

## TASK SHEET 19: MUSCLE GROUPS OF THE BODY

Name: \_\_\_\_\_

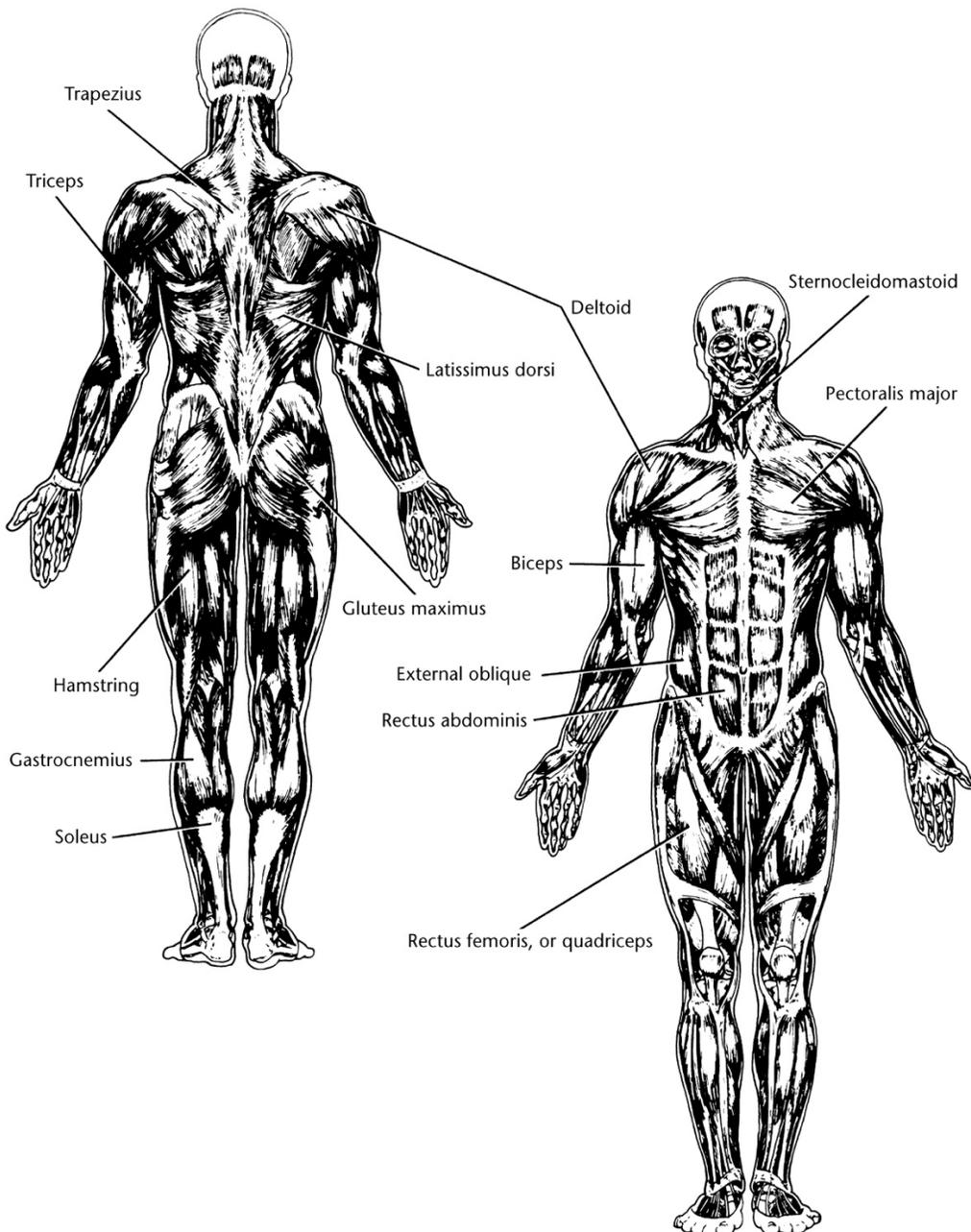
### Objective:

Upon completion of this lesson, you will:

1. Identify the major muscle groups of the body on a chart.

### Instructions:

In this lesson you will study the major muscle groups of the body. It is important for you to know the location of the muscles in your body in order to improve your understanding of how they work and how to exercise them. Study the diagram that follows until you feel that you are ready to be tested on the muscle locations. When you are ready, see your instructor for the exam. You must pass the exam with a score of 80% before you go on to the next lesson. If you do not score 80% on the exam, study the diagram again and retake the test.





**TASK SHEET 21: ABDOMINAL CRUNCH**

**Student's Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Student Information:** In this lesson you will learn the proper form for performing the abdominal crunch. Stronger abdominal muscles will help support your upper body and take the burden off your weaker lower back muscles. By strengthening your abdominal muscles, you can help reduce your chance of lower back injury.

**Objective:** While using proper form, you will perform two sets of abdominal crunches, performing the maximum number of repetitions in each of the sets.

**Directions:**

1. Go to the abdominal exercise area and practice performing the abdominal crunch.
2. Mark the appropriate response (YES/NO) for each checkpoint for the abdominal crunch.
3. Repeat this lesson until you have responded "yes" to all the checkpoints.
4. After successfully completing this lesson, go to your instructor for your skills test on the lesson.

		Yes	No
<b>ABDOMINAL CRUNCH</b>			
1.	Assume a supine position (on your back) on the floor with your knees bent and our feet flat on the floor.		
2.	Cross your arms over your chest with your hands touching the opposite shoulders.		
3.	Tuck your chin to your chest.		
4.	Always keep your lower back in contact with the floor.		
5.	Inhale.		
6.	Curl up, lifting only the shoulder blades off the ground.		
7.	Exhale in the "up" position.		
8.	Return to the starting position.		
9.	Inhale in the "down" position.		
10.	Perform one set of as many repetitions as possible using proper form.		
11.	Perform a second set of as many repetitions as possible using proper form.		

## TASK SHEET 22: LEG PRESS

**Student's Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Student Information:** In this lesson you will learn the proper form for performing the leg press. You will be working with a partner in this lesson. One person will be the lifter (doer), and one will be the observer/recorder. Change roles with your partner after completing the lesson. Avoid “locking” the knee joints when performing the leg press as this places excessive stress on the joints and may increase your chance of injury. The leg press exercises the quadriceps muscles.

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

**Directions:**

1. Choose a partner 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 leg press.
3. Go to the leg press machine with your partner and decide who will be the doer and the observer.
4. The doer will practice performing the leg press while the observer records and gives feedback. You will repeat this lesson until you have received “yes” responses at all the checkpoints.
5. The observer will check the appropriate response (YES/NO) for each checkpoint for the leg press. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked “no.”

	Yes	No
<b>LEG PRESS</b>		
1. Select a weight that might be performed for a total of only ten repetitions.		
2. Assume a position in the seat with your back resting against the backrest.		
3. Place the balls of your feet against the pedals with the toes pointed straight up.		
4. If possible, adjust the seat to a position where your legs are bent at or slightly less than right angles.		
5. Grasp the handles if provided or fold your arms in front of your body.		
6. Maintain body contact with the bottom and back of the seat throughout the lift.		
7. Inhale.		
8. Extend your legs completely and avoid “locking” the knees.		
9. Exhale when your legs are extended approximately two-thirds of the distance.		
10. Slowly control the weight back to the starting position.		
11. Inhale approximately two-thirds of the distance back.		
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.		