

Curriculum Package

LIFT & LEAP

SAFE

LIFT



CERTIFIED

Gym Etiquette

1. Bring clean footwear to wear in the facility
2. Bags and backpacks go in the locker room
3. Treat others with respect
4. Ask if you can work in, allow people to work in.
5. Don't monopolize equipment.
6. Put your weights away and in their proper location.
7. If you move equipment, return it to its proper location.
8. Clean bars and benches after use
9. Stay clear of others lifting unless you are spotting.
10. Limit cell phone use.
11. Do not carry-on lengthy conversations with others.
12. Unless the space and equipment is designed for dropping, don't drop weights.
13. Do not use perfumes and limit your personal body odor.



Gym Safety

1. Learn to lift with proper form.
2. Warm up effectively before lifting.
3. Come to your workout properly nourished and hydrated.
4. Use a spotter or partner if there is a risk of you being trapped by the weight.
5. If using bumper plates, learn how to dump the weight.
6. Check your surroundings before completing a set.
7. Do not cut in front of others while they are lifting.
8. Provide a three-foot buffer between your equipment and another person's equipment when lifting.
9. Use collars when they are available.
10. Wear proper footwear with closed-toe shoes.
11. If you are not sure, ask for help.





Gym Etiquette and Safety Deliverables

- Wear proper clothing and footwear.
- Adjust a rack to squat height.
- Fasten collars to a bar.
- Load a bar to 110lbs.
- Dump a bar from overhead.
- Dump a bar from a squat.
- Spot a squat.
- Spot a bench press.
- Spot a dumbbell bench press.
- Clean a bar.

Warm-up Principles

General Warm-up

Activities that increase body temperature

- Walking, jogging, bike, jumping jacks, dynamic stretching
- 5 minutes or until you are sweating a bit and breathing hard

Specific Warm-up

Activities that use muscle groups and muscle actions similar to the primary activity that day

- Using a stick or light weight
- Adding weight gradually
- Starting slower then increasing speed

Warm-up: Stretching

Static Stretch

Take the muscle to the point of tension and hold for 10-30s.

- Good if muscles are tight
- Not as beneficial before sport events
- Best used at the end of workout or as a recovery aid

Dynamic Stretch

Use muscle action to move the body through its full range of motion.

- Good before an athletic event
- Not as good for tight muscles
- Can help in practicing exercises before the workout (ie. specific warm-up)

Sample Warm-up Activities

General Weightroom Warm-up Toolbox:

Jog	<u>Other?</u>
Bike	
Row	
Elliptical	
Jumping Jacks	
Dynamic Stretch	
Ladders	
Stairs	

Specific Weightroom Warm-up Toolbox:

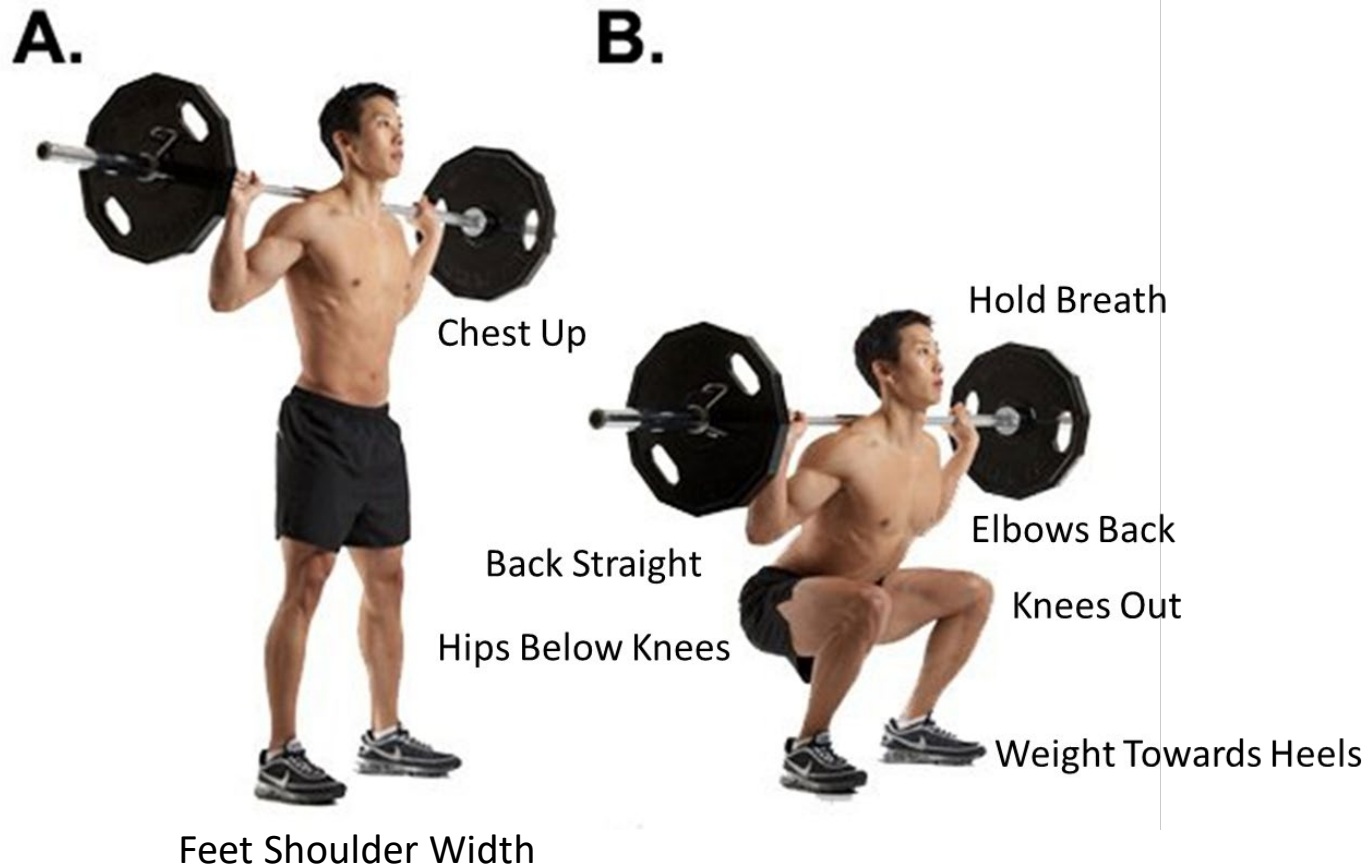
Dowel exercises	<u>Other?</u>
Squats	
Lunges	
Step ups	
Wall push up	
Good morning	
Incline body row	



