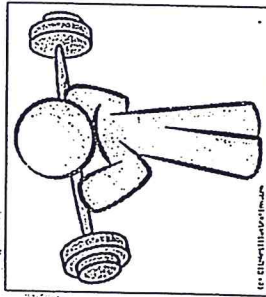
PE DEPT



SPLIT BODY WORKOUT

(highest rest time = least cardio)

- 3 sets of 10/12= Toning (Every other day for a full body workout {day of rest in between})
- 3 sets of 10/12= Toning (Back to back days only if doing a split body workout {planned day of rest in the middle} Backs, Legs, Biceps, and Abdominals)
- Rest in between each set of 10/12 should be 90 seconds



Here's a suggested schedule:

- ◊ Monday: Chest, shoulders, Triceps, and Abs
- ◊ Tuesday: Back, Legs, Biceps, and Oblique's
- ◊ Wednesday: Rest
- ◊ Thursday: Chest, Shoulders, Triceps, Abs
- ◊ Friday: Back, Legs, Biceps, and Oblique's
- ◊ Saturday and Sunday: Rest

SUPERSET/OVERLOAD WORKOUT

(mid-range for amount of rest time)

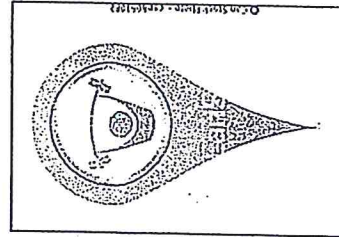


Choosing a group of muscles in the

body that you want to train and then rotating on stations within that

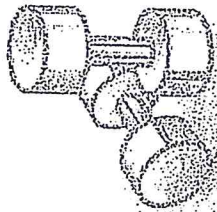
Here's an example:

- ◊ Back= Muscle Chosen
- ◊ Pull up: 1 set of 12, then 1/12 Reverse Grip Pull downs, 1/12 of Seated Row (Repeat this 2 more times)
- ◊ Suggestion: If you were to do a true Superset Workout on this day, do 3 rotating stations on your back, and then 3 on your legs, and then 3 on your biceps. This provides good cardio and gives a variety of workouts.



FATIGUE WORKOUT

(no rest time for each muscle group = most cardio)



- ◊ Pick one station for each muscle group: Legs, Back, Chest, Shoulders, Triceps, Biceps, and Abs

- ◊ Go to the particular station of your choice for each muscle group. (Do one that your accustomed too)
- ◊ Do as many reps as you can
- ◊ Now that you have fatigued that muscle group, move onto the next one
- ◊ Continue to do this for the remainder of the muscle groups

THIS IS A SUPERSET/ OVERLOAD WORKOUT

WEIGHT ROOM SAFETY PROCEDURES

1. Please use all equipment for its intended purposes only. (ex. medicine balls)
2. Horseplay is not acceptable. Please walk while entering and exiting the weight room and from station to station.
3. Please use proper spotting techniques and lifting belts for the appropriate core lift exercises.
4. Keep your hands and feet to yourself unless you are spotting someone.
5. Return all equipment to its original location. Please re-rack: plates, dumbbells, bars, clips, medicine balls, and other weight room training equipment that you use.
6. Hygiene: to reduce spread of infectious diseases, please wipe down equipment with disinfectant towel after using it.
7. No food, gum, or drinks are allowed in the weight room during PE classes. After school, only water or sport drinks (i.e. Gatorade, Powerade, ETC) are permitted.
8. Jewelry (i.e. dangling earrings, necklaces, rings, bracelets, watches) could be detrimental while weight training and are not to be worn. Lock them up!
9. During school, handbook rules apply for head coverings. After school, hats and loose-fitting or tied head coverings are not permitted.
10. Proper attire is required. No open toed shoes are permitted in the weight room

THE RULES STATED ABOVE ARE ALL VALLEY REGIONAL HIGH SCHOOL WEIGHT ROOM SAFETY PROCEDURES AND SHOULD BE FOLLOWED AT ALL TIMES.

