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| **TASK SHEET 23: THE PRINCIPLE OF PROGRESSION** |

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

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

**Objective:**

Upon completion of this lesson, you will:

1. Demonstrate an understanding of the principle of progression by passing a self-check test with a score of 100%.

**Instructions:**

This lesson consists of information and guidelines for applying the principle of progression. It is very important that you fully understand and apply the principle of progression if you are to successfully overload your muscles. Study the steps carefully to prepare yourself for the self-check test at the end of the lesson. You must pass the self-check test with a score of 100%. If you do not score 100%, review the lesson and retake the test.

**Principle of Progression**

**STEPS:**

1. Decide on the number of sets and repetitions to be performed.

2. Select a reasonable amount of weight that might be lifted to complete the desired number of repetitions successfully.

3. Perform the exercise with proper form until muscular failure or until unable to maintain correct form.

4. On the following sets, slightly increase the weight used when able to perform one additional repetition above the desired amount. Continue to do so until you can perform only the desired number of repetitions.

5. On the following sets, slightly decrease the weight used when unable to perform the desired number of repetitions with proper form. Continue to do so until you can perform the desired number of repetitions.

\* Carefully review the steps, if necessary, prior to taking the self-check test.

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| **SELF-CHECK TEST FOR: THE PRINCIPLE OF PROGRESSION** |

**Directions:** Fill in the blank with the correct word. After completing the test, get an answer key from the instructor and correct your test. If you miss any questions, review the previous lesson and retake the test. Continue this procedure until you score 100% on this test.

1. You should perform the exercise with proper form until muscular \_\_\_\_\_\_\_\_\_\_ or until unable to maintain correct form.

2. You should slightly \_\_\_\_\_\_\_\_\_\_ the weight used when you can perform one additional repetition above the desired amount while maintaining proper form.

3. You should slightly \_\_\_\_\_\_\_\_\_\_ the weight used when you are unable to perform the desired amount of repetitions with proper form.

4. Kim’s goal is to perform ten repetitions of bench press using the maximum amount of weight. She did 12 reps easily on her last set. On her next set Kim should \_\_\_\_\_\_\_\_\_\_\_ the amount of weight she uses.

5. Jim’s goal is to perform ten repetitions of lat pull downs using the maximum amount of weight. On his last set he was only able to perform seven repetitions. On his next set Jim should \_\_\_\_\_\_\_\_\_\_ the amount of weight he uses.

**ANSWER KEY**

1. Failure 4. Increase

2. Increase 5. Decrease

3. Decrease

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| **TASK SHEET 24: SHOULDER PRESS** |

**Student’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Observer’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Spotter’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Spotter’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Information**: In this lesson you will learn the proper form for performing the shoulder press. You will be working with three partners 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 until all students have had an opportunity to act in each role. All weight training exercises must be performed slowly and with the proper form in order to gain the maximum benefits and to ensure safety.

The shoulder press exercises the deltoid muscles in the shoulders and the triceps in the upper arm.

**Objectives:** You will perform one set of ten repetitions of shoulder press while using your maximum amount of weight and proper form.

**Directions:**

1. Choose three peers 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 shoulder press.

3. The doer will practice performing the shoulder press while the observer records and gives feedback. You will repeat this lesson until you have received “yes” responses at all the check points.

4. The observer will check the appropriate response (YES/NO) for each check point for the shoulder press. The observer should check only one check point at a time and give verbal feedback to the lifter on each check point marked “no.”

5. The two spotters will give the bar to the lifter at the beginning of the lift and take it from the lifter at the end of the lift.

6. You will always use two spotters when performing the shoulder press. The spotters’ only responsibility is that of spotting the doer (lifter). The observer is not to act as a spotter.

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|  | **Yes** | **No** |
| **SHOULDER PRESS** |  |  |
| 1. Select a weight that might be performed for a total of only ten repetitions. |  |  |
| 2. Stand erect with the feet slightly wider than shoulder width apart. |  |  |
| 3. Receive the bar from the spotters with the bar resting on the upper chest just below the collarbone. |  |  |
| 4. Assume an overhand grip at shoulder width. |  |  |
| 5. Inhale. |  |  |
| 6. Keep the legs and back straight throughout the lift. |  |  |
| 7. Extend the arms and press the bar overhead until the arms are straight with the bar directly over the shoulders and hips. |  |  |
| 8. Exhale approximately two-thirds of the way up. |  |  |
| 9. Lower the bar slowly to the starting position. |  |  |
| 10. Inhale approximately two-thirds of the way down. |  |  |
| 11. Perform one set of as many repetitions as possible using proper form. |  |  |
| 12. Apply the principle of progression to find your maximum weight for ten repetitions. |  |  |
| 13. Perform one set of ten repetitions using your maximum weight and proper form. |  |  |

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| **TASK SHEET 25: LEG EXTENSION** |

**Student’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_

**Student Information**: In this lesson you will learn the proper form for performing the leg 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 in order to gain the maximum benefits and to ensure safety. Avoid “locking” the knee joints when performing the leg extension as this places excessive stress on the joints and may increase your chance of injury.

The leg extension exercises the quadriceps muscles in the front of the upper leg.

**Objective:** You will perform one set of ten repetitions of leg extensions 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 extension.

3. Go to the leg extension machine with your partner and decide who will be the doer and the observer.

4. The doer will practice performing the leg 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 leg extension. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each check point marked “no.”

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|  | **Yes** | **No** |
| **LEG EXTENSION** |  |  |
| 1. Select a weight that might be performed for a total of only ten repetitions. |  |  |
| 2. Sit upright on the bench with your legs hanging over the end at right angles. |  |  |
| 3. Place the top of your feet under the padded rollers. |  |  |
| 4. Keep the back straight throughout the lift. |  |  |
| 5. Support your upper body by gripping the sides of the bench. |  |  |
| 6. Inhale. |  |  |
| 7. Extend the legs completely and avoid locking the knees. |  |  |
| 8. Exhale when the legs are approximately two-thirds extended. |  |  |
| 9. Slowly return the weight to the starting position. |  |  |
| 10. Inhale when the legs are approximately two-thirds flexed. |  |  |
| 11. Perform one set of as many repetitions as possible using proper form. |  |  |
| 12. Apply the principle of progression to find your maximum weight for ten repetitions. |  |  |
| 13. Perform one set of ten repetitions using your maximum weight and proper form. |  |  |