Create your
warm-up
plan
deliverable

Exercise	Sets	Reps/Time

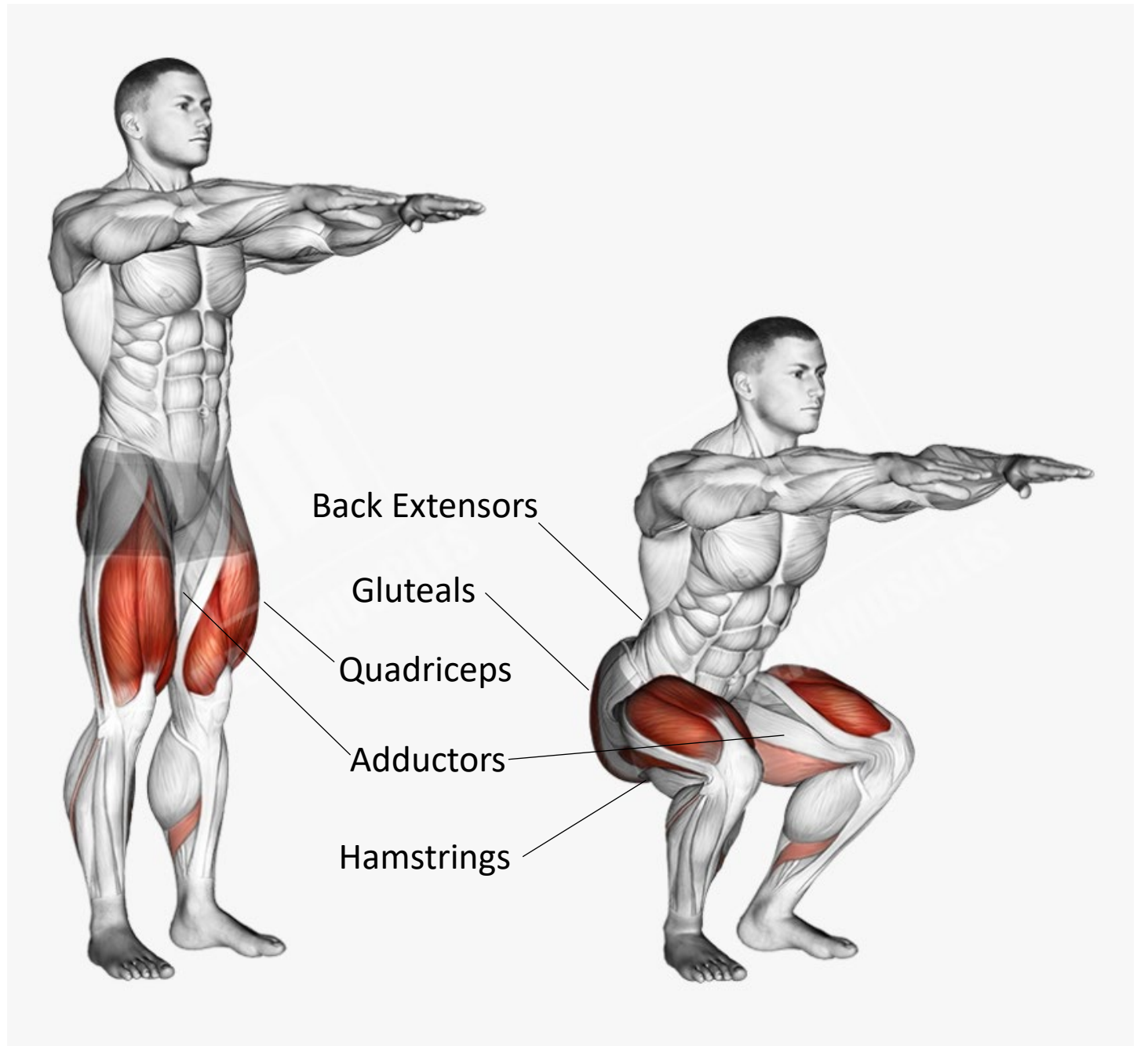
Squat Safety



Why squat?

- It develops full body strength
- Functional exercise that is specific to many sport and daily activities
- It can prevent injury and increase bone density
- It develops muscles of the lower body
- It uses a lot of energy
- There are many variations on the movement

Squat Anatomy



Good Back Squat Technique

A.



Chest Up

Feet Shoulder Width

B.



Hold Breath

Back Straight

Hips Below Knees

Elbows Back

Knees Out

Weight Towards Heels

High Bar



Low Bar



Good Front Squat Technique

Elbows Up



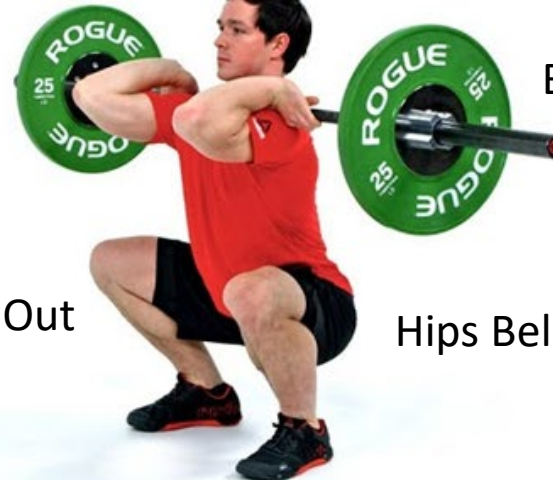
Feet Shoulder Width

Chest Up



Hold Breath

Knees Out



Hips Below Knees

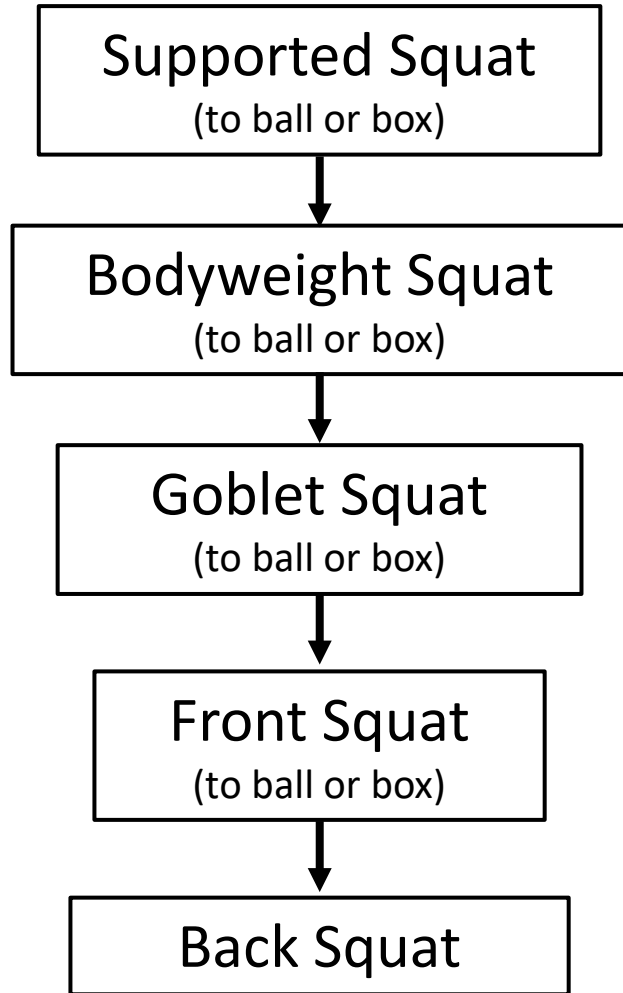
Back Straight

Weight Towards Heels

Good Goblet Squat Technique



Learning the Squat



Supported Squat



Bodyweight Squat



For most beginners it is best to provide a target such as a ball or box to sit to.



Squat Spotting Technique



Squat Errors



Knees must stay outside of toes



Back must stay flat



Chest must stay up.
Weight stays on flat feet.

Squat Deliverable

Record a video of yourself demonstrating a goblet squat, front squat or back squat with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

