



YMCA 7TH GRADE INITIATIVE

Basic Exercise Guidelines and Resistance
Training Principles

TABLE OF CONTENTS

FITNESS TERMINOLOGY	3
BASIC EXERCISE GUIDELINES	4
MUSCLE IDENTIFICATION	5
MUSCLES AND EXERCISES	6-7
SELECTORIZED MACHINES	7
IMPORTANT REMINDERS	8
FITNESS CENTER ETIQUETTE	9

COURSE OVERVIEW

The 7th Grade Initiative teaches youth how to work out safely in the fitness center. Parents/youth will both benefit from this program in several ways:

- Ability to work out in the fitness center, without parental supervision.
 - The program provides a non-competitive teaching experience for youth, who may or may not participate in sports, but want to work out in a fitness center.
 - The program provides for a measure of education, security, and safety concerns for the parents, the youth, and the YMCA as a whole.
 - Enables youth, at an early age, to gain good habits toward a healthy lifestyle.
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FITNESS TERMINOLOGY

Repetitions/ Reps	The number of movements through a full range of motion (ROM) of an exercise.
Sets	The group or series of repetitions conducted during an exercise.
Static Stretching	Stretching muscles with a consistent hold position.
Ballistic Stretching	Stretching muscles with a bouncy or inconsistent hold position. (This type of stretching should be avoided.)
Muscular Balance	Equal working of opposing muscle groups or equal working of both sides of the body. For example, chest/back or right arm/left arm.
Opposing muscles	Opposing muscles are muscles that work together to help your body move efficiently. You must work out both muscles in order to have balanced muscle groups, to become stronger, and to avoid injury and/or chronic pain.

DIRECTIONAL TERMS

Anterior	Refers to the front portion of the body or muscle origin.
Posterior	Refers to the back side of the body or muscle origin.
Lateral	Refers to a movement that extends to the side of the body.
Medial	Refers to the middle portion of the body or muscle origin.

BASIC EXERCISE GUIDELINES

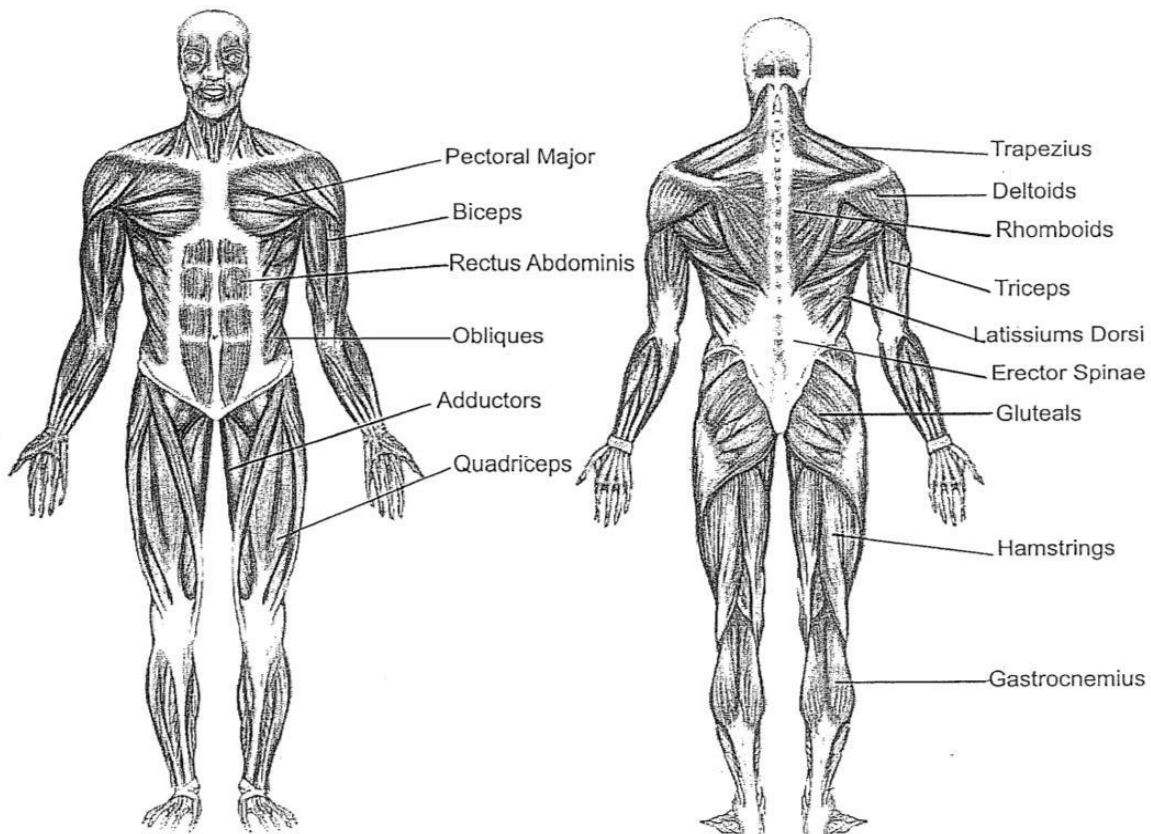
The key components of fitness include: cardiovascular, muscular strength, muscular endurance, flexibility and body composition.

