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| Name: |  | Name: |  |

* Remember to breathe, keep your back straight (for most exercises), and DO NOT lock out your joints.
* In groups of two, have each partner the following:

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* Find an available bar and practice each of the grips. Do not add any weight to the bar.

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| 1. Pronated 2. Supinated 3. Alternated 4. Hook (same as pronated except thumb is under the index and middle finger) 5. Common 6. Narrow 7. Wide | 311873_E3848 |
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* Use the seated back row with little to no weight and practice proper breathing technique.
* Use the seated back row with little to no weight and practice the Valsalva maneuver.

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| * Exhale during lift * Inhale during return * Contract abdomen but do not breathe out * Keep your back straight |  |

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| * Pick a Nautilus machine and make the necessary adjustments (weight machines) | |
| * The joint that is the axis of rotation for exercise should line up with the red dot on weight machines. * Benefit of weight machines: Focuses on primary muscles and is safer. * Cons of weight machines: Doesn't involve stabilizer muscles as much (less holistic) * Other types of machines (gas, liquid) |  |

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* Find an available bar to lift off the ground and practice the proper technique. Add 5 pounds to the bar and use the collars to secure the weight.

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| * Use your legs for power * Keep your weight over your heels * Keep the bar close to your body and your back straight | fig 14.3c.png | fig 14.3d.png |

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* Find an available bench and practice the 5 point body contact and proper spotting techniques. Do not add weight to the bar.

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| * Head is placed firmly on the bench or back pad. * Shoulders and upper back are placed firmly and evenly on the bench or back pad. * Buttocks are placed evenly on the bench or seat. * Right and left feet are flat on the floor. | * Communicate when to liftoff, when to help, and approx. # of reps. * Use an alternated grip that is narrower than the lifters. |

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* Find an available seat and practice the 5 point body contact and proper spotting technique. Use 5 pound dumbbells and perform shoulder presses

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| * Head is placed firmly on the bench or back pad. * Shoulders and upper back are placed firmly and evenly on the bench or back pad. * Buttocks are placed evenly on the bench or seat. * Right and left feet are flat on the floor. * Communicate when to liftoff, when to help, and approx. # of reps. * Spot nearest the weight (wrists). |  |

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| * Observe preacher equipment. They are used to isolate specific muscles (similar to weight machine). |  |

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