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

**Personal Training and Fitness**

 In this class, you will learn many things about \_\_\_\_\_\_\_\_\_\_\_\_, more specifically \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**In PTF class, you will learn:**

* + Fundamental fitness vocabulary and concepts
	+ Basic \_\_\_\_\_\_\_\_\_\_\_\_\_\_ – the \_\_\_\_ muscle groups
	+ \_\_\_\_\_\_\_\_\_\_ technique to perform numerous exercises
	+ \_\_\_\_\_\_\_\_\_\_\_\_ to exercise each muscle group
	+ First hand experience on the concept of ‘\_\_\_\_\_\_\_\_\_\_\_’
	+ The concept of “No \_\_\_\_\_\_\_ – No \_\_\_\_\_\_”
	+ The importance of \_\_\_\_\_\_\_\_\_\_ workouts
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_

**Fundamentals Study Guide**

* \_\_\_\_\_\_\_\_\_\_\_ is a series of repetitive muscle contractions that build strength and endurance.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_ is one completion of an activity or exercise.

* A \_\_\_\_\_\_\_\_ is a group of consecutive repetitions for any exercise. For example, if you have done ten push-ups, one right after the other, you have done 1-set of 10-reps. By repeating the process after a short rest of two minutes, you have completed a total of 2-sets.
* Maximum strength or \_\_\_\_\_\_\_ is a measure of how much weight you can lift \_\_\_ time (one repetition) for a given exercise.
* \_\_\_\_\_\_\_ Lifts: any lifts that use the \_\_\_\_\_\_\_\_ muscle groups or a lift that uses \_\_\_\_\_\_-jointed effort during the lift. Usually a \_\_\_\_\_\_\_ group of muscles are at work. Example lifts are: bench press, squats, power cleans, push press

* \_\_\_\_\_\_\_\_\_\_\_ Lifts: any lifts that use \_\_\_\_\_\_ muscle groups which are usually a small group or small muscle. Example lifts are bicep curls, triceps extensions, leg curls, leg extension

**Training Routines**

­­­­­\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_\_\_\_\_\_ – the approach to resistance training where you rotate from one exercise to the next in a particular sequence.

 *Example:*

1 set of \_\_\_\_\_\_\_\_\_ Press - 1 set of \_\_\_\_\_\_\_\_\_\_\_ Press -1 set of \_\_\_\_\_\_\_\_ Push Down

 Rest \_\_\_\_\_\_ minutes

1 set of Bench Press - 1 set of Shoulder Press -1 set of Tricep Push Down

 Rest \_\_\_\_\_\_\_ minutes

1 set of Bench Press - 1 set of Shoulder Press -1 set of Tricep Push Down

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – is an approach to training that uses progressively \_\_\_\_\_\_\_ weights and \_\_\_\_\_\_\_\_ reps through successive sets of an exercise.

 *Example*:

1st set of Bench Press lifting 100 pounds for 10 reps

2nd set of Bench Press lifting \_\_\_\_\_ pounds for \_\_\_ reps

3rd set of Bench Press lifting \_\_\_\_ pounds for \_\_\_ reps

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - requires the lifter to alternately perform sets of exercises that train *\_\_\_\_\_\_\_\_\_\_\_\_* muscles, \_\_\_\_\_\_\_\_\_ resting between sets.

 *Example*:

 1 set of Machine \_\_\_\_\_\_\_ Curls – 1 set of \_\_\_\_\_\_ Push Downs

 Rest 1 minute and repeat another 2 rotations.

* \_\_\_\_\_\_\_\_\_\_\_\_\_ - require doing alternate sets of exercises without rest but train the *\_\_\_\_\_\_\_\_* muscle group. Example: bench press followed by flat bench fly for the chest.

