

TASK SHEET 7: ADDING AND REMOVING WEIGHTS FROM A BAR RESTING ON THE FLOOR

Name: _____

Student Information: In this lesson you will learn the proper procedure for adding and removing weights from a bar while it is resting on the floor. The weights must be added properly and secured tightly on the bar with the collars in order to ensure safety.

Objectives: You will perform the proper procedure for adding and removing weights from a bar while it is resting on the floor.

Directions:

1. Go to any area with an unused barbell. Practice the proper procedure for adding and removing weights from the bar while it is resting on the ground.
2. Mark the appropriate response (YES/NO) for each checkpoint for the proper procedure.
3. Check only one checkpoint at a time.
4. Repeat this lesson until you have responded “yes” to all the checkpoints.

ADDING AND REMOVING WEIGHTS

ADDING WEIGHTS TO THE BAR	Yes	No
1. Slide one of the heaviest plates on one end of the bar until it contacts the inside collar		
2. Slide a plate of similar weight on the opposite end of the bar until it contacts the inside collar.		
3. Slide the next heaviest plate on one end of the bar until it makes contact with the first plate..		
4. Slide a plate of similar weight on the opposite end of the bar until it contacts the first plate.		
5. Repeat the procedure for every plate to be added until reaching the desired amount of weight.		
6. Slide the collars on the bar, pressing all of the weights tightly together against the inside collar.		
7. Tighten the collar by turning the bolt in the appropriate manner until it stops turning.		
8. Slide the remaining collar on the opposite end of the bar, pressing all of the weights tightly together against the inside collar.		
REMOVING WEIGHTS FROM THE BAR	Yes	No
1. Loosen the collar bolt until able to slide the collar easily off the end of the bar.		
2. On the opposite collar, loosen the collar bolt until able to slide the collar easily off the end of the bar.		
3. Remove one plate from one end of the bar.		
4. Remove one plate from the opposite end of the bar.		
5. Continue to alternate removing one plate at a time from each end of bar until the desired amount of weight remains.		
6. Replace and tighten the collars if leaving plates on the bar.		

TASK SHEET 8: ADDING AND REMOVING WEIGHTS FROM A BAR RESTING ON A RACK

Name: _____

Date: _____

Student Information: In this lesson you will be working with a partner in practicing the proper procedure for adding and removing weights from a bar while it is resting on a rack. The weights must be added and removed simultaneously to ensure safety. Also, be sure to secure the weights tightly with the collars.

Objectives: With the use of a partner, you will perform the proper procedure for adding and removing weights from a bar while it is resting on a rack.

Directions:

1. Go to any rack with an unused barbell. With your partner, practice the proper procedure for adding and removing weights from the bar while it is resting on the rack.
2. Mark the appropriate response (YES/NO) for each checkpoint for the proper procedure.
3. Check only one checkpoint at a time.
4. Repeat this lesson until you have responded “yes” to all of the checkpoints.

ADDING AND REMOVING WEIGHTS

ADDING WEIGHTS TO THE BAR	Yes	No
1. Simultaneously slide the heaviest plates on the ends of the bar until they contact the inside collar		
2. Simultaneously slide the next heaviest plates on the ends of the bar until they make contact with the first plate.		
3. Repeat the procedure for every plate to be added until reaching the desired amount of weight.		
4. Slide the collars on the bar, pressing all of the weights tightly together against the inside collar.		
5. Tighten the collar by turning the bolt in the appropriate manner until it stops turning.		
REMOVING WEIGHTS FROM THE BAR	Yes	No
1. Loosen the collar bolts until you are able to slide the collars easily off the ends of the bar.		
2. Simultaneously remove one plate the bar.		
3. Simultaneously remove one plate at a time from the bar until the desired amount of weight remains.		
4. Replace and tighten the collars if leaving plates on the bar.		

TASK SHEET 9: SPOTTING

Name: _____

Objective:

Upon completion of this lesson, you will:

1. Demonstrate an understanding of the responsibilities involved in spotting another lifter to the satisfaction of the instructor.

Instructions:

This lesson contains the responsibilities and skills required of a competent spotter. Carefully review and follow the guidelines in the following lessons. Good spotting skills are essential to success and safety in the weight room. After reviewing the lesson, ask your instructor to observe you while you spot another student.

