Weight Training Notes for 2nd Quiz

Here is the list of the majority of exercises taught this quarter, with the recent ones added (since the previous quiz was given).

Exercises taught:

Although the exercises listed below train other muscle groups as well, the targeted muscle to be trained categorizes the specific exercises.
For example: Db chest press works your chest, front deltoid, and triceps primarily. But the targeted muscle to be trained in this example is the chest. Therefore Db chest press falls under the “chest” category.

Note: The list below is by no means in any proper order; it is just a “menu” of exercises.

Db= dumbbell   BB =barbell


Back: db bent over row, lat pull down, seated cable row, BB bent rows, row machine, assisted pull ups

Deltoids (shoulders): db shoulder press, db lateral raise, BB shoulder press, db bent over lateral raise, shoulder press machine, rear delt machine (same machine as pec dec)

Legs: Angled leg press, leg press machine, squats, lunges, and split squats (for hamstrings, quadriceps, and glutes); Leg extension (quadriceps); Seated leg curl and single-leg standing leg curl (hamstrings), Romanian Deadlifts (aka RDL’s, for hamstrings, glutes, low back), Step ups (Quads, glutes, hamstrings)

Calves: calf raise on angled leg press, seated calf raise

Biceps: standing BB curl, seated (or standing) db alternate curl, cable curl, db incline curl
**Triceps:** db overhead extension, tricep press down, db kickback, assisted dips

**Traps** (trapezius) db shrug or BB shrug

**Other Lecture Material:**

Higher intensity principles – example: supersets, drop sets, compound sets, etc.
These are just a few, as there are many other principles as well.

**Supersets:**
Definition: Working opposing muscle groups in a back-to-back fashion, taking as little rest as possible between sets.
Example: Completing an exercise for your biceps and then immediately doing an exercise for your triceps. Chest and back, or quads and hamstrings are other examples. The benefit here is supersets are good if you’re short on time, increases blood flow, and while one muscle is being trained, the other is resting and being somewhat stretched.
Note - The individual can either go back and forth with little to no rest, or complete one “round”, rest, and then repeat. Combining opposite muscle groups is considered a true superset, but one could technically superset anything (ex chest and calves), as long as it doesn’t violate an “exercise order rule” – For example: supersetting a bicep curl and a lat pull down is not effective, because the biceps will limit the back exercise (lat pull down).

**Compound Sets:**
Definition: Alternating two different exercises for the same muscle group, resting between sets as little as possible.
Example: A set of db shoulder presses, followed by a set of db lateral raises. Another example would be hack squats followed by leg extensions. This achieves greater muscle stimulation and creates a bigger muscle “pump”. The “pump” refers to the accumulation of blood in the muscles, which makes them temporarily larger and tight feeling. This
blood flow is beneficial because it brings nutrients, oxygen, and hormones to the working muscles which in turn can help them grow.

**Tri-sets:**
**Definition:** Doing three exercises in a row for the same muscle group (in most cases) with as little rest as possible between sets.
**Example:** A lat pull down, db bent over raise, and a cable pull over – all for your back. Similar benefits to a compound set – but greater intensity. Should only be used from time to time.

**Drop sets:**
**Definition:** Taking a set to positive failure (failing to complete another rep with good form), and then immediately decreasing the weight and doing another set without stopping to rest.
**Example:** You get 8 reps on the bench press, decrease the weight by about 30%, and go for another 6-8 reps without stopping. If you can easily do another 8-10 reps, you “dropped” to low.

**Rotator Cuff**
The thing to remember is the rotator cuff is not simply a ‘body part’ deep inside your shoulder – it is a collection of 4 muscles, which make up what we call the rotator cuff. The rotator cuff muscles help stabilize the shoulder joint with many different, complex movements. Theses muscles also perform internal and external rotation at the shoulder joint.

Rotator cuff training (internal/external rotation movements with a cable or db for example) should be done towards the very end of your training – you don’t want those small, stabilizing muscles to be tired before you do your big, multi-joint exercises. Remember, big to small!
Training Myths

**Myth #1:** You can burn fat off a certain area of your body by doing specific exercises for that area. In other words, you can spot reduce.