Warm-Up	Use cardiovascular equipment or aerobic exercise to warm muscles and break a slight sweat. Duration is 5-10 minutes prior to exercise.
Cardiovascular Training	<p>Recommended 3-5 times per week, minimum of 15-60 minutes per workout to see improvement. Exercise is performed at 60-80% of maximum heart rate</p> <ul style="list-style-type: none"> ○ Heart rate calculation: $\{(220 - [\text{your age}]) \times 0.6 \text{ or } 0.8\}$; example: $220 - 14 = 206 \times 0.6 = 123.6 \text{ bpm}$ ○ Find your heart rate range: <ul style="list-style-type: none"> ▪ $(220 - \underline{\hspace{1cm}}) \times 0.6 = \underline{\hspace{1cm}} \text{ bpm}$ ▪ $(220 - \underline{\hspace{1cm}}) \times 0.8 = \underline{\hspace{1cm}} \text{ bpm}$
Resistance Training	In order to see improvement, exercises should be done 2-3 times per week. For general muscular improvement, 2-3 sets per exercise, 8-15 repetitions per set. Work larger muscles before smaller muscles (i.e. chest before arms). Use slow and controlled speed during movements. Be sure to give muscles 48 hours to recover before working them again
Flexibility Training	Always warm up before stretching to prevent injury. It is recommended 4-7 times per week to see improvements. Perform light static stretching (hold stretch for 30 seconds) for all major muscle groups.

MUSCLE IDENTIFICATION

Identify the major muscles of the body. Must be able to show and label for the exam. The major muscles are as follows:

- Triceps – Back of the Arm
- Biceps – Front of the Arm
- Adductors – Inner thighs
- Abductors – Outer thighs
- Trapezius – Back of Neck
- Obliques – Side Abdominals
- Gastrocnemius – Calf
- Rhomboids – Middle of Back between shoulder blades
- Quadriceps – Front thigh
- Hamstrings – Back thigh
- Rectus Abdominis – Front abdominals
- Gluteals – Bottom
- Erector Spinae – Low back
- Pectoralis Major – Chest
- Latissimus Dorsi – Upper back (V-shape)
- Deltoids – Shoulders



MUSCLES AND EXERCISES: UPPER BODY

Pectoralis Major – Chest muscles

- Pushups (bodyweight)
- Bench press (free weight)
- Chest Press (weight machine)

Latissimus Dorsi – Upper back (v-shape)

- Pull up (bodyweight)
- Lateral side bend (free weight)
- Lat pull down (machine)

Deltoids – Shoulders

- Reverse burpees (bodyweight)
- Overhead dumbbell press (free weight)
- Shoulder press or deltoid fly (machines)

Biceps – Anterior Upper Arm

- Chin ups (bodyweight), TRX bicep curls (bodyweight)
- Dumbbell bicep curls (free weight)
- Bicep curl (machine)

Triceps – Posterior Upper Arm

- Tricep pushups/diamond pushups (bodyweight)
- Tricep kickbacks (free weight)
- Rope pull down or tricep push down (machine or cable)

MUSCLES AND EXERCISES: LOWER BODY

Quadriceps – Front of the Thigh

- Bodyweight squat (bodyweight)
- Barbell squat (free weight)
- Leg press (machine)

Hamstrings – Back of the Thigh Hip

- Bridge (bodyweight)
- Dumbbell forward lunge (free weight)
- Hamstring curl (machine)