Components of Spotting

1. Focus your full attention on the lifter. Do not look around the room or talk to other students while spotting.
2. Listen for any pre-lift instructions from the lifter concerning the number or type of exercises to be performed.
3. Verbally communicate and coordinate actions with any assisting spotters.
4. Assist the lifter in receiving the weight in the proper starting position for the exercise.
5. Verbally encourage the lifter during the exercise.
6. Give any necessary physical assistance to enable the lifter to complete the desired number of repetitions.
7. Assist the lifter in returning the weight to its resting place.

SELF-CHECK TEST FOR: THE COMPONENTS OF SPOTTING

Directions: (TRUE/FALSE) Write the entire word TRUE or FALSE in the space provided. Any other symbol or mark will be scored as incorrect. After taking the test, use the answer key to correct your exam. If you do not score 100%, you must review the lesson and retake the test.

1. _____ The spotter at the lifter's head is the head spotter.
2. _____ The head spotter does not have to listen to anybody, including the lifter.
3. _____ The spotter should give the lifter more than enough assistance than is necessary, so the lifter doesn't get tired.
4. _____ The head spotter is the only one who really needs to pay attention. The other spotters may look around the room to see what they would like to do next.
5. _____ The pre-lift instructions given to a spotter by a lifter should include the number of repetitions to be attempted.

ANSWER KEY

1. True
2. False
3. False
4. False
5. True

TASK SHEET 10: OVERHAND GRIP

Name: _____

Student Information: In this lesson you will learn how to perform an overhand grip. Use of the proper grip is very important in performing any lift with proper form. You will use the overhand grip in performing the bench press, lat pull down, shoulder press, and Triceps press down.

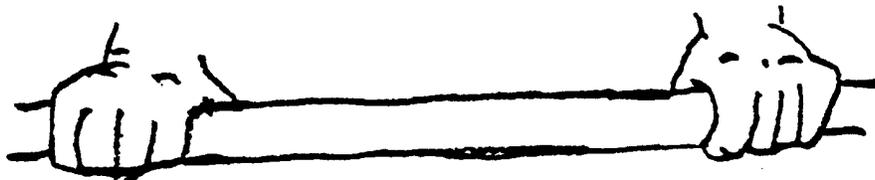
Objective: You will perform ten repetitions of the overhand grip on a barbell using the proper form.

Directions:

1. Go to any area with an unused barbell. Leaving the barbell on the floor, practice the correct form for an overhand grip.
2. Mark the appropriate response (YES/NO) for each checkpoint for the overhand grip.
3. Repeat this lesson until you have responded "yes" to all of the checkpoints.

OVERHAND GRIP	Yes	No
1. Assume a position close to the barbell with your toes directly underneath the bar.		
2. Perform the basic technique for lifting a weight from the floor while keeping the arms shoulder width apart along the outside of the legs. Pause at the grip stage.		
3. Assume a position with the hands where the thumbs are pointed towards each other.		
4. Place the palms of the hands on the bar making sure they are an equal distance from the weights on the ends.		
5. Firmly wrap the fingers around the bar.		
6. Wrap the thumbs firmly around the opposite side of the bar.		
7. Complete the basic technique for lifting a weight from the floor while using an overhand grip.		
8. Perform the basic technique for returning the weight to the floor.		
9. Repeat for a total of ten repetitions.		

Does your grip look like the one below?



TASK SHEET 11: UNDERHAND GRIP

Name: _____

Student Information: In this lesson you will learn how to perform an underhand grip. Use of the proper grip is very important in performing any lift with proper form. You will use the underhand grip in performing the Biceps curl.

Objective: You will perform ten repetitions of the underhand grip on a barbell using the proper form.

Directions:

1. Go to any area with an unused barbell. Leaving the barbell on the floor, practice the correct form for an underhand grip.
2. Mark the appropriate response (YES/NO) for each checkpoint for the underhand grip.
3. Repeat this lesson until you have responded “yes” to all of the checkpoints.

UNDERHAND GRIP	Yes	No
1. Assume a position close to the barbell with your toes directly underneath the bar.		
2. Perform the basic technique for lifting a weight from the floor while keeping the arms shoulder width apart along the outside of the legs. Pause at the grip stage.		
3. Assume a position with the hands where the thumbs are pointed out away from each other.		
4. Place the palms of the hands on the bar making sure they are an equal distance from the weights on the ends.		
5. Firmly wrap the fingers around the bar.		
6. Wrap the thumbs firmly around the opposite side of the bar.		
7. Complete the basic technique for lifting a weight from the floor while using an underhand grip.		
8. Perform the basic technique for returning the weight to the floor.		
9. Repeat for a total of ten repetitions.		

Does your grip look like the one below?