**False** – The body loses body fat off different spots and different rates. You cannot do an exercise for a certain body part, and subsequently burn fat off that specific area.

**Myth #2:** Females will achieve abnormally large muscle development (extreme muscularity), if they lift too hard and or heavy.

**False** – Females do not have the hormone levels to get extremely large muscles. So unless they have superior genetics, years of training and diet experience, and take anabolic steroids, they will not achieve extreme muscularity. This photo below is an example of a woman with fantastic genetics, who has spent much time and effort (both in the gym and the kitchen), and has taken a variety of performance-enhancing drugs. (The same also goes for males as far as development, but they usually have a little more muscle mass than females to begin with).
Females should workout hard with intensity if they want to “tone up”, because the more muscle they have on their bodies, the lower the body fat. Remember, muscle is metabolically active. The more you have, the higher your metabolism will be.

**Myth #3:** When doing cardio, staying in the “fat burning zone” is best for losing body fat.

**False** – It is true that at a lower intensity - aka the fat burning zone - the body can use stored fat for energy (because oxygen is present). However, it is possible that not enough calories are burned in order to lose weight. Also, higher intensity cardio increases EPOC (exercise-post oxygen consumption), which means you’ll burn more fat after the cardio session.
Now, not everyone is capable of doing high intensity cardio, so some individuals may need to start out easy. But just like weights, intensity always trumps easy workouts.

**More on cardio:** The best time to do your cardio (if you are going to weight train in the same workout) is AFTER you do your weights. For three good reasons:

- Weights require much greater mental focus and a “fresh nervous system” to properly execute a complex movement. Where during cardio you can more easily space out.
- If you do your cardio first, you will be burning up some glycogen (stored carbohydrates). And since your body can pretty much only use glycogen for fuel during weights, if you did cardio first, and therefore enter your weight training session already somewhat depleted, the workout not be very efficient.
- Similar to above, if you do your weights first, and burn up much of your glycogen stores, you will have less carbs available for your cardio, and therefore have to burn more fat!

**Different Training Splits**

Use these for help in designing your own program. These are just a few, as there are many other options as well.

With the examples below, other body parts like traps, forearms, and abs can fall on certain days that work well for you. For example – traps (trapezius) fit well on back or shoulder; and forearms go well on back day, or arm day.

**Examples:**

**3 Day Routines:**

- Monday/Wednesday/Friday – full body
- Monday/Wednesday/Friday – upper/lower/upper – and the next week it switches to: lower/upper/lower
- Monday: Chest/Back; Wednesday: Legs; Friday: Shoulders and arms
### 4 Day routines:

Monday: Upper body  
Tuesday: Lower body  
Thursday: Upper body  
Friday: Lower body  

Monday: Legs  
Tuesday: Shoulders & Triceps  
Thursday: Back & Biceps  
Saturday: Chest & Calves  

Monday: Chest & Biceps  
Tuesday: Legs  
Thursday: Back & Calves  
Friday: Shoulders & Triceps  
Monday: Chest & Back  
Wednesday: Quads* & Calves  
Thursday: Shoulders & Triceps  
Saturday: Hamstrings & Biceps  

* The Quads cannot be fully isolated from the hamstrings in most leg exercises. So instead, think “quad-dominant”, and do your hamstring specific (RDL’s and leg curls) on a different day (Saturday in this example)  

### 5 Day routines:

Monday: Back  
Tuesday: Chest  
Thursday: Legs  
Friday: Shoulders & Calves  
Saturday: Bicep & Triceps  

Monday: Quads & Calves  
Tuesday: Chest & Biceps  
Thursday: Back & Triceps  
Friday: Hamstrings & Calves  
Saturday: Shoulders  

These are only suggestions. Most of the 4 day routines (and all of the 5) are not intended for beginners. They require more experience - meaning your body has learned and
adapted to this kind of volume (lots of sets and reps per body part), and you are eating right and getting enough sleep.