

## **TASK SHEET 12: REPETITION, SET, AND CADENCE**

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

**Objectives:**

Upon completion of this lesson, you will:

1. Demonstrate the meaning of the term “repetition” as it applies to weight training.
2. Demonstrate the meaning of the term “set” as it applies to weight training.
3. Demonstrate the meaning of the term “cadence” as it applies to weight training

**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 respond, slide the paper down and compare our 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.

### **Repetition, Set, and Cadence**

The term “repetition” refers to repeated practice of a complete skill or act. In weight training a repetition refers to the number of times an exercise is to be performed. If only one complete cycle (from beginning to end) of the exercise was performed, then we say that one repetition was performed. A person who performs eight complete cycles of Biceps curls has performed eight repetitions of the exercise. The term “rep” is used when describing repetitions.

The term “set” refers to a collection or group of similar items. In weight training a set consists of a group of repetitions. A person who performs ten repetitions of bench press is said to have performed one set of ten repetitions. If a second set of ten repetitions is performed, then two sets of ten repetitions were performed.

The term “cadence” refers to rhythm, beat or time. In weight training, cadence refers to the rate or speed at which a repetition is performed. All exercises should be performed in a smooth and controlled fashion. You should never exercise in a speedy or jerky manner as this may increase the chance of injury.

1. In weight training a (repetition/set) \_\_\_\_\_ refers to the number of times an exercise is to be performed.  
\*\*\*

repetition

2. Exercises should be performed in a \_\_\_\_\_ manner.

- |               |                 |
|---------------|-----------------|
| a. speedy     | d. jerky        |
| b. smooth     | e. both b and c |
| c. controlled |                 |
- \*\*\*

e

3. A \_\_\_\_\_ consists of a group of repetitions.

\*\*\*

set

4. Cadence refers to the (number/rate) \_\_\_\_\_ at which an exercise is performed.

\*\*\*

rate

5. A person who performed two groups of ten repetitions of leg curls is said to have completed \_\_\_\_\_ sets.

- |        |        |           |
|--------|--------|-----------|
| a. two | b. ten | c. twenty |
|--------|--------|-----------|

\*\*\*

two

## **TASK SHEET 13: RANGE OF MOTION AND BREATHING**

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

**Objectives:**

Upon completion of this lesson, you will:

1. Identify the term of full range of motion and apply it to your workouts.
2. State the importance of breathing during exercise.

**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.

### **Range of Motion**

To achieve maximal benefits from your weight training program, you must perform your exercises through the full range of motion. Range of motion refers to the area covered from the beginning of a movement to the end of a movement. The full range of motion is the greatest amount of movement possible in either direction. For example, in performing a push-up, a person who touches his chest to the ground and then fully extends his arms is considered to have performed the exercise through the full range of motion. However, if a person were to lower his body so his chest was six inches from the ground and only partially extended his arms, then he did not exercise through the full range of motion. When you perform an exercise through the full range of motion you are strengthening your muscles through the full range. If you perform an exercise through less than the full range of motion, then you are limiting your strength development to that range.

1. Range of motion refers to the area covered from the \_\_\_\_\_ of a movement to the \_\_\_\_\_ of a movement.  
\*\*\*  
beginning and end
2. If you perform an exercise through less than the full range of motion, then you are \_\_\_\_\_ your strength development to that particular range.  
\*\*\*  
limiting
3. Full range of motion is the \_\_\_\_\_ amount of movement possible in either direction.  
\*\*\*  
greatest
4. If you perform an exercise through the full range of motion, then you will \_\_\_\_\_ your muscles through the full range.  
\*\*\*  
strengthen
5. In performing a push-up, if you touch your chest to the ground and fully extend your arms, you are exercising through \_\_\_\_\_.  
\*\*\*  
the full range of motion

## Breathing

Your muscles must have an adequate supply of oxygen to function properly. This is especially true in the case of exercise and weight training. Breathing is an important part of exercising since you must breathe air into the lungs in order for your body to transport the much-needed oxygen to the working muscles. In addition, your muscles produce waste products from exercising and some of these waste products can be emitted through the air you exhale from your lungs.

In weight training you must be very careful not to hold your breath during a lift. By doing so you may temporarily raise the pressure in your chest cavity, as well as your blood pressure, to abnormal levels. This may cause you to black out and possibly injure yourself.