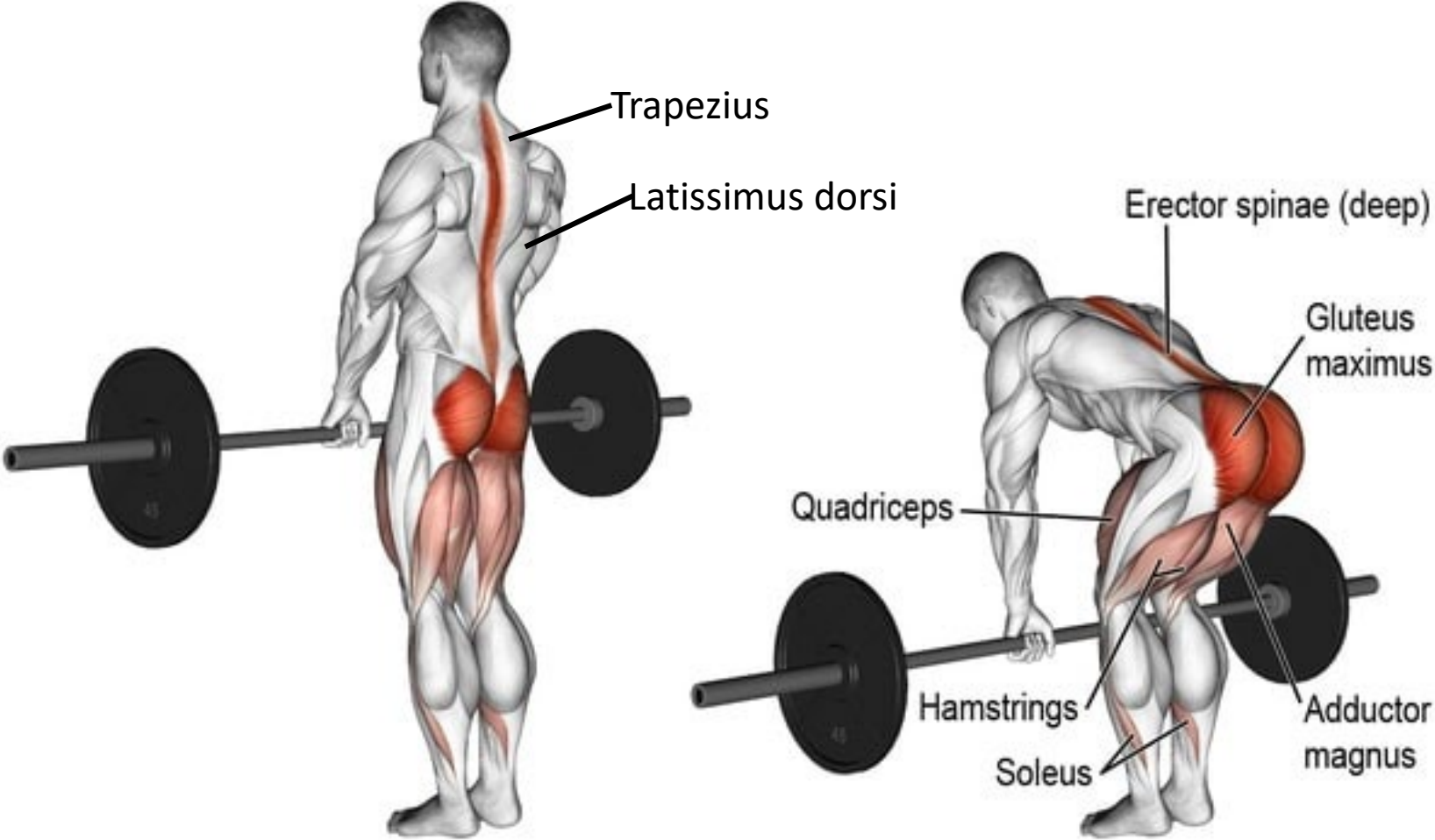
Safe Deadlifting

Why Deadlift?

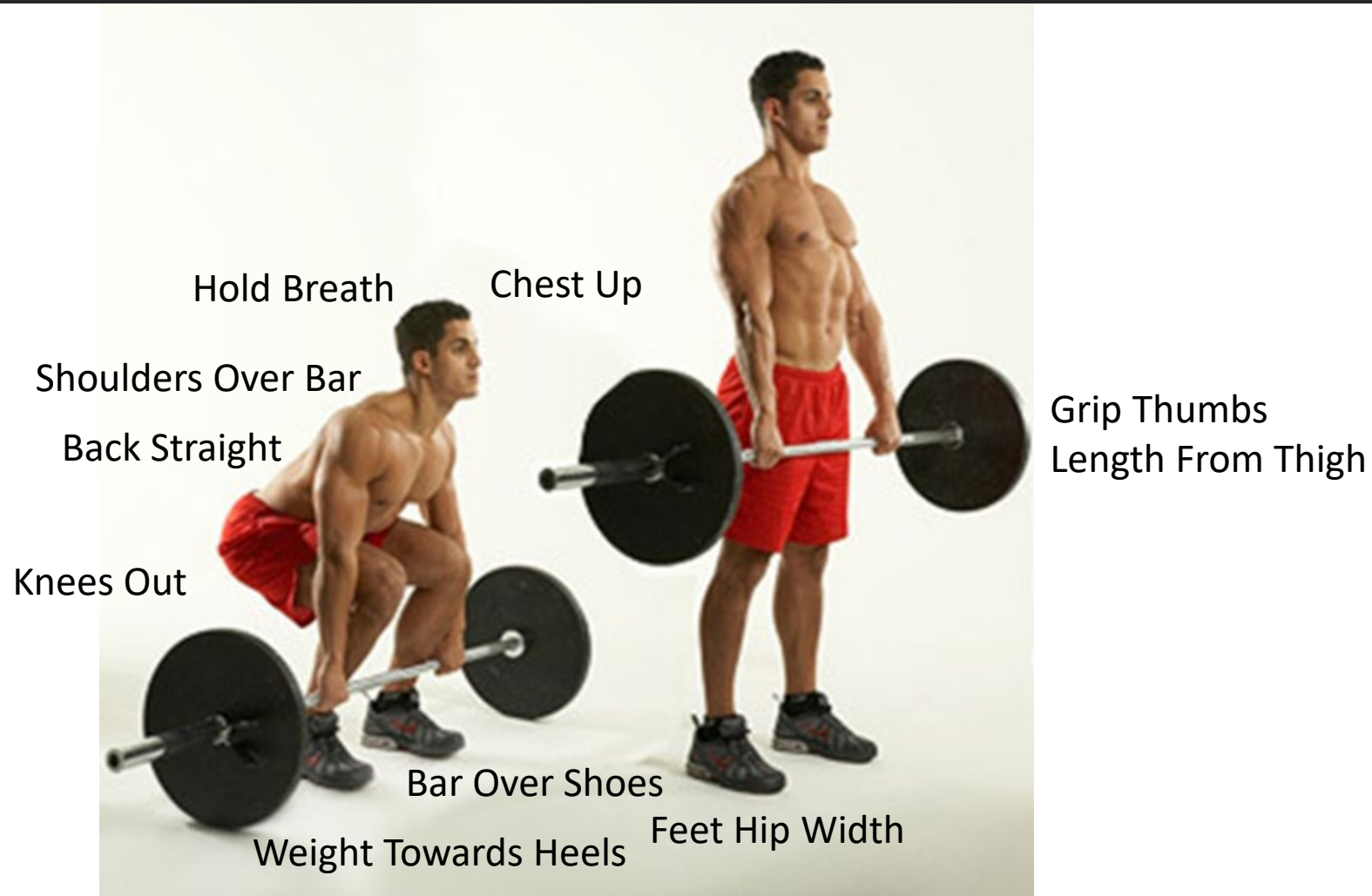
- Develop full body strength
- Develop leg and back muscles
- Functional exercise that is specific to many sport actions
- Relatively easy to teach
- It can prevent injury and increase bone density
- Functional transfer to sport and daily activities



