

Karate Kick Metaphor

- ◇ Breath out when exerting force
- ◇ Breath 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)



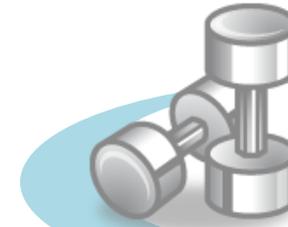
Choosing a group of muscles in the body that you want to train and then rotating on stations within that

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 full body workout!