Name _____

Name _____

Name _____

CHEST	MUSCLES USED
Bench press machine	Pectoralis Major
Bench press /towel Free wts.	Pectoralis Major
Flat bench dumbbell	Pectoralis Major
Dip machine/ Forward lean	Pectoralis Major/Minor
Incline benchpress free wts.	Pectoralis Major
Dumbbell incline	Pectoralis Major
Butterfly/Pec. Deck	Pec-Major & Minor
Incline Butterfly/Pec. Deck	Pec-Major & Minor
Dumbbell flys	Pec-Major & Minor
Flat bench pullover	Pectoralis Major
SHOULDERS	
Seated shoulder press machine)	Front Deltoids
Dumbbell shoulder press	Front Deltoids
Shoulder raise machine	Outer Deltoids
Lateral raise w/dumbbells	Outer Deltoids
Front raises	Front Deltoids
Dumbbell pullbacks	Posterior Deltoids
Upright rows	Deltoids/Trapezius
1's, T's, V's, Y's (w's)	Deltoids -- various
Plates	Deltoids & other
ARMS/TRICEPS	
Dip machine/Vertical up/down	Triceps
Pushdowns with bar	Triceps
Pushdowns with rope	Triceps (outer)
Kickbacks with Dumbbell	Triceps
Extensions w/dumbbell -- 1	Triceps
Extensions w/ 2 hands	Triceps
Reverse rope (close)	Triceps
Reverse rope (far)	Triceps (outer)
Reverse dips/bench dips	Triceps

LEGS	MUSCLES USED
29. Squat machine	Gluts, Quads, Hams, Gastrocs
30. Squat rack	Gluts, Quads, Hamstr.
31. Dumbbell squat	Gluts, Quads, Hamstr.
32. Leg Press	Gluts, Quads, Hamstr.
33. Lunges-single/dumbbells	Gluts, Quads, Hamstr.
34. Leg extension	Quadriceps
35. Leg curl (1-legged)	Hamstrings
36. Straight leg deadlifts	Hamstrings
37. Heel raises	Gastrocnemius
38. Calf Raise (seated)	Gastrocnemius
BACK	
39. Core = Hang cleans	
40. Lat. Pull to FR of neck/wide	Latissimus Dorsi
41. Reverse (grip) pull downs	Rhomboids
42. Seated row	Rhomboids
43. T-bar rows	Rhomboids
44. Bent over rows	Rhomboids
45. Standing arm rows	Rhomboids
46. Hyperextension bench/Roman	Lumbar Region
47. Supermans	Latissimus/Trapezius
48. Pullup machine	
ARMS (BICEPS)	
49. Bicep curls machine	Biceps
50. Alternate dumbbell curls (seated)	Biceps
51. Hammer/Zotman curls	Biceps/Deltoid
52. Preacher bench	Biceps
53. Bar Curls (Standing)	Biceps
54. 7's (7 half, 7 upper half, 7 full)	Biceps
55. Wrist curls	Wrist
56. Reverse curls	Forearm

ABDOMINALS	MUSCLES USED
57. Right angle crunches (50)	Rectus Abdominus
58. Medicine ball twists (25 both ways)	Obliques
59. Medicine ball sit-ups (25)	Rectus Abdominus
60. Supported Leg Lifts 15s, 20s, 15s	Abdominals
61. V sits	Rectus Abdominus
62. Bicycles	Obliques
63. Planks	Rectus Abdominus
64. One siders	Obliques
65. The hundred	Rectus Abdominus
66. Hyperextension Bench One siders	Obliques
CARDIO MACHINES	MUSCLES USED
67. Recumbant Bike (seated)	Quads, Hams, Gluts, Gastrocnemius
68. Elliptical	Quads, Hams, Gluts, Gastrocnemius
69. Stationary Bike	Quads, Hams, Gluts, Gastrocnemius
70. Stairmaster	

71. AB workout - Purdy Traci Etc.

Write your fitness goal for the quarter "