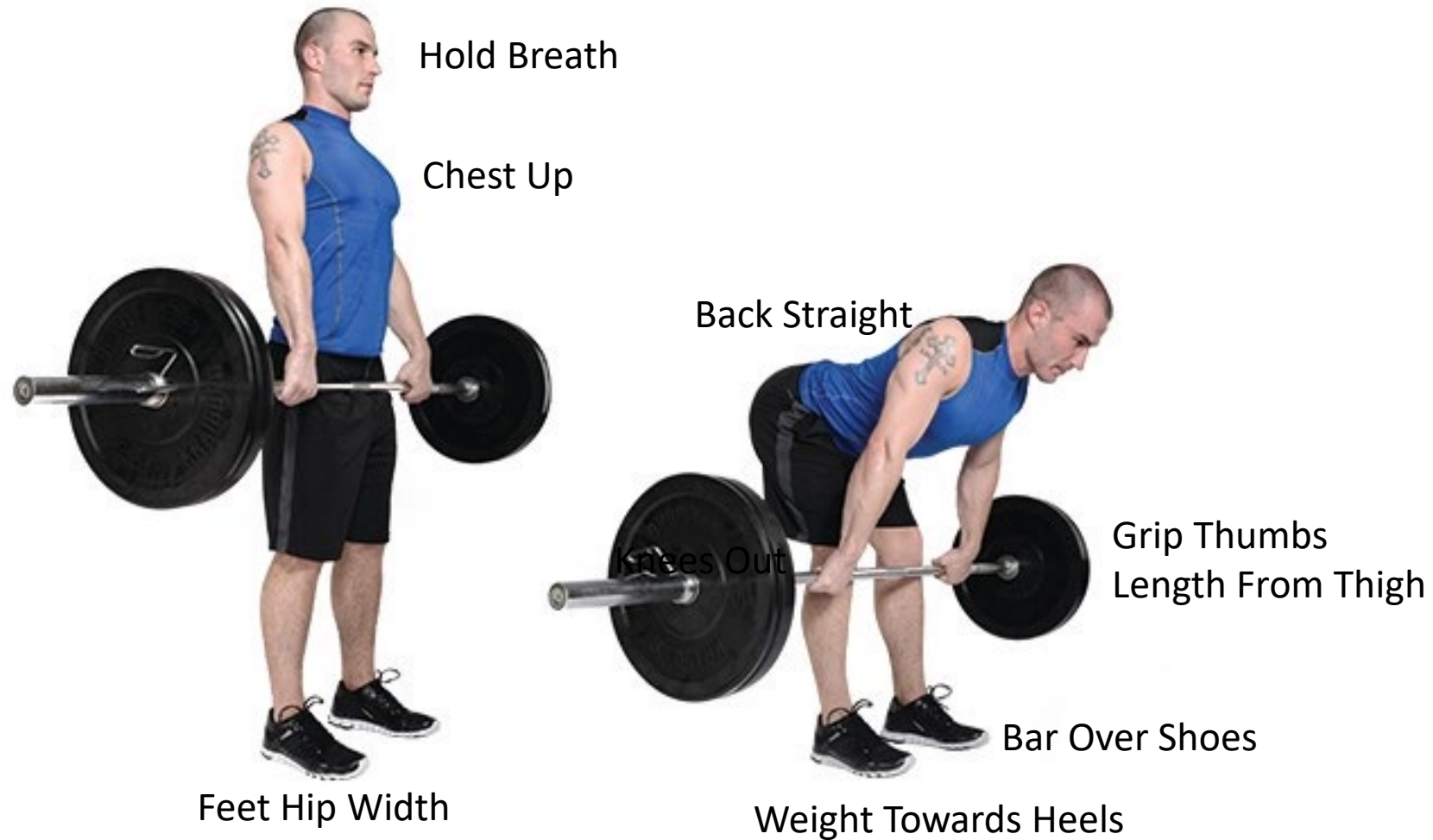
Deadlift Anatomy



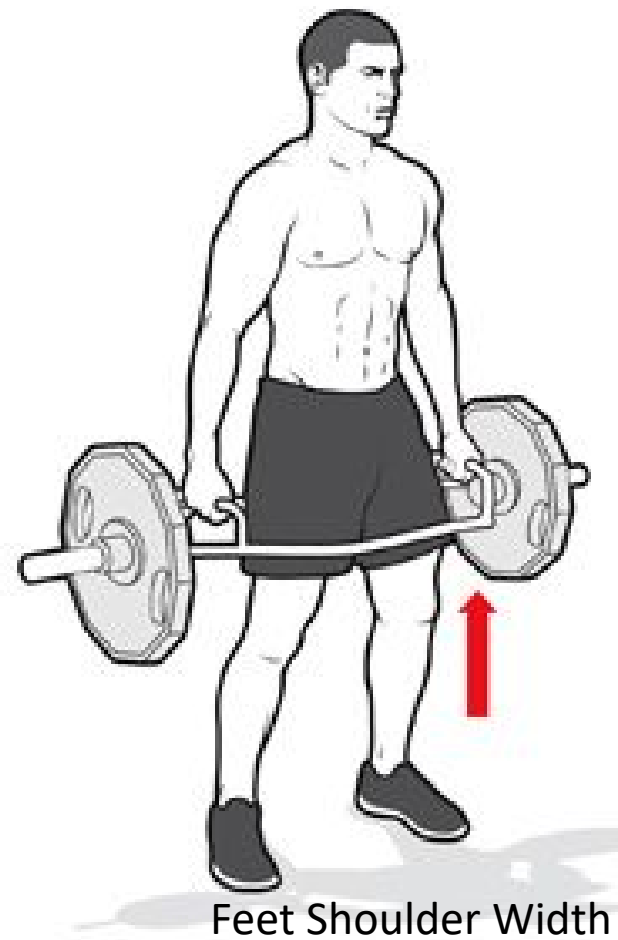
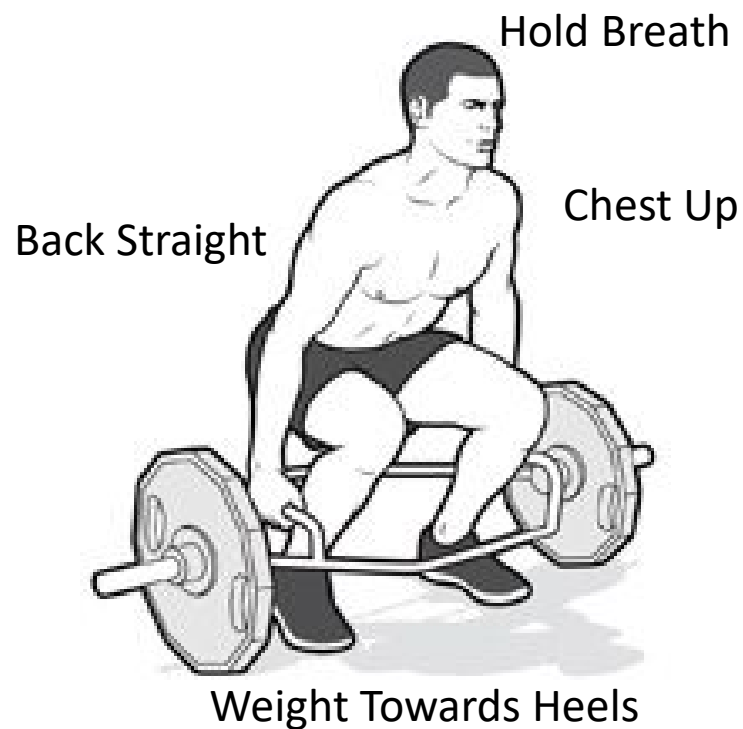
Good Deadlift Technique



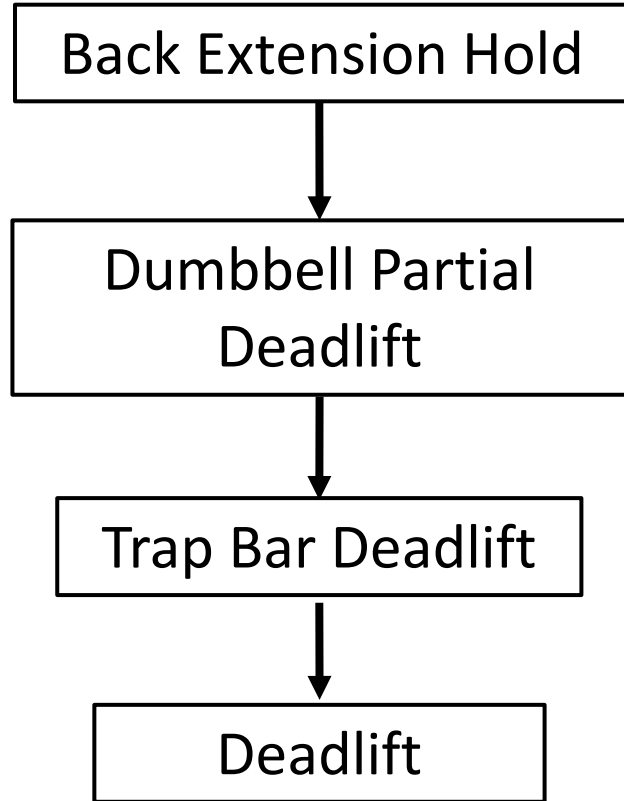
Good Romanian Deadlift (RDL) Technique



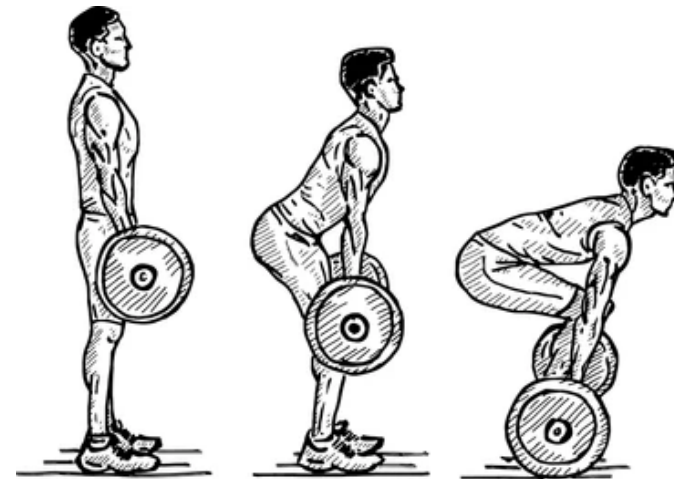
Good Trap Bar Deadlift Technique



Learning the Deadlift



The **Back Extension Hold** can be performed from a special bench like this or off of the end of a normal weightroom bench with someone holding your legs down.



