

Module 3: High Performance Machinery

Topic 5 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. Make sure to look at all exercises because some vary from the previous weight-training workout.

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.

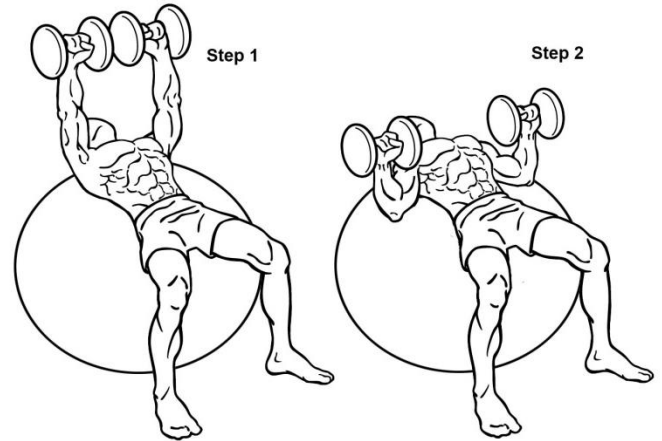
As you complete this workout, record the weight you used. Also, add your weight training to your fitness log.

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

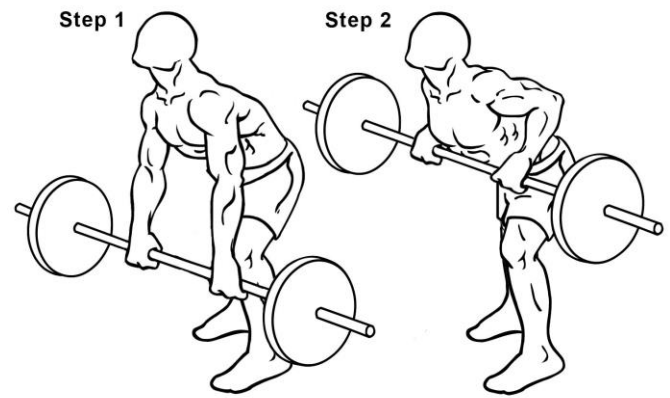
Images source: Everkinetic

Exercise Instructional Guide

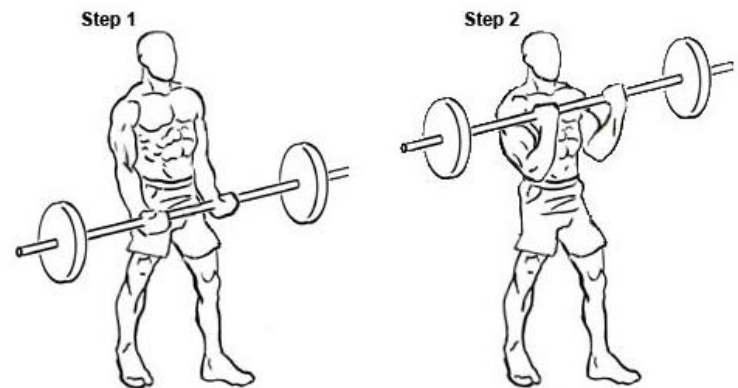
Ball dumbbell chest press:



Staggered-leg dumbbell row:



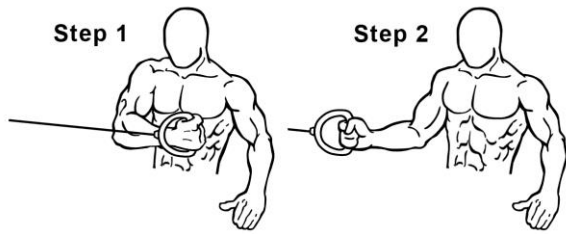
Staggered-leg biceps curl:



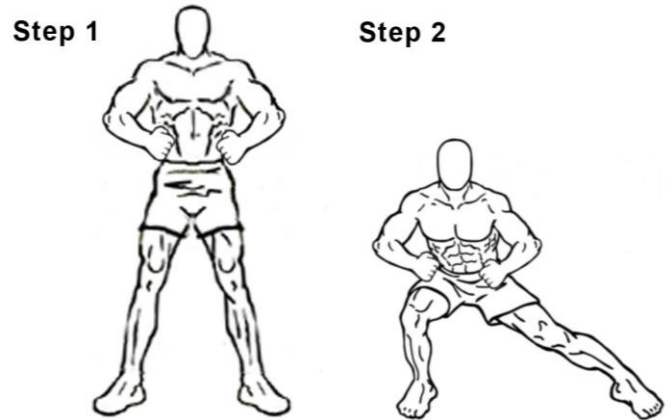
Module 3: High Performance Machinery

Topic 5 Application: Weight Training Workout

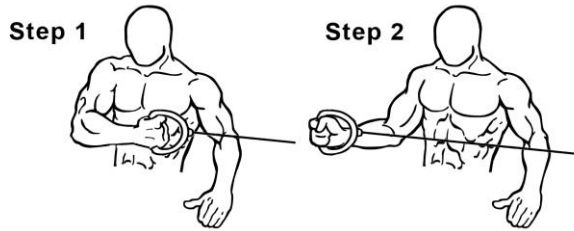
Cord rotation in:



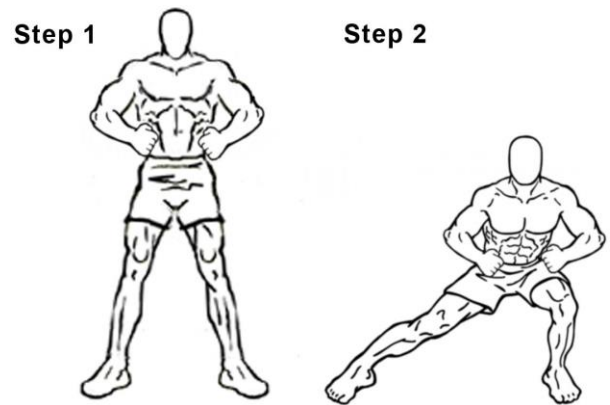
Side-step squat (Left):



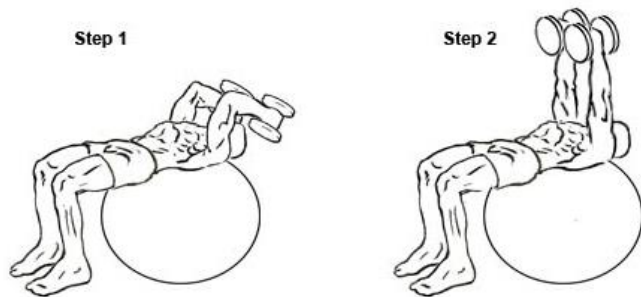
Cord rotation out:



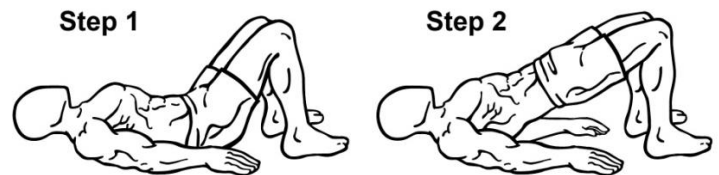
Side-step squat (Right):



Ball triceps extension:



Floor bridge:



Module 3: High Performance Machinery
Topic 5 Application: Weight Training Workout

Single-leg squat:

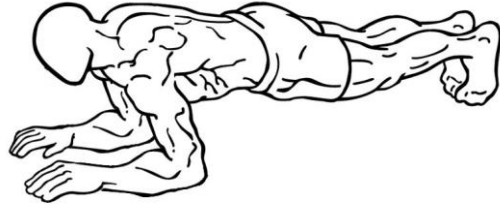
Step 1



Step 2



Plank:



Module 3: High Performance Machinery

Topic 5 Application: Weight Training Workout

Weight-Training Workout

NAME:

DAYS/WEEK:

DATE:

BODY PART	EXERCISE	SET	REPS	REST	RESISTANCE/ WEIGHT
CORE	Floor bridge	3	15	0 sec	No
CORE	Plank	3	15	0 sec	No
BALANCE	Single-leg squat (Right leg)	3	15	30 sec	No
	Single-leg squat (Left leg)	3	15	30 sec	No
CHEST	Ball dumbbell chest press	3	15	0 sec	65%
BACK	Staggered-leg dumbbell row	3	15	0 sec	65%
SHOULDER	Cord rotation in and out (Right arm)	3	15	0 sec	No
	Cord rotation in and out (Left arm)	3	15	0 sec	No
BICEPS	Staggered-leg biceps curl	3	15	0 sec	65%
TRICEPS	Ball triceps extension	3	15	0 sec	65%
LEGS	Side-step squats (Left)	3	15	30 sec	65%
	Side-step squats (Right)	3	15	30 sec	65%

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.