Glutes – Bottom

- Bodyweight sumo squat (bodyweight)
- Barbell dead lift (free weight)
- Stairmaster (machine)

Adductors – Inner Thighs

- Lateral box step ups (bodyweight)
- Resistance band monster walk (free weight)
- Hip adductor (machine)

Abductors – Outer Thighs

- Sideways leg lifts (bodyweight)
- Dumbbell lateral lunge (free weight) Hip abductor (machine)

FITNESS MACHINES

Leg press – Quadriceps, Hamstrings, and Gluteals

Shoulder press – Deltoids

Seated Row – Rhomboids and Latissimus Dorsi

Chest press – Pectorals

Leg Extension – Quadriceps

Leg Curls – Hamstrings

Hip Adduction – Adductors (Inner thigh)

Hip Abduction – Abductors (Outer thigh)

Lat pulldown – Latissimus Dorsi

Tricep Extension or Press – Triceps

Arm/Bicep curls – Biceps

IMPORTANT REMINDERS

Exercising through a full range of motion (ROM) enhances strength and flexibility, as well as helps prevent injury.

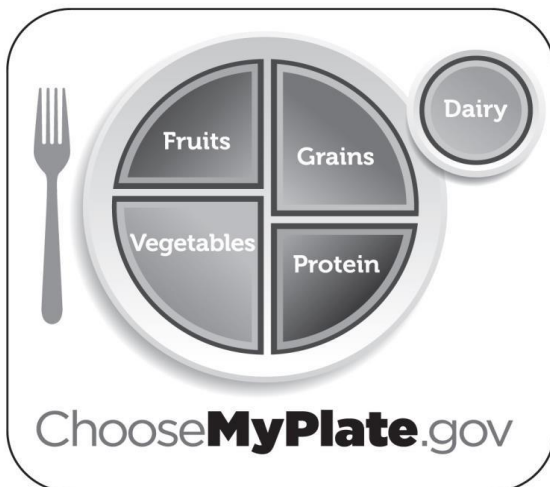
Abdominal and other core muscles are used each time that you do an exercise. Condition them to help prevent instability and injury. Conditioning the abdominals last helps prevent instability and injury. You don't want to fatigue your core muscles first before the rest of the workout.

When you breathe in, your body takes in oxygen. When you exhale your body gets rid of carbon dioxide. Your muscles use oxygen as fuel to function; be sure to breathe during all exercise components for a safe and effective workout.

Get plenty of rest to help your body recover and grow strong; give your body 48 hours between resistance training/weight training workouts (i.e. if you lift on Monday, wait until Wednesday).

Drink lots of water to keep your body hydrated, flush toxins, lubricate joints, and keep muscles flexible. Water will help fuel you during your workouts and it helps maintain your body functions and operating systems while you are not working out.

Eat healthy meals and snacks throughout the day to help fuel your workouts. Avoid junk food! Fruits, vegetables, whole grains, lean meat, and healthy fats will keep you strong and energized. (see image below for tips or visit www.choosemyplate.gov)



FITNESS CENTER ETIQUETTE

Respect is one of the YMCA's core values. Fitness etiquette is a code of behavior to help us respect the fitness equipment, and the other people in the gym when you are working out. Fitness Etiquette is important to maintain a healthy and safe environment for everyone.

CLEANING YOUR EQUIPMENT

After using a machine, you should spray down all of the areas that your hands and/or body touch. Cleaning your machine after each use reduces the spread of disease and keeps you healthy!

THROW AWAY YOUR PAPER TOWELS

After you clean your machine, make sure to throw away the used paper towels and any other trash you may have. Cleaning up your trash is a way of respecting others and keeping our facility clean for everyone.

GRAB A STAFF MEMBER

If you notice that a machine is broken, let a YMCA staff member know. The faster we know about broken equipment, the faster we can fix it!

NO CELL PHONE USE IN THE FITNESS CENTER

Talking on your cell phone in the gym is distracting to others and is not a way of respecting the common space. If you need to use your cell phone, step outside to make a call.

YMCA CORE VALUES

The YMCA core values are honesty, respect, responsibility, caring and faith. All members are expected to use these core values while using the fitness center. Youth members that do not follow fitness center etiquette and use the core values, can lose their fitness center privileges.