Push the hips and knees back when pulling from the floor.

Bad Deadlift Technique

If your back consistently rounds when deadlifting, the muscles of the back are not being properly strengthened and the likelihood of injury goes up significantly.



Deadlift Deliverable

Record a video of yourself demonstrating a deadlift, RDL or trap bar deadlift with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

Safe Overhead Pressing Technique

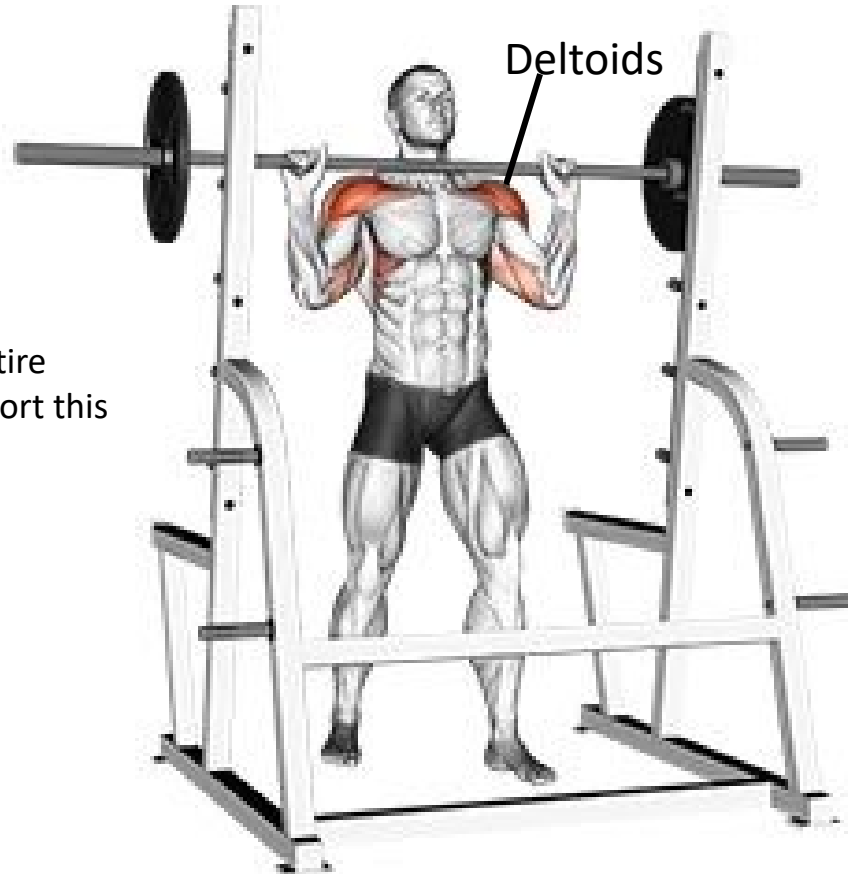


aka. Military Press, Shoulder Press, Strict Press

Why overhead press?

- Develop upper body strength
- Functional strength for sport
- Develop muscles of the shoulders and arms
- Prevent shoulder injury
- Easy to learn

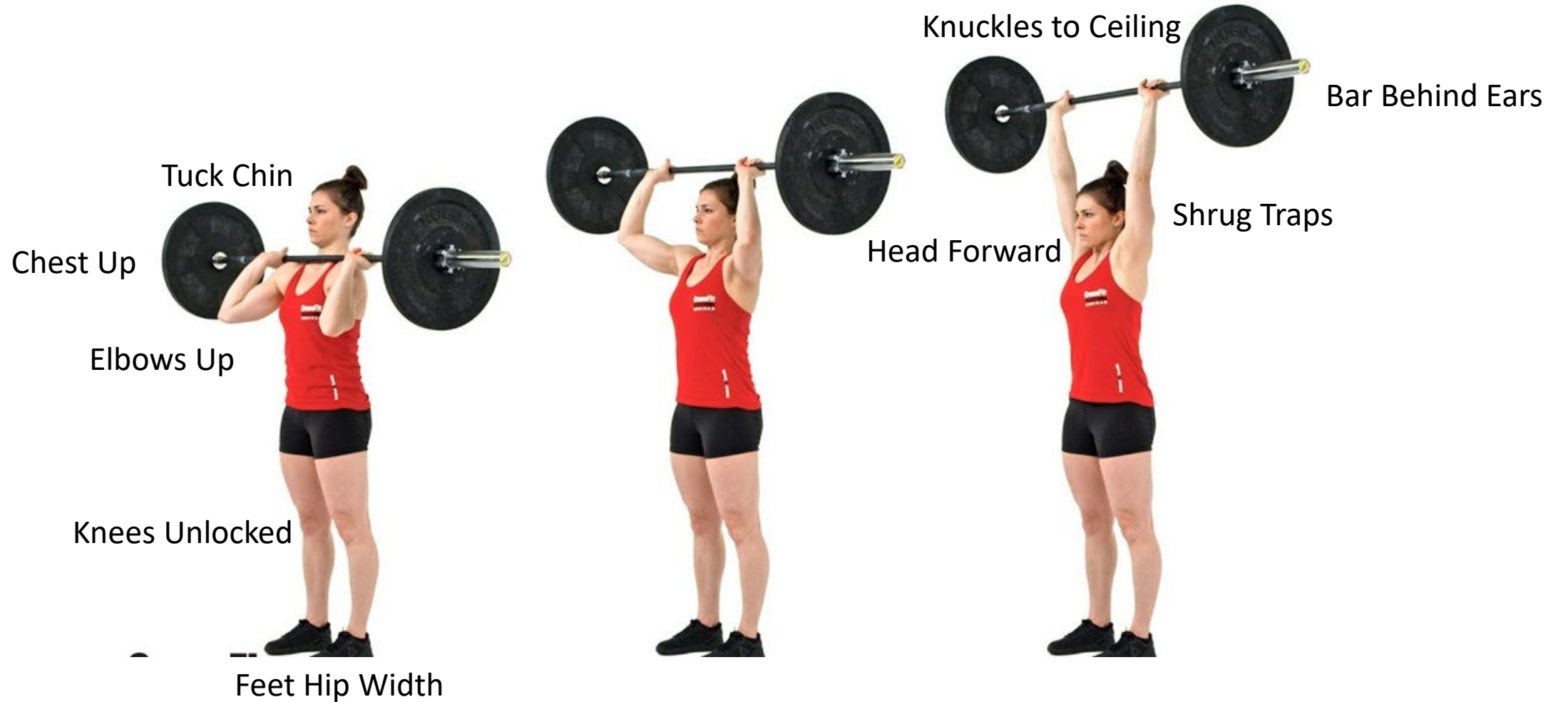
Overhead Press Anatomy



The muscles of the entire body are used to support this exercise.



Good Overhead Press Technique



Dumbbell Shoulder Press

An easy alternative to the barbell overhead press is the dumbbell shoulder press.

