

Muscular and Flexibility Project (Teen Class)

Description of Classes overall health

My class participants have a good overall health. Many of them have strong upper body strength and a moderate strength on the legs. They lack a core body and abdominal strength and have very low levels of flexibility. They need the most amount of work in flexibility.

Weekly Routine for Flexibility Workouts* **

Day of Week	Flexibility Exercises	Muscle Stretched	Repetitions	Time	Repetitions	Time	Repetitions	Time
Monday	Lying Quad Stretch	Quadriceps	4	20	4	20	4	25
Monday	Modified Hurdlers Stretch	Hamstrings	4	20	4	20	4	25
Wednesday	Upper Back/ Torso Stretch	Trapezius	2	20	2	20	2	25
Monday	Calf Stretch	Gastrocnemius	4	20	4	20	4	25
Wednesday	Lower Back Stretch	Latisimus Dorsi	2	20	2	20	2	25
Friday	Chest/ Biceps Stretch	Pectoralis/Biceps	2	20	2	20	2	25
Friday	Shoulder/Tricep Stretch	Triceps/Deltoids	4	20	4	20	4	25
Wednesday	Lying Abdominal Stretch	Abdominal	1	60	1	60	1	70

*Because you want to give your body time to recover you take a break Tuesday, Thursday, Saturday and Sunday. ** Also because you want to vary your work out every 2nd week work on different days with a different order of but keep the same muscle groups together

Weekly Routine for Muscular Workouts* ** ***

Day of Week	Muscular Exercises	Muscle Worked	Sets	Repetitions	Resistance	Sets	Repetitions	Resistance
Monday	Lunges	Quadriceps	3	10	10 lb	1	15	10 lb
Wednesday	Push Ups	Pectoralis	3	10	None	1	15	None
Monday	Hamstring Curl	Hamstrings	3	10	10 lb	1	15	10 lb
Wednesday	Dead Rows	Latisimus Dorsi	3	10	10 lb	1	15	10 lb
Monday	Calf Rises	Gastrocnemius	3	10	None	1	15	None
Friday	Tricep Dips	Triceps	3	10	None	1	15	None
Friday	Shoulder Shrugs	Trapezius	3	10	10 lb	1	15	10 lb
Friday	Bicep Curl	Biceps	3	10	10 lb	1	15	10 lb
Friday	Lateral Rises	Deltoids	3	10	10 lb	1	15	10 lb
Wednesday	Leg Lifts	Abdominal	3	10	None	1	15	None

*You may alternate exercises that target the same muscles as currently planned every 2nd week in order to add variety. ** Because you want to give your body time to recover you take a break Tuesday, Thursday, Saturday and Sunday. ***If changing the days of working out your flexibility make sure you

change your muscle days keeping the same groups together so you are not mixing up the groups of muscles

Safety Guidelines

- Never continue if you feel any pain
- Never exercise a certain muscle group everyday, make sure you give your muscles time to rest
- Never lift more than you can safely
- Never wear clothes that restrict your movement
- Never overstretch or over lift, it will do more harm than help
- Always warm up with a light cardiovascular activity beforehand
- Always use proper lifting technique
- Always breathe correctly
- Always train to have muscle balance
- Always control the weight when lifting
- Research how to correctly do each exercise from a reliable source before starting and make sure you have proper body alignment at all times

SPORT/FITT principles

Specificity

Training should be designed to meet a specific need.

Increase Flexibility Example: You want to increase the range of motion in your shoulder (deltoid) muscles.

Increase Muscular Condition Example: You want to improve your muscular endurance in your shoulder (deltoid) muscles.

Progression

Training should start slowly and gradually.

Increase Flexibility Example: Your shoulder stretches will be performed slowly and gradually become more challenging.

Increase Muscular Condition Example: You will perform shoulder shrugs as part of your muscular fitness routine and gradually increase the challenge of this activity.

Overload

Training should require you to do more than you normally do.

