

Amy Hazewindus

6th period

6.3
Classwork
and
Evaluation

Essentials of health care/ Anatomy &
physiology

**Muscular System Project: Personal
Trainers Guide to Your Workout**



Client: Erin Lindsay

Sport: Track/cross country

Exercise 1: Leg extension machine

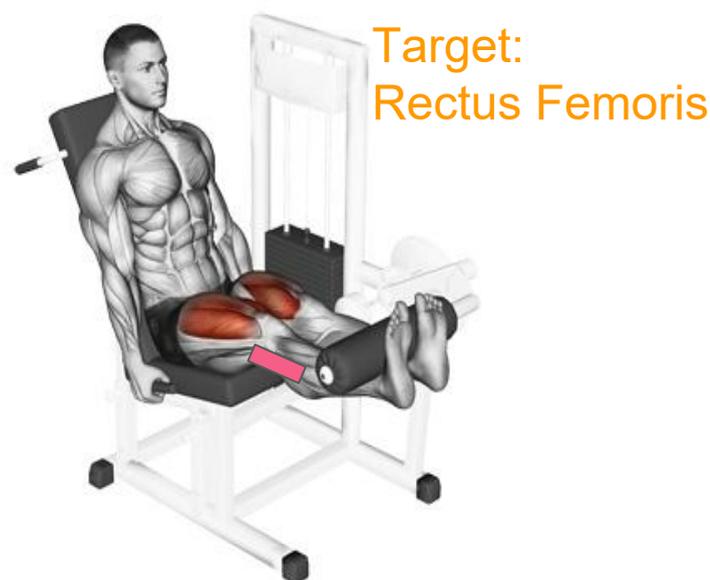
Leg Extension

1. Assume sitting position
2. Place both hands firmly around the bars to your side
3. Place both legs under the weight on the cushioned part
4. While exhaling, lift your legs, do not lock your knees
5. Keep back firm against backrest
6. Exhale and lower legs
7. Repeat steps 4, 5 & 6 for as many sets as instructed

Sets: 3 to 4

Reps: 25

Lbs: 100



Synergist: gastrocnemius

Exercise 2: Kettlebell arm swings

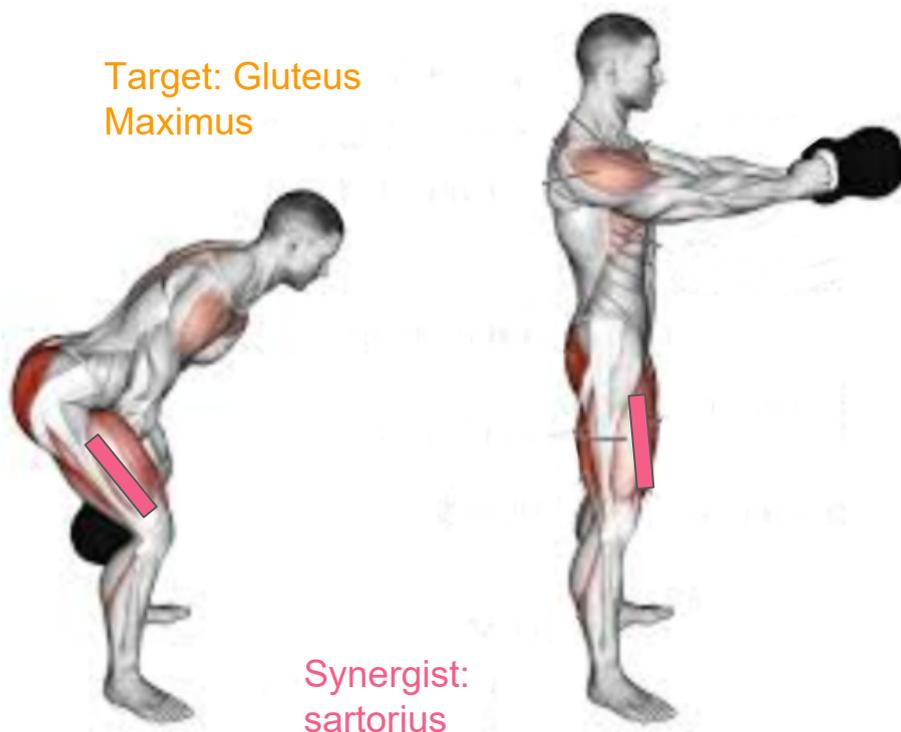
Kettlebell swings

1. Stand with legs hip width apart
2. Go into a squat motion to grab the kettlebell keeping back straight
3. With both hands gripped, swing the kettlebell backwards between your legs
4. Keeping knees slightly bend, bring kettlebell forward up to eye level and repeat
5. Keep eyes fixed in front of you and arms straight
6. Repeat until sets are completed