Palms Forward

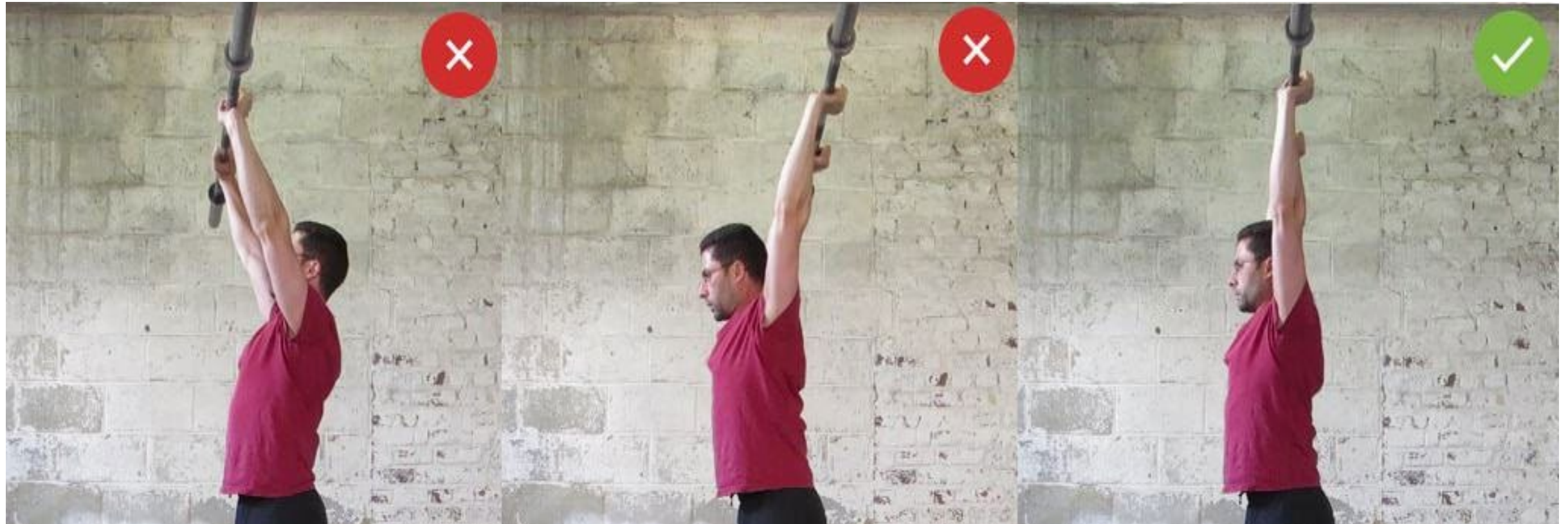


Elbows Out

Dumbbells Together



Bad Overhead Press Technique



Overhead Press Deliverable

Record a video of yourself demonstrating an overhead press with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

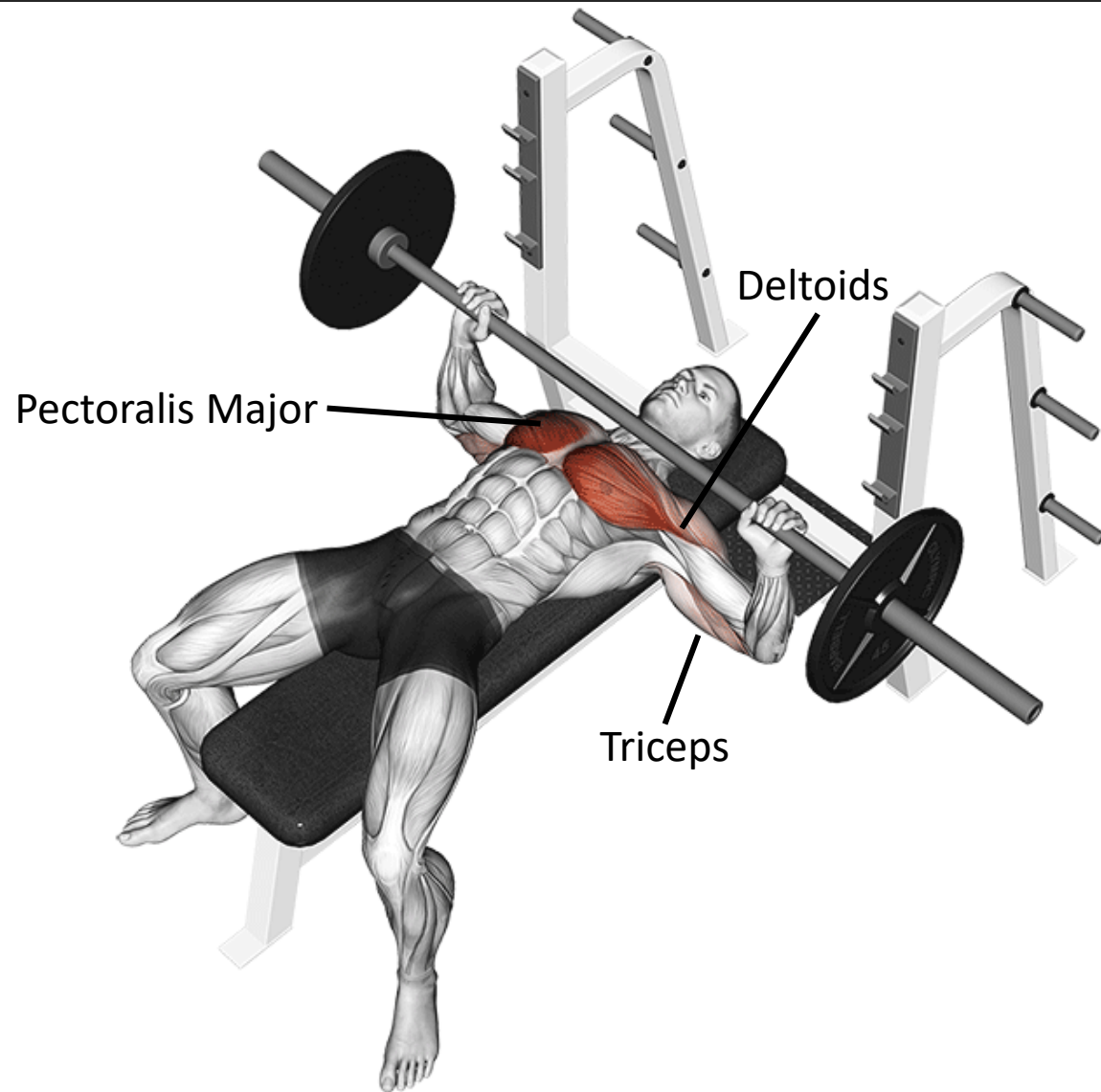
Safe Bench Press Technique

Why bench press?

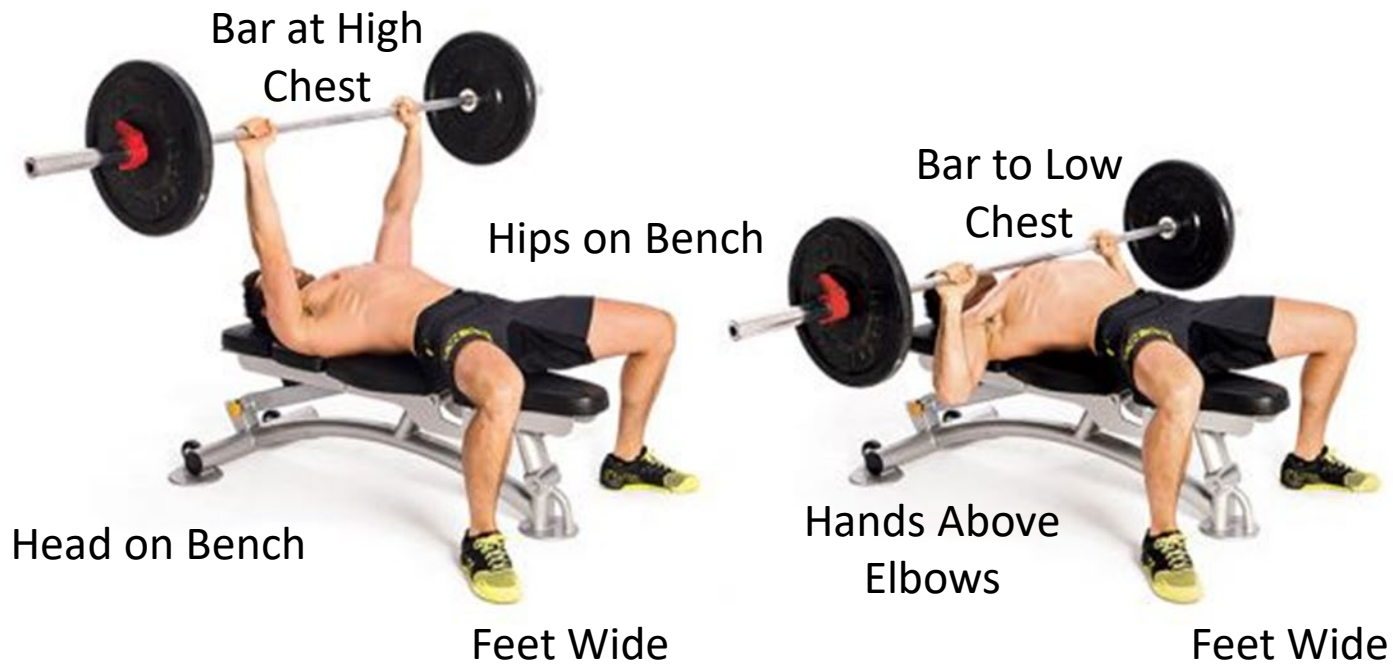
- Develop upper body strength
- Functional strength for sport
- Develop muscles of the chest, shoulders and arms
- Prevent shoulder injury
- Easy to learn



