# Module 3: High Performance Machinery
## Topic 4 Application: Weight-Training Workout

This document includes an Exercise Instructional Guide to help you with the correct form and movements of each weight-training exercise.

Follow the Weight-Training Workout (page 4) in the number of sets, repetitions (reps), rest, and resistance required.

Refer to the Developmental Module for information on how to determine your required resistance/weight.

Also, you can choose either to use dumbbells, barbells, or some other resistance equipment like a resistance band or a corded machine.
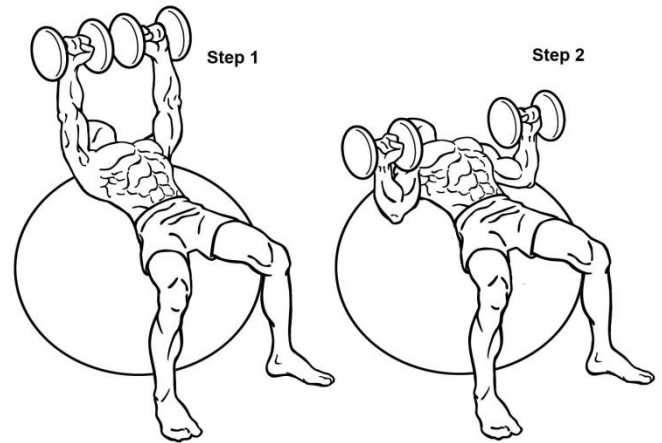
As you complete this workout, record the weight you used. Also, add your weight training to your fitness log.

Remember to breathe correctly as you exercise. Exhale on exertion, and exhale when you lift the weight. Do not hold your breath.
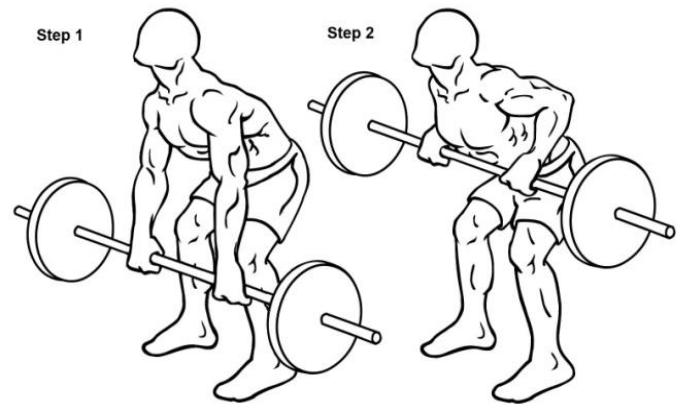
Images source: *Everkinetic*

