Weight Training Benefits
Complete the following cryptogram to learn the benefits of weight training

*helps reduce injury * increases strength *improves quality of life
* controls weight *helps all age *increases endurance * boosts energy
*increases strength * keeps bones healthy

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
3				25							22						14	12						

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        R  E  A  S  E  S    S    R  E                        E  E
19 10 20 14 25  3 12 25 12    12 23 14 25 10 18 23 24      16 25 25 26

    E  S        E  A  L                    R     L  S        E
11  5 10 25 12    24 25  3 22 23 24 17    20  5 10 23 14  5 22 12   21 25 1

        E  L     S    A  L  L    A    E  S              R  E  A  S  E
      24 25 22 26 12   3 22 22    3 18 25 12    19 10 20 14 25  3 12 25

 S    R  E                    R  E  A  S  E  S     E              R  A
12 23 14 25 10 18 23 24    19 10 20 14 25  3 12 25    25 10  7  8 14  3

     E  L     S    R  E        E              R           S
   24 25 22 26 12   14 25  7  8 20 25    19 10 13  8 14 17    11  5  5 12

  E     E  R                 R        E  S        A  L
25 10 25 14 18 17    19  6 26 14  5  9 25 12    2  8  3 22 19 23 17

                    L        E
                  22 19  4 25
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<u>WEIGHT TRAINING CHALLENGE</u>

1. The ability of muscles to exert force many times with low weight is called A. muscular endurance   B. muscular strength   C. power
   D. reaction time
2. The ability of muscles to exert force one time with high weight is called   A. muscular endurance   B. muscular strength   C. power
   D. reaction time
3. Which training principle states that specific exercises will only improve specific body part?
   A. frequency
   B. overload
   C. progression D.
   specificity
4. Which of the following would relate to a muscular endurance training session?   A. low resistance/high repetitions   B. high resistance/low repetitions   C. high resistance/high repetitions   D. low resistance/low repetitions
5. F.I.T. stands for
   A frequency, intensity, training
   B. frequency, intensity, time
   C. flexibility improve training
   D. flexibility, improvement, transition

6. T or F   Tricep muscles are located on the leg.
7. T or F   Anterior means the back of your body.
8. T or F   Posterior means the back of your body
9. T or F   The hamstring muscle is located on your posterior, upper arm.
10. T or F   The quadracep muscle is located anterior to your hamstring muscle.
11. T or F   The tricep muscle is located posterior of the upper arm.
12. T or F   The bicep muscle is locate anterior of the upper arm.
13. T or F   You should warm-up muscles prior to lifting weight.
14. T or F   Flexion of a muscle, means to shorten a muscle.
15. T or F   Extension of a muscles, means to lengthen a muscle.,
16. T or F   A single muscle is made up of one muscle fiber.
17. T or F   Ligaments attach bone to bone.
18. T or F   Tendons attach muscle to bone.
19. T or F   Abdominal muscles are located posterior, mid section of the body.
20. T or F   Lower back muscles can be strengthened by abdominal exercises.

Name:_____ Date:_____

<u>WEIGHT TRAINING SAFETY RULES AND REGULATIONS</u>

<u>LIST</u> 10 SAFETY RULES WHEN WEIGHT TRAINING AND <u>EXPLAIN</u> THE IMPORTANCE OF EACH.

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Name:_____ Date:_____

WEIGHT TRAINING VOCABULARY:

Define the following weight training terms:

1. Muscular Endurance:

2. Muscular Strength:

3. Specificity:

4. Overload:

5. Set:

6. Repetition:

7. Power:

8. Skeletal Muscle:

9. Range of Motion:

10. Spotter:

Name:_____ Date:_____

Weight Training Word Search

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S  R  F  R  E  E  E  X  O  M  P  C  S  Q  V
D  Y  E  E  E  L  N  V  Y  S  E  I  T  J  E
V  D  R  P  C  B  E  D  S  T  C  V  H  S  B
N  F  C  S  A  R  I  Q  U  G  I  J  G  Q  W
F  C  U  W  L  I  U  F  D  R  B  R  I  A  T
Z  M  Z  O  Y  A  R  O  D  B  A  K  E  M  N
P  N  A  L  T  H  M  E  N  R  Z  N  W  R  Q
O  D  P  T  W  G  M  T  D  A  W  C  Z  S
W  S  S  E  R  P  L  S  G  T  A  H  S  E  T
E  T  R  E  P  E  T  I  T  I  O  N  B  Q  R
R  N  D  T  C  N  G  L  L  S  D  P  R  H  E
H  C  T  E  R  T  S  P  J  O  B  H  S  R  N
T  R  I  C  E  P  V  C  Y  Q  J  H  I  Z  G
A  O  V  Q  R  A  N  O  I  C  M  K  U  X  T
P  R  K  B  I  A  A  Q  X  V  F  F  R  C  H
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BICEP
ENDURANCE
FIBER
FREE
MUSCLE
OVERLOAD
POWER
PRESS
REPAIR
REPETITION
SPOTTER
SQUAT
STRENGTH
STRETCH
TRICEP
WEIGHTS