 *Example*:

 1 set of Machine \_\_\_\_\_\_ Curls – 1 set of Dumbbell \_\_\_\_\_\_ Curls

 Rest 1 minute and repeat another 2 rotations

**Training Intensity = Training Goals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **GOALS** | **TRAINING LOAD** | **REPS** | **SETS** | **RECOVERY TIME** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Major Muscle Groups**

There are 6 major muscles groups

Chest or \_\_\_\_\_\_\_\_\_\_\_ – [pectoralis major](http://exrx.net/Muscles/PectoralisSternal.html) and \_\_\_\_\_\_\_\_\_\_\_\_ minor

Shoulders or \_\_\_\_\_\_\_\_\_\_\_\_ - [\_\_\_\_\_\_\_\_\_\_ deltoid](http://exrx.net/Muscles/DeltoidAnterior.html), lateral \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_ deltoid

Arms; \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, Forearms – triceps brachii, biceps brachii, and forearms

Abdominals or Abs – [abs](http://exrx.net/Muscles/RectusAbdominis.html), [\_\_\_\_\_\_\_\_\_\_ anterior](http://exrx.net/Muscles/SerratusAnterior.html), and [\_\_\_\_\_\_\_\_\_\_\_](http://exrx.net/Muscles/Obliques.html)

Back – [\_\_\_\_\_\_\_\_\_\_\_](http://exrx.net/Muscles/TrapeziusMiddle.html), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[dorsi](http://exrx.net/Muscles/LatissimusDorsi.html), and [lower back](http://exrx.net/Muscles/ErectorSpinae.html) (erector spinae)

Legs – [\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_](http://exrx.net/Muscles/Quadriceps.html), [hamstrings](http://exrx.net/Muscles/Hamstrings.html), [\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_](http://exrx.net/Muscles/Gastrocnemius.html), [tibialus anterior](http://exrx.net/Muscles/TibialisAnterior.html)

**Exercises**

There are many different exercises.

[EXRX.NET](http://exrx.net/index.html)

\_\_\_\_\_\_\_\_\_\_\_\_\_ Exercises -

an exercise that involves \_\_\_\_\_ or more \_\_\_\_\_\_\_\_ movements

Example: [Squat](http://exrx.net/WeightExercises/Quadriceps/BBSquat.html)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exercises or \_\_\_\_\_\_\_\_\_\_\_\_ Exercises –

an exercise that places greater relative intensity on a \_\_\_\_\_\_\_\_\_ muscle

Example: [Bicep Curl](http://exrx.net/WeightExercises/Biceps/CBCurl.html)

**When do I exercise each muscle group?**

* Train each muscle group \_\_\_\_\_\_\_\_ a week with at least \_\_\_ hours between workouts.
* This rest or recuperation is \_\_\_\_\_\_\_\_\_\_\_ for muscle health and muscle \_\_\_\_\_\_\_.
* For example, if a person trains biceps on Monday, this person would \_\_\_\_ \_\_\_\_\_\_ biceps again until \_\_\_\_\_\_\_\_\_.
* There are many different ways to set up a workout with regards what muscles to group together in each training session.

**Failure**

**No Pain =No Gain**

* In order for muscle to grow or get stronger, the muscle must be overloaded. \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

 The \_\_\_\_\_\_\_\_\_ \_ \_\_\_\_\_\_\_\_\_\_ states that in order to improve your level of fitness, you must increase the amount of regular activity or exercise that you normally do. For example, a person training the bicep is performing a bicep curl. This person performing the set of bicep curls executes repetitions until they actually need help performing the rep. This is called “\_\_\_\_\_\_\_\_\_\_\_\_”.

* \_\_\_\_\_\_\_\_\_ is a term that when used in the weight room, it is actually used as a positive.
* Failure, with regards to weight training, means performing reps until a person \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_finishing the rep.

**Proper Nutrition!**

With regards to any body goal you have, ­­­­\_\_\_\_\_\_\_\_\_\_\_\_ is a huge part of the process!

 Randy Herring of Bodybuilding.com says:

 “\_\_\_\_\_\_\_\_\_\_\_\_ the gym is when we become \_\_\_\_\_\_\_\_\_\_ or when \_\_\_\_\_\_\_\_\_\_ actually \_\_\_\_\_\_\_\_\_\_, if we've supplied our body with the right [\_\_\_\_\_\_\_\_\_\_\_](http://www.bodybuilding.com/fun/nutrient.htm) with the correct ratio amounts and *\_\_\_\_\_\_\_\_*. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ muscle outside the gym makes up more than \_\_\_\_\_\_\_\_ the equation to complete the muscle \_\_\_\_\_\_\_\_\_\_\_ process or \_\_\_\_\_\_\_\_\_\_\_\_ body composition change. It requires more effort and discipline - 60 to 80%.