Bench Press Anatomy



Good Bench Press Technique



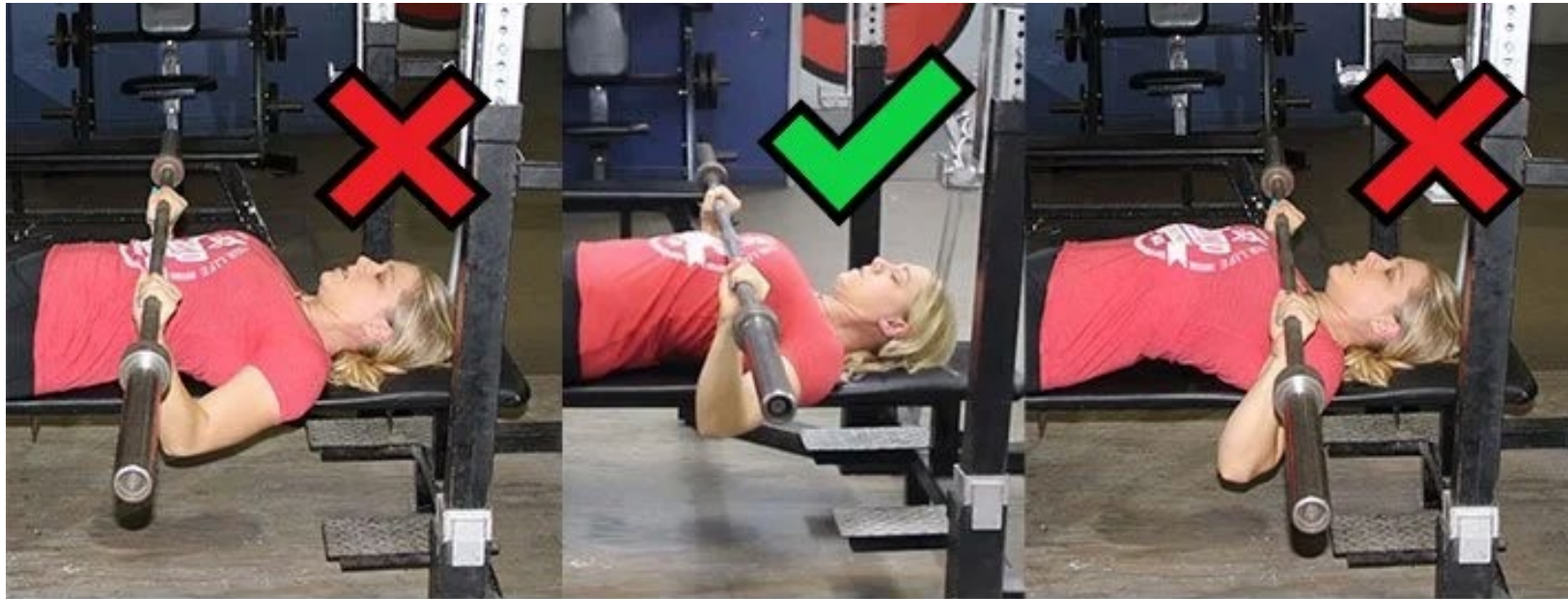
Set up the rack so that the bar is just below wrist level. Start with the forehead below bar.

Spotting the Bench Press



- Stand at an angle to the lifter.
- Use an alternate hand grip to lift off the bar over the chest.
- Stay close to the bar but don't touch it.
- If the lifter struggles, step in and help bring the bar back to the rack.

Bad Bench Press Technique



too low

correct

too high



Feet unstable, body rotating, and uneven pressing mean the weight is too heavy.

Safe Dumbbell Bench Press Technique



Spotting the dumbbell bench press should be done by grabbing the wrists if they are struggling.

Bench Press Deliverable

Record a video of yourself demonstrating a bench press with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

Safe Pulling Technique

Why Pull/Row?

- Develop strength in your back and arms
- Functional strength for some sports
- Strengthen posture
- Increase muscle mass of the back and arms

