

Muscular System Project

Personal Trainers Guide to Your Workout

Step 1: Clients

You will have 5 athletes coming to you (Their Personal Trainer) asking for a workout designed especially for them and the sport that they play. You must pick **5** from the following list:

-
- Football
- Swimming
- Gymnastics
- Soccer
- Basketball
- Wrestling
- Track/Cross Country
- Tennis
- Volleyball
- Softball/Baseball
- Cheerleading/Dance
- Golf
- Diving
- Hockey
- Martial Arts
- Boxing
- Figure Skating
- Skateboarding
- Surfing
- Snowboarding/Skiing

Step 2: Workout Routine

After you have picked your 5 clients you will be making a workout routine for each. The workout must include:

1. Name of Client and the Sport they Play
2. A minimum of 7 exercises per client (**7 DIFFERENT MUSCLE GROUPS MUST BE USED**)
 - ✓ 2 Machines
 - ✓ 2 Free Weights
 - ✓ 2 Floor/Mat Exercises
 - ✓ 1 Exercise Class (Ex: Spinning, Step Aerobics, Yoga, etc)
3. Name of Machine or Exercise Name
4. A picture of the exercise (drawn or off the internet—**COLOR**)
 - Exercise Machine
 - Person doing the exercise (with or without weight)
5. A picture of the muscle (wo)man with the following:
 - ✓ Target: Main muscle group highlighted/colored & Labeled
 - ✓ Synergist: Muscles that assist in the exercise different highlight/color & Labeled
6. Sets
7. Reps
8. Lbs (lighter weights for muscle toning...heavier weights for muscle building)
9. Explain how to do the exercise

You may use the same exercise but not the same muscles for your 5 client athletes

Step 3: Layout

- Cover Page
 - Your First & Last Name / Period / Exercise Picture (Color) / Anatomy & Physiology 2009 / Muscular System Project: Personal Trainers Guide to Your Workout
- Refer to Left Page for a possible layout idea (but get creative!)
- 1 page per exercise Group (1 Page for Machine, 1 Page for Floor)
- All information must be placed in a **3 PRONG FOLDER**
- All pictures need to be in color!!!

- Information must **NOT be copied!!!** Write your descriptions in your words!
- Work Sited
 - Every picture and information on the exercises must be sited (refer to the library/website for directions on how to correctly site a website).

Possible Websites to Get You Started:

Weight Lifting For Women:

<http://health.howstuffworks.com/weight-lifting-for-women.htm>

Slide show: Weight training exercises for major muscle groups:

<http://www.mayoclinic.com/health/weight-training/SM00041>

Exercise for Beginners - Strength Training:

<http://exercise.about.com/cs/exbeginners/a/begstrength.htm>

Exercise and Muscle Directory:

<http://www.exrx.net/Lists/Directory.html>

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Possible Layout Idea

Client: Betsy Smith

Sport: Tennis

Exercise 1: Bicep Curl



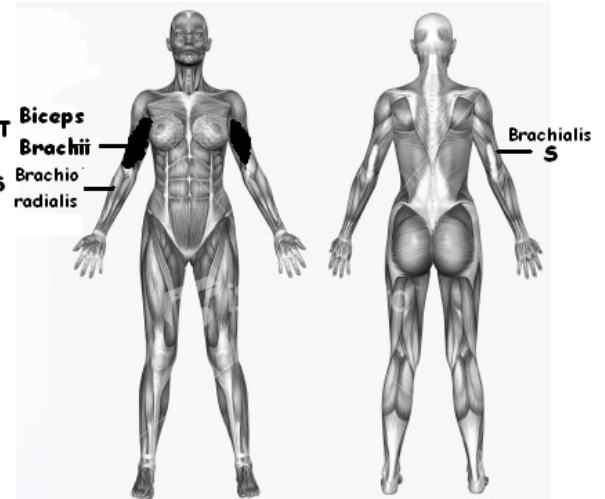
Bicep Curl

1. Assume starting position
2. Bend the right arm and raise the weight to shoulder height.
3. Slowly lower the weight to starting position.
4. Repeat with the left arm and perform...

Sets: 2 to 3

Reps: 15

Lbs: 20



Exercise 2: Lat Pulldown



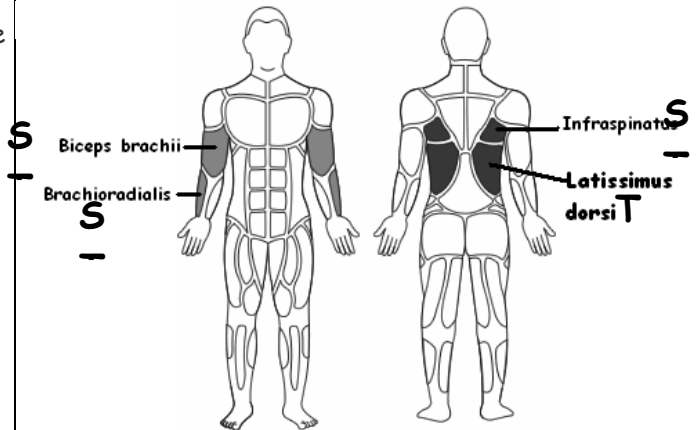
Lat Pulldown

1. Using a wide bar, hold it with a wide comfortable grip, while putting your knees underneath the pad.
2. Pull the bar down smoothly until it touches the top of your chest.
3. Now extend your arms back to the top

Sets: 2 to 3

Reps: 15

Lbs: 30



Exercise 3: Triangle Pose/Yoga

Triangle Pose: Yoga

STEP 1: Start with the Downward Facing Dog Pose

STEP 2: Move your left foot forward for about 1 meter.

STEP 3: Put your left hand beside your foot. Raise the upper part of your body until the lower back is straight. The right foot (the one at the back) rests on the floor.

STEP 4: Stretch the leg which is in front without bending the back or twisting your body. With your back straight and your right hip stretched backward, look at a point on the ground and breathe in and out quietly. Press your left hand against the heel and twist your chest to the left. Let the twisting motion involve only your upper back while your hip, lower back, legs and head remain stationary. When you cannot twist any further, stretch your right arm upward.

STEP 5: Then twist your head to the left, look upward along your outstretched arm and stretch out your neck.

Sets: 2 to 3

Reps: 1

Lbs: Your Own Body Weight