Sets: 5

Reps: 20

Lbs: 20 to 25



Exercise 3: Russian twists with weighted ball

Russian Twists

1. Assume seated position on the floor with knees bent
2. Place feet flat on the ground or 5in off the ground to make it more difficult
3. Hold the weighted ball with both hands
4. Twist left to right, touching the ball on the ground each side
5. Keeps abs contracted to engage those muscles
6. Repeat until sets are completed

Sets: 3

Reps: 20

Lbs: 15



Target: Obliques

Synergist: Biceps brachii

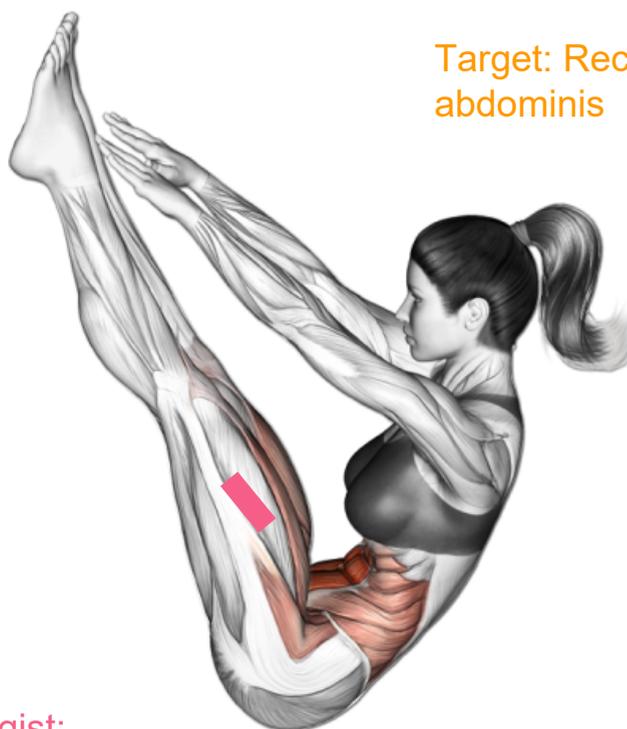
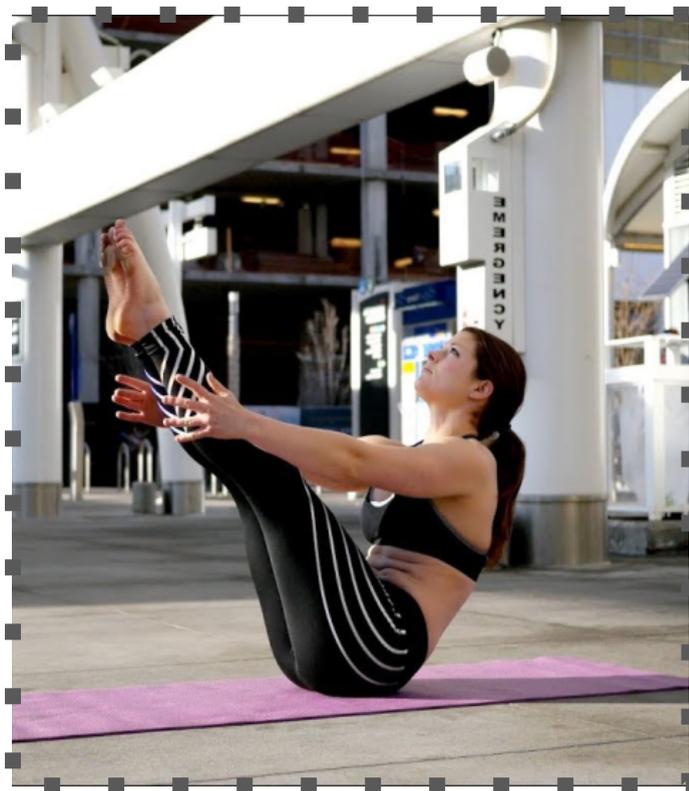
Exercise 4: v-ups on matt

V -ups

1. Lie flat on the ground with legs and arms extended over your head
2. Raise both of your feet, keeping your knees straight
3. Clench abs to engage the muscles
4. Bring arms forward as legs go up
5. Reach for your toes and slowly go back down to the ground
6. Return to starting position and repeat until sets are complete

Sets: 5

Reps: 15



Target: Rectus abdominis

Synergist:
Rectus femoris

Exercise 5: Spinning class

Cycle

1. Wearing the proper clothing and shoes get on your peloton bike
2. Start off slow for a warm up for 5 to 10 min
3. Set bike to 450 watts and pedal
4. Make sure knees or ankles don't lock out
5. Stay seated on the seat and don't lock elbows out
6. Keep pedaling until timer is up



