

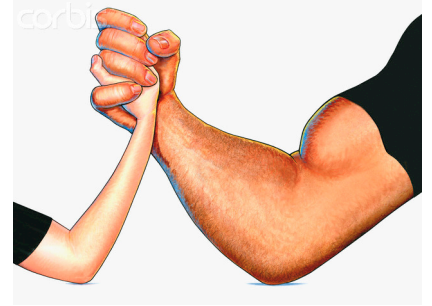
Fitness Rules of Training

How do we get our muscles to grow?

- By progressively lifting heavier weight

When should you change how much you lift?

- Once you don't feel muscle fatigue with your weight training exercises anymore. (You need to change to heavier weights)
- Consider changing your workout routine every 1-2 months to achieve maximum results.



When working out, how should I go about my workout order?

- Larger muscles first (Chest, Back, Legs) then smaller muscles (Biceps, Triceps, Forearms).
- Why? If I worked my triceps 1st then my chest second, I will be too tired to work my primary muscle (Chest) because the triceps are involved in a lot of the chest exercises. (My performance will be weak).

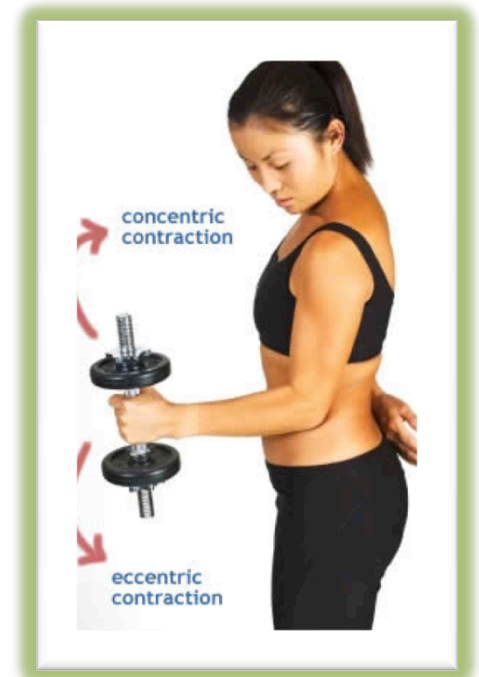
The three weight training principles are:

1. **Overload Principle** – Muscle size, strength and endurance will only improve if the stress is greater than that normally encountered. Muscles adapt and grow when they are forced (with proper form) to overcome resistance they have not experienced before.
2. **Progressive Principle** – Muscle size, strength and endurance will increase if the stress resistance is periodically increased. More weight; the more muscles will grow.
3. **Principle of Specificity** – The development of muscular fitness is specific to the muscle trained (If I was a soccer player, I would want to primarily work my legs).



Types of muscle contractions:

1. **Isometric** - Contracting muscles without motion (plank)
2. **Isokinetic** - Constant speed (Kinetic = movement) (riding a bike)
3. **Concentric** - Shortening of the muscle (bicep curl)
4. **Eccentric** - Lengthening of the muscle (setting an object down gently)



What is Hypertrophy?

Increased muscular development (size)

What is Atrophy?

Decrease in muscular size

Sets & Repetitions....

- A rep is a single cycle of lifting and lowering a weight in a controlled manner.
- A set consists of several repetitions performed one after another.

Muscular Endurance & to get lean.....

Less weight, more repetition (15 - 20 reps)

Muscular Strength....

More weight, less repetitions (8 - 10 reps)