 What you eat and drink is *\_\_\_\_\_\_\_\_\_\_\_* if you are going to get the \_\_\_\_\_\_ benefit from your training session. …A number of top bodybuilders today place nutrition as high as \_\_\_\_ to \_\_\_\_\_\_ of the battle for making muscular \_\_\_\_\_\_\_\_ and becoming more \_\_\_\_\_\_\_\_\_.”

**What is the Proper Nutrition?**

The proper nutrition can be very confusing depending on your body goal. To start off simple:

To \_\_\_\_\_\_ weight – you must intake\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ calories than you take in.

To gain weight – you must intake \_\_\_\_\_\_\_\_ calories than you burn.

However, it does get somewhat complicated from there.

There are 4 main nutrients when it comes to nutrition:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

**Carbohydrates**

What are carbohydrates or better known as \_\_\_\_\_\_\_\_?

Your body uses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (carbs) to make glucose which is the \_\_\_\_\_\_\_ that gives you \_\_\_\_\_\_\_\_\_\_ and helps keep everything going.

There are \_\_\_\_\_\_\_ types of carbs:

\_\_\_\_\_\_\_\_\_\_\_\_ Carbohydrates – simples sugars – quick energy

 You can find simple carbs in:

* + \_\_\_\_\_\_\_\_\_
	+ \_\_\_\_\_\_\_\_\_
	+ Breads

\_\_\_\_\_\_\_\_\_\_\_\_ Carbohydrates – takes longer for body to break down – \_\_\_\_\_\_\_ lasting energy

 You can find complex carbs in:

* + \_\_\_\_\_\_\_\_ grain breads
	+ Whole \_\_\_\_\_\_\_ pastas
	+ Fruits and vegetables

**Fats!**

What are fats?

Fat is an \_\_\_\_\_\_\_\_\_ part of your diet. It provides energy, absorbs certain \_\_\_\_\_\_\_\_\_\_\_ and maintains your core body temperature. You need to limit your diet to \_\_\_\_ to \_\_\_\_\_\_\_% calories from fat.

There essentially 3 types of fats to be aware of:

* \_\_\_\_\_\_\_\_\_\_ Fat
* \_\_\_\_\_\_\_\_\_\_ Fat
* \_\_\_\_\_\_\_\_ Fat

**Proteins!**

What are proteins?

\_\_\_\_\_\_\_\_ is the \_\_\_\_\_\_\_\_ block of all the tissue in the body including hair, nails, skin and \_\_\_\_\_\_\_\_\_\_. As it relates to exercise, \_\_\_\_\_\_\_ provides the body with the material it needs to \_\_\_\_\_\_\_ damaged \_\_\_\_\_\_\_\_\_\_ tissue.

There essentially \_\_\_ types of proteins to be aware of:

* \_\_\_\_\_\_\_\_\_\_\_\_\_ Proteins
* \_\_\_\_\_\_\_\_\_\_\_ Proteins

You can find complete proteins in:

* \_\_\_\_\_\_\_\_\_\_
* Lean \_\_\_\_\_-meats
* \_\_\_\_\_\_\_
* Low fat \_\_\_\_\_\_\_\_

**Water!**

The importance of water:

* Keeps body \_\_\_\_\_\_\_\_\_\_\_\_ normal
* \_\_\_\_\_\_\_\_\_\_\_\_\_ and cushions your joints
* Protects your \_\_\_\_\_\_\_\_\_\_\_ cord and other sensitive tissues
* Gets rid of \_\_\_\_\_\_\_\_\_\_ through urination, perspiration, and bowel movements

How much water is enough?

The recommendation is \_\_\_\_oz of water per day. However, that is really not enough especially for the \_\_\_\_\_\_\_ person. The person that is really \_\_\_\_\_\_\_ should have water intake of approximately \_\_\_\_% of their body weight (in \_\_\_\_\_\_\_\_\_). For example, a person that weighs 100lbs should intake \_\_\_\_\_ oz of water.

**Charting**

The word is – if you are \_\_\_\_\_\_ charting you workouts, you are \_\_\_\_ improving.

What is charting?

 Charting helps a person keep \_\_\_\_\_\_ of the following:

* + \_\_\_\_\_\_\_\_\_
	+ \_\_\_\_\_\_\_ of sets
	+ \_\_\_\_\_\_\_\_ used for each set
	+ \_\_\_\_\_ performed on each set

Charting helps lifter know when to go \_\_\_\_ \_\_\_\_\_\_\_\_\_ on each exercise.