Apply the principle of Overload by changing the Frequency, Intensity, Time and/or Type (FITT) of activity you perform:

- **Frequency:** How often you perform the activity.
Increase Flexibility Example: In week one, you will stretch three times per week and gradually work up to stretching five days per week.
Increase Muscular Condition Example: In week one, you do shoulder shrugs two times per week and gradually work up to three times per week over a four week period.
- **Intensity:** How intensely you perform the activity.
Increase Flexibility Example: As your flexibility increases you will gently extend how far you hold your shoulder stretches.
Increase Muscular Condition Example: In week one you will use three pound weights and gradually work up to eight pound weights over a four week period.
- **Time:** The duration of your activity.
Increase Flexibility Example: You will start by holding your shoulder stretch for 20 seconds and gradually work your way up to 40 second holds over a four week period.
Increase Muscular Condition Example: In week one, you will attempt to do eight repetitions and gradually work up to 12 to 18 repetitions over a four week period.
- **Type:** The type of activity you perform.
Increase Flexibility Example: You will also perform some chest and back stretches to further enhance the flexibility in these related and connected muscle groups.
Increase Muscular Condition Example: You will also incorporate some push-ups into your routine.

Reversibility

Training should continue or you will reverse your improvement.

Increase Flexibility Example: You must continue to stretch or your improvements will reverse.

Increase Muscular Condition Example: You must continue to perform muscular training exercises or your improvements will reverse.

Tedium

Training should include a variety of activities to avoid boredom.

Increase Flexibility Example: You will try some yoga poses that incorporate shoulder stretches.

Increase Muscular Condition Example: You will also swim laps in the pool and use the water as resistance.

Equipment

Here is a list of equipment you need on a very limited budget. Many of the items you can find in your home.



Dumbbells

Dumbbells are great for a variety of exercises. They are easy to carry, offer a great range of motion and are a compact size. You need to ensure you have proper alignment when using dumbbells to avoid injury. I would suggest either home made or store bought because they both work out excellent for this product.

Store Bought: The dumbbells to the left cost \$7.00 each, for a total of \$14.00. They are 5lbs each for a total of 10lbs resistance when you have 1 in each hand. These are some of the cheapest dumbbells you will find but they are very durable and will last you as long as you need them to.

Home Made: To make your own dumbbells take an empty milk carton and fill it up with water to create weights. To make your water jug 5lbs you add 80 oz. of water. If you do this to two jugs then you will have a set of dumbbells each 5 lbs for a total resistance of 10 lbs when you have 1 in each hand for free instead of the \$14.00 +tax it would cost you at the store. Instead of a milk carton you can also use shampoo bottles and other containers you have lying around the house.



Leg Weights

Leg Weights are used mainly for exercising the leg muscles however they can also be used anytime just to add a bit more resistance to any event. They are extremely compact and easy to use. I would suggest store bought because the homemade are ineffective and hard to keep on. They hardly add any weight and for the variety of what they can be used for, it is best to spend some of your \$25 on these leg weights.

Store Bought: The leg weights to the left cost \$13.00 for the pair of them. They are 3lbs each for a total resistance of 6lbs resistance when you have 1 on each leg.

Home Made: To make your own leg weights you can tie mini bean bags to your legs with ribbon. These are hardly as effective and are extremely hard to stay on, especially while working out. I would not suggest homemade leg weights.

Steps

Steps are used for both calf exercises and for balance while doing other exercises. They are kind of compact and very easy to use. I would highly suggest home made because a raised platform is extremely expensive and it is extremely easy to find in your home.



Store Bought: The stair step above is \$40.00, which is way out of budget. I would not suggest buying this at a store at all

Home Made: A raised platform is very easy to find in your house. It can be anything from a chair to a step on your stairs. My personal favorite is a step on your stairs because it fits every description needed and usually has a hand rail by it for balance and safety.



Body Weight

Body weight is always free and is impossible to buy at a store! It goes with you everywhere and can be used in many different exercises. When using your own body weight make sure you have proper alignment or you could have traumatic injuries.