|  |  |  |  |
| --- | --- | --- | --- |
| 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
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| 311876_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)
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| * 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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