

## Weight Lifting Study Guide

- Use proper form. Learn to do each exercise correctly. The better your form, the better your results – and less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight or the number of repetitions. If you're not sure whether you're doing a particular exercise correctly, ask a personal trainer or other fitness specialist for help.
- Breathe. You might be tempted to hold your breath while you're lifting weights. Don't. Holding your breath can lead to dangerous increases in blood pressure. Instead, breathe out as you lift the weight and breathe in as you lower the weight.
- Seek Balance. Work all of your major muscles – abdominals, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way, such as the front of the shoulder and the back of the shoulder.
- Rest. Avoid exercising the same muscle two days in a row. You might work all of your major muscle groups at a single session two or three times a week, or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs.

### Lifts and Muscle Groups

#### Upper Body Lifts

- ❖ Bench Press – Chest Muscles/Pectorals
- ❖ Military Press – Arms, Biceps, Triceps, Chest Muscles/Pecs
- ❖ Lat Pull Downs – Shoulders/Deltoids
- ❖ Dumb bell Incline – Arms, biceps, triceps, chest muscles/Pecs
- ❖ Arm Curls – Arms, Biceps, Triceps
- ❖ Dips – Arms, Biceps, Triceps

#### Lower Body Lifts

- Squats –Thighs/Quadriceps, Buttocks/Gluteus Maximus
- Calf Raises – Calves
- Leg Curl – Thighs/Quadriceps, Buttocks, Gluteus Maximus
- Leg Extensions – Thighs and Quadriceps
- Leg Press – Thighs and Quadriceps