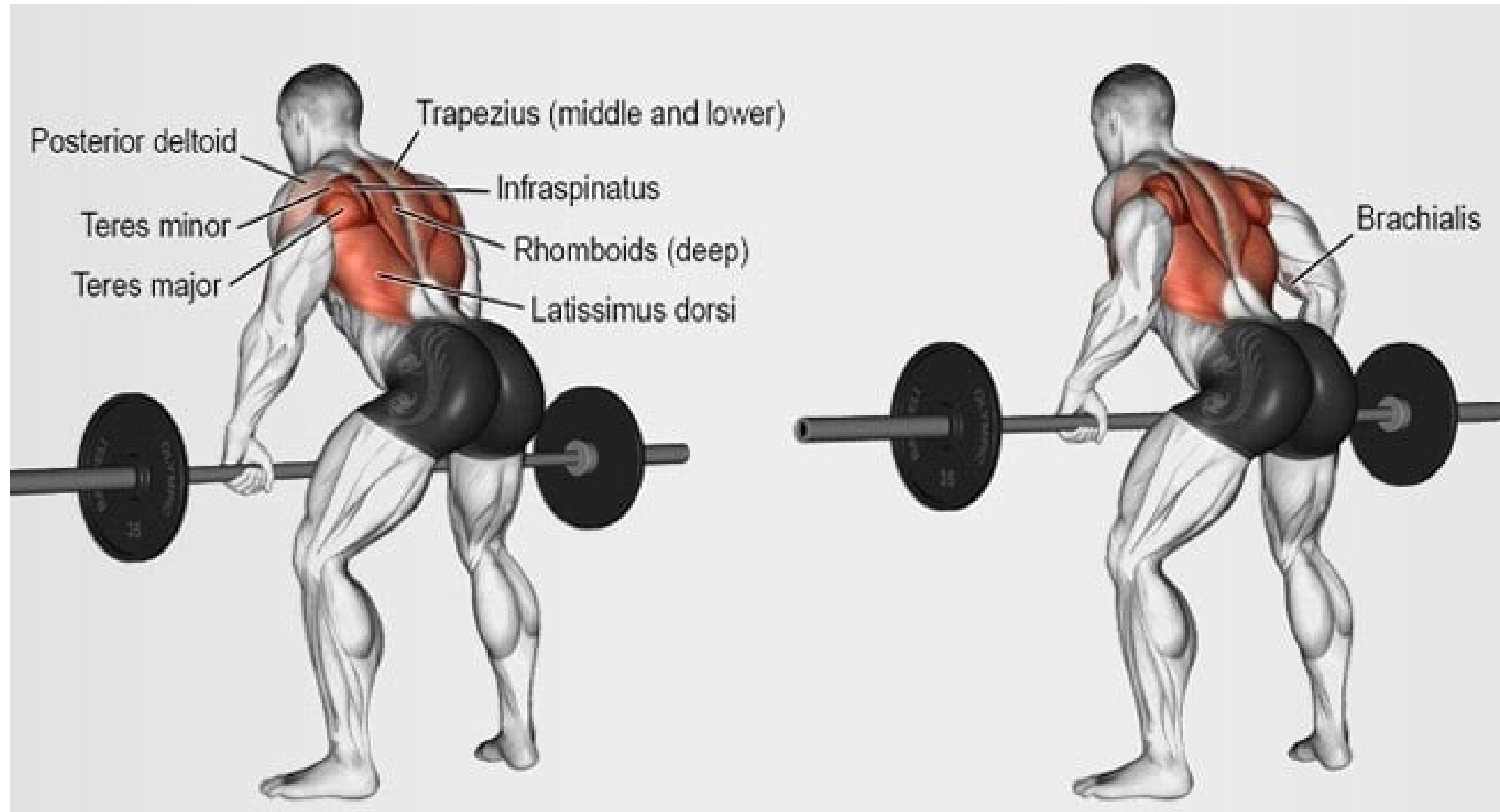
Body Row



Bent Over Row



Pulling Anatomy



Good Bent Over Row Technique



Bad Pulling Technique



A rounded back means the proper muscles are not being worked and you are at greater risk for injury.

Pulling Deliverable

Record a video of yourself demonstrating a bent over row or body row with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

Safe Core Technique

We have trained the core muscles using squats, deadlifts, pulls and overhead lifts already. In this section we will focus more on the muscles of the abdominal wall.

There are lots of ways to train core. For beginners, the key is to build core endurance through static core exercises. Once this is achieved, there are many other options for your training.



Plank - 1 minute



Side Bridge - 30s



Deadbugs - 20 reps

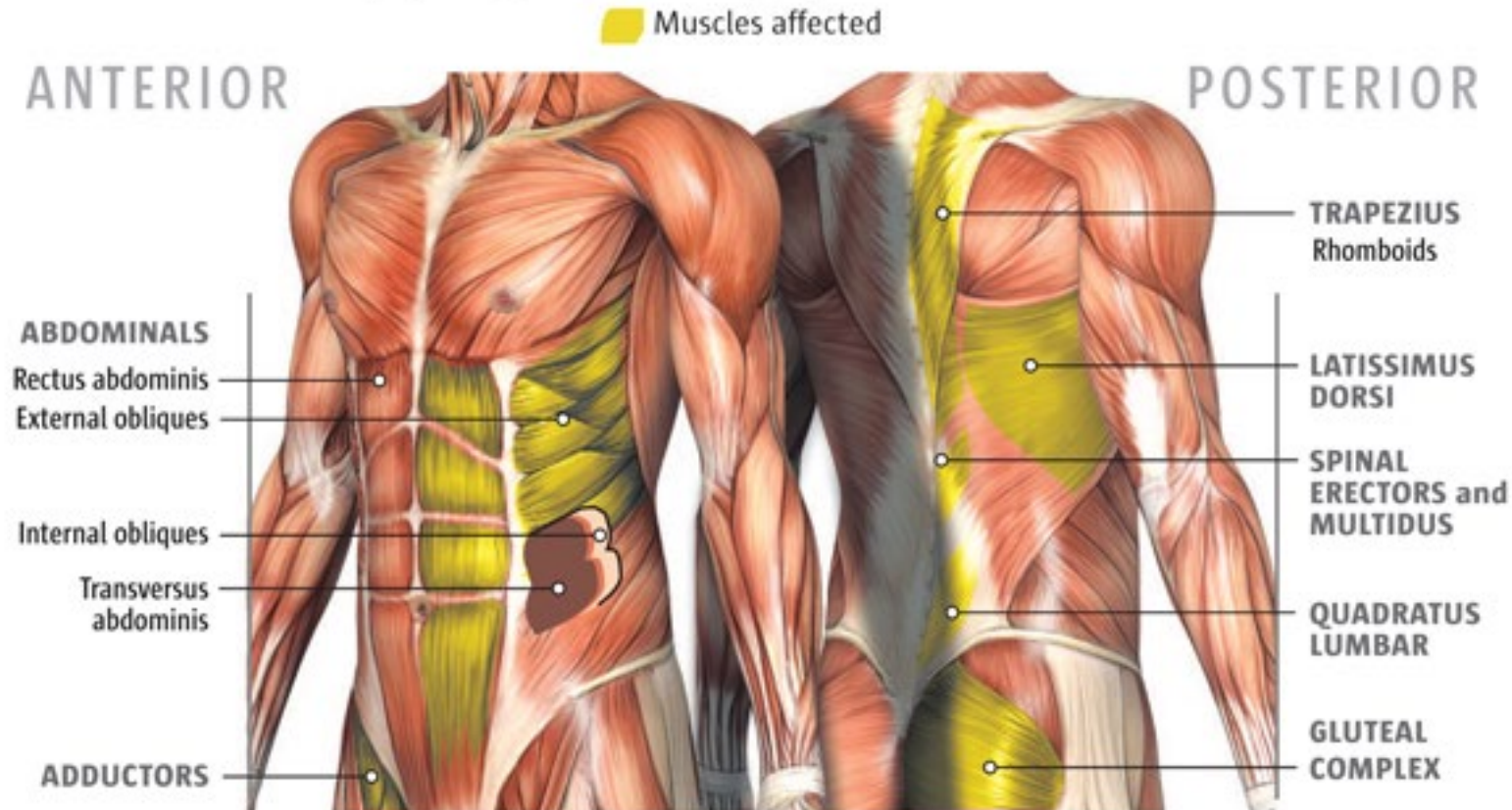


6 inch Leg Raise - 1 min

Core Anatomy

Core connections

The core refers to any muscle that attaches to the spinal column or the pelvis, which means that back pain can come from an imbalance or injury to any of these muscle groups.



The core muscle groups are all of the muscles that connect between the rib cage and the pelvis. They help to stabilize the spine to prevent it from being overloaded or injured.

Sources: "Core Advantage: Core Strength for Cycling's Winning Edge," by Tom Danielson and Allison Westfahl; images from iStock.com

The Denver Post

Core Deliverable

Record a video of yourself demonstrating three beginner core exercises with proper technique. If a video is not possible, take a series of pictures of you performing the lifts with proper form.

Safe Programming

Beginners generally should do full body workouts, 2-3 days each week, with high repetitions so that they can get used to training and practice proper technique.

Exercise	Set 1	Set 2	Set 3
Day 1			
Barbell squat	10	10	10
RDL	10	10	10
Military press	10	10	10
Bent over row	10	10	10
Arm curl	10	10	10
Plank	1m	1m	
Side plank	30s	30s	
Day 2	Set 1	Set 2	Set 3
Lunge	8	8	8
Deadlifts	6	6	6
Bench press	10	10	10
Body row	10	10	10
Tricep extension	6	6	6
6 inch leg raise	20	20	
Deadbugs	20	20	

Safe Programming

Intermediate lifters generally should split the body into different training days, 2-3 days each week, with moderate repetitions so they can stimulate strength and muscle development.

	Day 1	Set 1	Set 2	Set 3		Day 2	Set 1	Set 2	Set 3		Day 3	Set 1	Set 2	Set 3		
A1	Squat	10	8	6		A1	Bench press	10	8	6		A1	Deadlift	6	6	6
B1	RDL	8	6	6		B1	Incline dbell press	10	8	8		A2	Bent over row	6	6	6
C1	Step Down	10	10	10		C1.	Military press	8	8	8		B1	chin ups	8	8	8
C2	SL glut bridge	15	15	15		D1.	Dumbbell side raise	8	8	8		C1	Cable row	8	8	8
D1	Calf Raise	15	15	15		E1	Tricep extension	8	8	8		D1	Arm curl	8	8	8
E1	Fitball plank saws	20	20			F1	V sit tuck	20	20			E1	Side plank	1m	1m	

Programming Deliverable

Record your workouts for one week including all of the exercises, sets, reps and load. Submit your program in a neat and organized table form.