



Salem Community High School

Athletic P.E. 1st Semester Study Guide

*Safety:

- Spotters should always be in the correct location and ready to assist
- When spotting, never completely pull the weight up for your partner
- Use fluid, steady motions when lifting
- Always concentrate on your breathing. Never talk while executing a lift unless it's to ask for help
- Whenever lifting weight above the head, keep the weight at or behind the ears
- Use Velcro collars whenever placing weight on the bar
- Do only lifts that have been explained and are on the workout for that day
- Whenever executing an upper body lift while standing, have your feet in a good squat base

*Squat Form

- Heels shoulder width or slightly wider...heels should be in, toes pointing out
- Bar should be balanced on the back just below the base vertebrae in your neck
- Back should be tight with the chest out and elbows under the bar
- Knees should never get outside the toes when executing the lift
- Work to push your hips back and get thighs parallel or below, engaging the hamstrings
- When finishing, spread the chest and drive elbows under the bar

*Warm-Up

- Always do some sort of active warm-up before static stretching
- Examples of active warm up are: jumping rope, form run or speed ladder

*Core Lifts

- The three core lifts we are currently working on are bench, squat and clean
- Bench works the chest(pectorals), shoulders and tri-ceps
- Squat works the thighs, hips and hip flexors, glutes and hamstrings
- Cleans work the shoulders, traps, back, tri-ceps, quads, hamstrings and glutes

*Auxiliary Lifts

- Dumbbell curl press is a multi-movement exercise
- Medicine balls are excellent tools for toning muscles and building muscular endurance
- When using the word 'complex', this means to do one exercise in combination with another:
i.e. doing a set of 8 on bench and immediately doing a set of 8 on dumbbell curl press.

*Clean Form

- Component lifts that make up the clean are: good mornings, clean shrugs, jump shrugs and front squat
- When doing good mornings, your feet should be pointing forward with a narrow stance, the bar on your back in squat position, pushing your hips back to achieve a stretch in your hamstrings
- When doing clean shrugs, hands should be slightly outside the thighs, feet in squat base; pushing hips back, explode hips forward and shrug shoulders rising up on toes keeping elbows locked
- You should still achieve parallel when front squatting

*Ab Exercises

- Plate V-Ups, Thunderbolts, Single Leg Touches, Planks, Med Ball Sit Ups, Med Ball Partner Throws

*Speed Training

- Exercises include: high knees, butt kickers, carioca, speed carioca, bounders, bounders for height / distance, frog jumps, high knee butt kickers transition, carioca transition

***Body Part to Lift:**

Swiss Ball V-Ups	Abs/Hip Flexors
DB Bench on Ball	Chest / Core
Side Step-Ups	Hip Flexors / Quads
Close Grip Bench	Tri-Ceps / Shoulders
Curl Press	Bi-Ceps / Shoulders
2 Arm DB Row	Upper Back
Supermans	Lower Back / Glutes
Good Mornings	Hamstrings / Lower Back
Y Press Core	Shoulders / Exterior Oblique's
Med Ball Drop-n-Pop	Tri-Ceps / Shoulders
Bench	Chest, Triceps, Shoulders
Squat	Hips, Quads, Hamstrings, Glutes
Clean	Shoulders, traps, back, triceps, quads, hamstrings and glutes
Clean Shrugs	Calves, Shoulders, Traps
Upright Rows	Traps, Biceps