There are different and sometimes conflicting theories concerning the method of breathing during weight training. For the purposes of this class and for simplicity, you will exhale during the last third of the positive phase of a lift and inhale during the last third of the negative phase.

For example:

Bench Press:

(positive/exhale): After two-thirds (during the last one-third) of the movement of pushing the bar off of the chest.

(negative/inhale): After two-thirds (during the last third) of the movement of returning the bar to the chest.

1. Your muscles must have an adequate supply of \_\_\_\_\_ to function properly during exercise.  
\*\*\*  
oxygen
2. Your muscles produce \_\_\_\_\_ from exercising.
  - a. oxygen
  - b. waste products
  - c. pressure  
\*\*\*  
b
3. You must be very careful not to \_\_\_\_\_ your breath during a lift.  
\*\*\*  
hold
4. You will \_\_\_\_\_ during the last third of the positive phase of a lift.  
\*\*\*  
exhale
5. You will \_\_\_\_\_ during the last third of the negative phase of a lift.  
\*\*\*  
inhale

## TASK SHEET 14: BENCH PRESS

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

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

**Spotter's Name:** \_\_\_\_\_

**Student Information:** In this lesson you will learn the proper form for performing the bench press. You will be working with two partners in this lesson. One person will act as the lifter (doer), one as the observer (recorder), and the other person will be the spotter. You will rotate until all students have acted in all three roles.

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

**Directions:**

1. Choose two partners that you would like to work with while completing this lesson.
2. Go to the appropriate viewing station with your partners and view the videotape on performing the bench press.
3. Go to the bench press area with your partners and decide who will act first as the doer, observer, and spotter.
4. The doer will practice performing the bench press while the observer records and gives feedback to the doer. You will repeat this lesson until you have received "yes" responses on all of the checkpoints.
5. The observer will check the appropriate response (YES/NO) for each checkpoint for the bench press. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked "no".
6. You will always use at least one spotter when performing the bench press. The spotter's only responsibility is that of spotting the lifter (doer). The observer is not to act as a spotter.

BENCH PRESS	Yes	No
1. Select a weight that might be performed for a total of only ten repetitions.		
2. While on your back, assume a position on the bench with the eyes directly under the bar.		
3. Spread the feet and legs wide for good balance and support.		
4. Keep the feet flat on the floor at all times.		
5. Keep the head, shoulders, and hips on the bench throughout the lift.		
6. Using an overhand grip, grasp the bar between one and two handgrips out from a shoulder width grip. Make sure the grip is evenly centered on the bar.		
7. Lift the bar off the rack until the arms are fully extended.		
8. Position the bar directly over the shoulders.		
9. Slowly lower the bar to the center of the chest while keeping the elbows out.		
10. Inhale approximately two-thirds of the way down.		
11. Touch the bar lightly on the center of the chest.		
12. While keeping the elbows out, straighten the arms and press the bar back to the starting position above the shoulders.		
13. Exhale approximately two-thirds of the way up.		
14. Perform one set of as many repetitions as possible using proper form.		
15. Apply the principle of progression to find the maximum weight for ten repetitions.		
16. Perform one set of ten repetitions using maximum weight and proper form.		

## TASK SHEET 15: LAT PULLDOWN

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

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

**Student Information:** In this lesson you will learn the proper form for performing the lat pull down. You will be working with two partners in this lesson. One person will act as the lifter (doer), 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. The lat pull down exercises the latissimus dorsi muscles in the back and the biceps in the upper arm.

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

**Directions:**

1. Choose two 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 lat pull down.
3. Go to the lat pull down machine with your partner and decide who will be the doer and the observer.
4. The doer will practice performing the lat pull down 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 lat pull down. The observer should check only one checkpoint at a time and give verbal feedback to the lifter on each checkpoint marked "no."

LAT PULLMAN	Yes	No
1. Select a weight that might be performed for a total of only ten repetitions.		
2. Face the machine and assume as wide an overhand grip as possible on the bar.		
3. Slowly lower the body until the arms are fully extended.		
4. Allow the body's weight to pull the bar down until reaching a sitting or kneeling position.		
5. Keep the back perpendicular to the ground.		
6. Tuck the chin slightly.		
7. Inhale.		
8. Smoothly pull the bar down behind the head to the base of the neck.		
9. Exhale approximately two-thirds of the way down.		
10. Allow the bar to slowly raise to the starting position.		
11. Inhale approximately two-thirds of the way up.		
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.		

