

DAY 5-12

VI. STARTING THE CLASS

A. Partners

1. For the sake of safety and adequate workouts, as well as learning to work with others in a gym, everyone should have a partner or spotter.
2. This can be in groups of two or three.

B. Weights and increases

1. Everyone should start light.
2. When you are successful for all of your sets of a particular exercise, move up minimally the next time.
 - a. Minimally means 2-1/2 lbs. on each side for free weights, and a 1/4 or 1/2 plate on machines.

C. Maximum efforts on final two days in order to find out what level students should be lifting, and to teach people how to correctly go about doing a maximum effort.

1. There is an option on the final two days to do maximum efforts involving bench press, squats, and pulldowns.
2. If this option is taken, individuals should expect to be able to do either bench and pulldown on day 1 or squats only. Day 2 would be squats if you did bench and pulldown on day 1.
3. Rest and warmup are even more important for this effort than for a normal warmup.
4. A normal warmup should be followed, then do 3 reps at the weight you normally work out with (assuming you are doing 3 sets of 6) (for pulldown you may want to do 5-6 reps). After at least 3-4 minutes rest, do another set of 1-2 at 10% above your previous set. With the assistance of your instructor, decide if you should attempt another set of 5-10lb. increase.
 - a. Every effort should be made not to be fatigued during a set or effort until you actually go for your max.
 - b. With squats, expect to have to make large increment leaps as most students workout far below their ability. Be certain to have the instructor present and spotting when going for maximum efforts.
 - c. You can generally expect pulldown max. to be within 10-20lbs. of your bench max.

VII. FOLLOW-UP

- A. Regardless of how well you listened, there will be a breakdown in form and communication. The most common areas:
 1. Squats
 - a. Knees not passing over toes
 - b. Heels not squarely on the floor or plate
 - c. Butt comes up first
 - d. Head not back
 2. Bench press
 - a. Grip not wide enough
 - b. Too many reps
 - c. Too heavy a weight
 - d. Improper warm-up
 - e. Not enough rest
 - f. Too much help spotting
 - g. Too much failure
 3. Isolation machines
 - a. Too concerned about success instead of technique.
 - b. More than two people working out on one machine (too much rest).
 - c. Spotter not paying attention
 - d. Wrong order of exercise