## Exercise Instructional Guide

**Ball dumbbell chest press:**
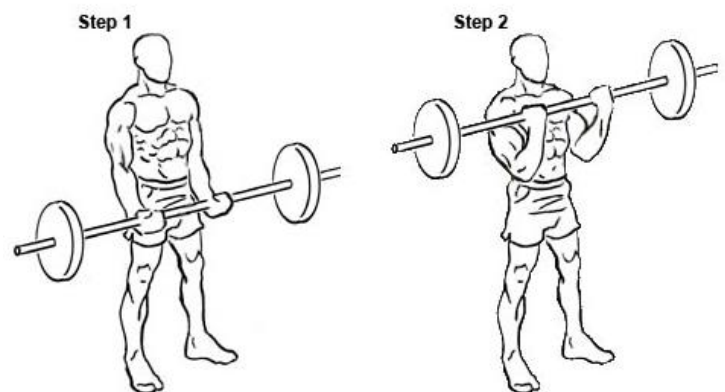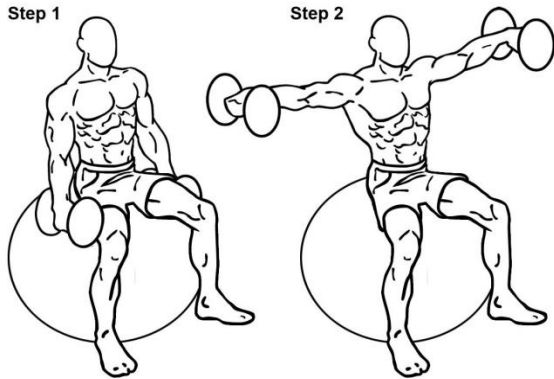


**Standing dumbbell row:**



**Standing biceps curl:**

**Ball seated abduction (3 positions):**

*Lateral raise*
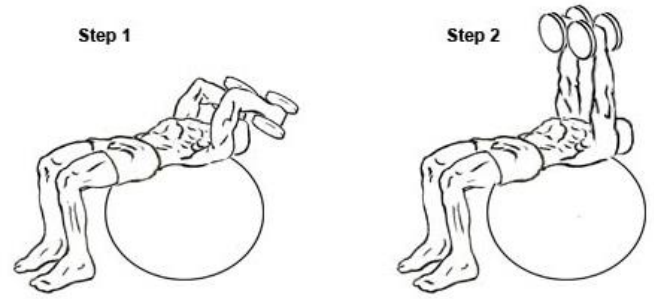
Step 1    Step 2

*Forward raise*
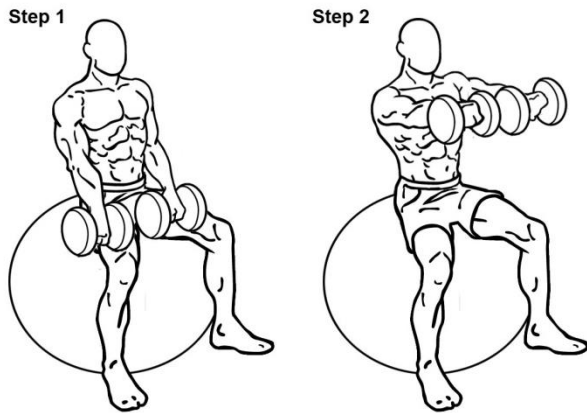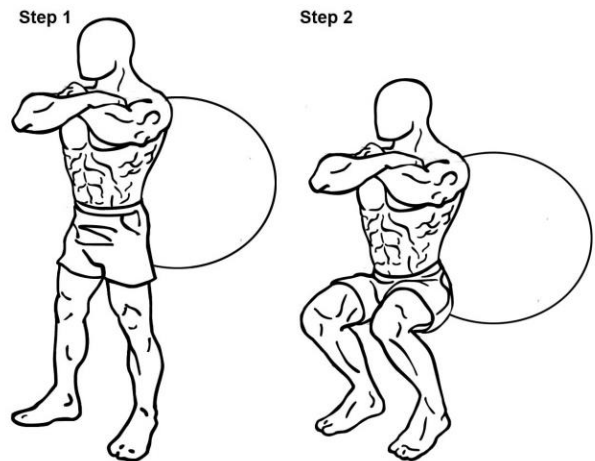
Step 1    Step 2

*Diagonal (45 degree) raise*

Step 1    Step 2

**Ball triceps extension:**

Step 1    Step 2

**Ball wall squats:**

Step 1    Step 2

**Floor bridge:**

Step 1    Step 2

**Floor cobra:**

Step 1

Step 2

**Single-leg balance (on one foot):**

## Weight-Training Workout

NAME:                    DAYS/WEEK:                    DATE:

| BODY PART | EXERCISE | SET | REPS | REST | RESISTANCE/ WEIGHT |
|---|---|---|---|---|---|
| CORE | **Floor bridge** | 1 | 20 | 0 sec | No |
| CORE | **Floor cobra** | 1 | 20 | 0 sec | No |
| BALANCE | **Single leg balance** | 1 | 20 | 30 sec | No |
| CHEST | **Ball dumbbell chest press** | 1 | 20 | 0 sec | 60% |
| BACK | **Standing dumbbell row** | 1 | 20 | 0 sec | 60% |
| SHOULDER | **Ball seated lateral raise** | 1 | 20 | 0 sec | No |
| SHOULDER | **Ball seated forward raise** | 1 | 20 | 0 sec | No |
| SHOULDER | **Ball seated diagonal raise** | 1 | 20 | 0 sec | No |
| BICEPS | **Standing biceps curl** | 1 | 20 | 0 sec | 60% |
| TRICEPS | **Ball triceps extension** | 1 | 20 | 0 sec | 60% |
| LEGS | **Ball wall squats** | 1 | 20 | 30 sec | 60% |

Stretching before every workout prepares the muscle for the strenuous workout to come, and stretching after a workout increases the length of the muscle to prepare it for relaxation.

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