

TASK SHEET 16: REST BETWEEN SETS, EXERCISES AND WORKOUTS

Name: _____

Objectives:

Upon completion of this lesson, you will:

1. State the importance and time of rest between sets.
2. State the importance and time of rest between exercises.
3. Identify the importance and time of rest between workouts.

Instructions:

This lesson is presented with a paragraph of information followed by questions pertaining to the paragraph. The answers to the questions are found below the three asterisks (***) that follow each question. By folding a piece of paper and sliding it down the page, you keep the answers covered until you have made a response to the question. After you respond, slide the paper down and compare your answer with the answer given below the asterisks. If your answer is correct, then go to the next question. If your answer is incorrect, then review the preceding paragraph and find out why your answer was wrong. Be sure to write the correct answer on your lesson.

Rest Between Sets

Rest plays a vital role in the success of any weight-training program. Your muscles must have sufficient rest to perform effectively. You should rest from 1 to 1 1/2 minutes between sets. After this time your muscles have recovered adequately (about 75% recovered) and are ready to perform another set of the same exercise. If you rest than one minute you may not be working hard enough. Rest of more than 1 1/2 minutes is too much and will also reduce the intensity of your workout.

1. You should rest from _____ to _____ minutes between sets.

1 to 1 1/2
2. Rest of more than 1 1/2 minutes will reduce the _____ of your workout.

intensity
3. After 1 1/2 minutes your muscles are about _____ recovered and ready to perform another set.

75%

Rest Between Exercises

The amount of rest you take between different exercises can also affect the quality of your workout. The time of rest between your last set and the start of a new exercise should be between three and five minutes. After three minutes the energy in your muscles will have been restored to 100%. During this time, you may be able to get a drink of water perform a stretch, work in with another person, or take care of some other needs.

1. The time of rest between your last set and the start of a new exercise should be between _____ and _____ minutes.

three and five
2. After three minutes the energy in your muscles will have been restored to _____.

100%

Rest Between Workouts

The time of rest between workouts is considered by some people to be the most important. During a very hard work out, you break your muscles down. Your body's response to this hard workload placed upon it is to rebuild the muscles to a level even greater than before the workout. Your body will adjust to meet the demands placed upon it. The greater the demands, the greater the adjustments or gains. If there are no demands placed upon the body, then there will be no gains made. This is true with ALL the components of physical fitness including flexibility and cardiovascular fitness. Therefore, you should rest between one and two days between workouts exercising the same muscle group, you will not be giving your muscles a change to rebuild, and you may LOSE strength.

1. During a hard weight training workout you _____ your muscles down.

break
2. Your body will adjust to meet the _____ placed upon it.

demands
3. You should rest between _____ and _____ days between workouts exercising the same muscle group.

one and two

TASK SHEET 17: BICEPS CURL

Student's Name: _____

Date: _____

Student Information: In this lesson you will learn the proper form for performing the biceps curl. You will be working with a partner in this lesson. One person will act as the lifter (doer), and one as the observer/recorder. You will rotate with your partner after completing the lesson. All weight training exercises must be performed slowly and with the proper form to gain the maximum benefits and to ensure safety.

Objective: You will perform one set of ten repetitions of biceps curls while using your maximum amount of weight and proper form.

Directions:

1. Choose three partners that you would like to work with while completing this lesson.
2. Go to the appropriate viewing station with your partner and view the videotape on performing the biceps curl.
3. Go to any unused barbell with your partner and decide who will be the doer and the observer.
4. The doer will practice performing the biceps curl while the observer records and gives feedback. You will repeat this lesson until you have received "yes" responses at all of the checkpoints.
5. The observer will check the appropriate response (YES/NO) for each checkpoint for the biceps curl. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked "no."

	Yes	No
BICEPS CURL		
1. Select a weight that might be performed for a total of only ten repetitions.		
2. Lift the barbell from the floor using the basic lifting technique with an underhand grip at shoulder width.		
3. Keep the head in a vertical position throughout the lift.		
4. Always keep the back and legs straight.		
5. Keep the upper arms perpendicular to the floor throughout the lift.		
6. Keep the elbows and upper arms in contact with the sides of the body throughout the lift.		
7. Inhale.		
8. Flex the arms fully, curling the bar to a position towards the upper chest.		
9. Exhale approximately two-thirds of the way up.		
10. Slowly lower the bar until the arms are fully extended		
11. Inhale approximately two-thirds of the way down.		
12. Perform one set of as many repetitions as possible using proper form.		
13. Apply the principle of progression to find your maximum weight for ten repetitions.		
14. Perform one set of ten repetitions using your maximum weight and proper form.		

TASK SHEET 18: TRICEPS EXTENSION

Student's Name: _____

Date: _____

Student Information: In this lesson you will learn the proper form for performing the triceps extension. You will be working with a partner in this lesson. One person will act as the lifter (doer), and one as the observer/recorder. You will rotate with your partner after completing the lesson. All weight training exercises must be performed slowly and with the proper form to gain the maximum benefits and to ensure safety. The triceps extension exercises the triceps muscles in the upper arm.

Objective: You will perform one set of ten repetitions of triceps extensions while using your maximum amount of weight and proper form.

Directions:

1. Choose three partners that you would like to work with while completing this lesson.
2. Go to the appropriate viewing station with your partner and view the videotape on performing the triceps extension.
3. Go to any unused barbell with your partner and decide who will be the doer and the observer.
4. The doer will practice performing the triceps extension while the observer records and gives feedback. You will repeat this lesson until you have received "yes" responses at all of the checkpoints.
5. The observer will check the appropriate response (YES/NO) for each checkpoint for the triceps extension. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked "no."

	Yes	No
TRICEPS EXTENSION		
1. Select a weight that might be performed for a total of only ten repetitions.		
2. Face the machine and stand erect with the feet shoulder width apart.		
3. Assume a narrow overhand grip approximately four inches wide.		
4. Pull the bar to the chest until the elbows and upper arms point straight down.		
5. Keep the upper arms stable and elbows pointed straight down throughout the exercise.		
6. Keep the upper arms and elbows in contact with the sides of the body throughout the lift.		
7. Inhale.		
8. Keep the back and legs straight.		
9. Press the bar down until the arms are fully extended.		
10. Exhale approximately two-thirds of the way down.		
11. Control the bar slowly back to the starting position.		
12. Inhale approximately two-thirds of the way up.		
13. Perform one set of as many repetitions as possible using proper form.		
14. Apply the principle of progression to find your maximum weight for ten repetitions.		
15. Perform one set of ten repetitions using your maximum weight and proper form.		