20 minutes 4 times a week

Synergist:
gastrocnemius



Target: Hamstrings

Client: Jay Halstead

Sport: Hockey

Exercise 1: rower

Rower

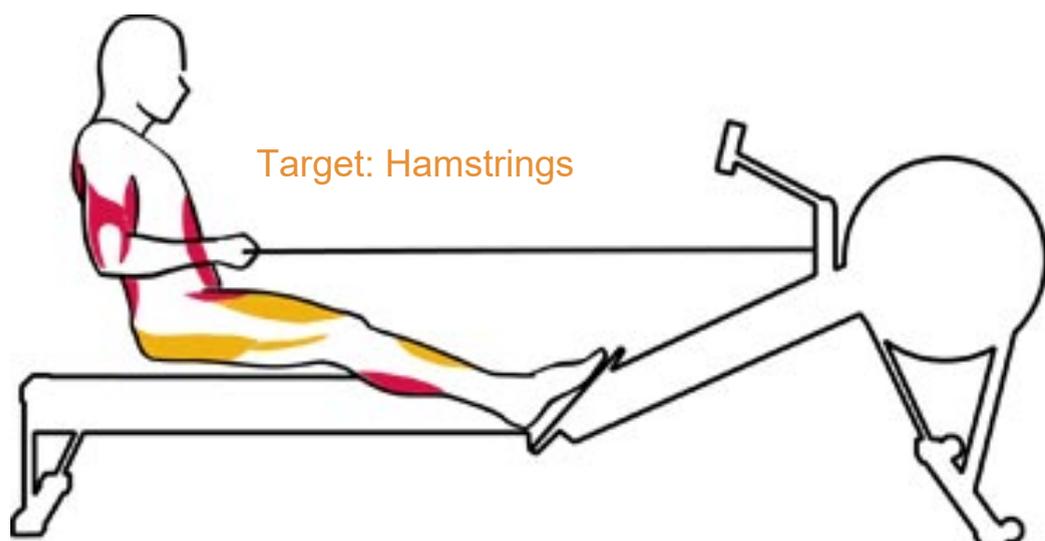
1. Sit on seat with legs up against the foot rest
2. Keeping back straight, grab the bar in front
3. Allowing knees to bend pull yourself forward
4. Complete until sets are done



Sets: 4

Reps: 24

Lbs: 50



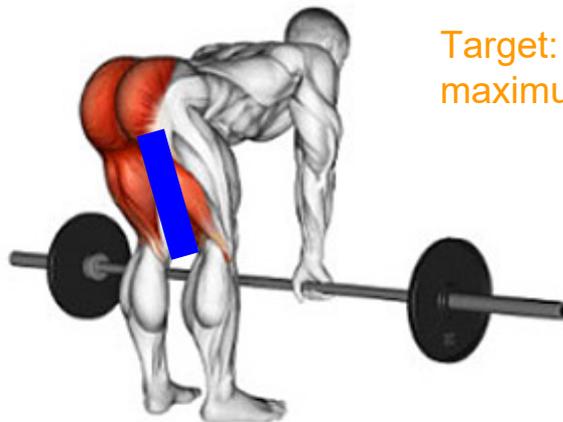
Target: Hamstrings

Synergist: biceps
brachii

Exercise 2: Deadlifts

Deadlifts

1. Stand with your feet hip width apart
2. Keeping your back straight, squat down and grab the bar
3. Grip the bar firmly with both hands
4. Slowly start to stand up, putting all pressure into lower back and heels
5. Keep looking up & forwards & repeat



Target: gluteus maximus

Sets: 5

Reps: 30

Lbs: 125

Synergist: hamstrings

Exercise 3: Squat with dumbbell

Weighted squat

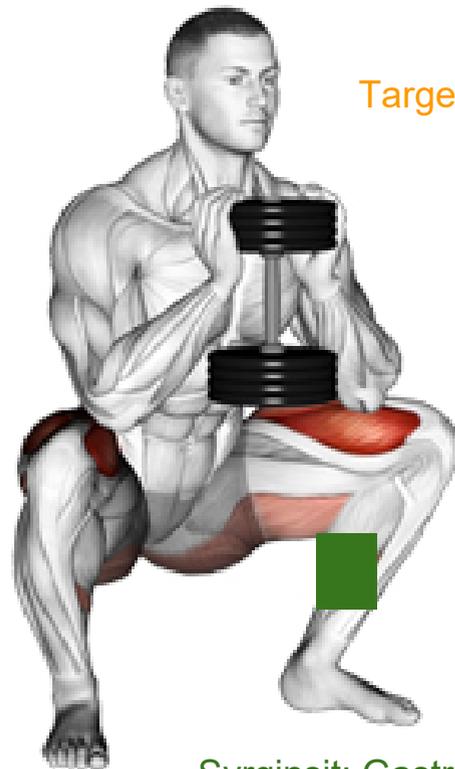
1. With legs hip width apart, squat down to pick up dumbbell
2. Keep back straight and firmly grip the top with one hand on each side
3. Look forward and keep heels planted on the ground
4. Repeat until sets are done



Sets: 5

Reps: 15

Lbs: 25-30



Target: Gracilis

Syrginsit: Gastrocnemius

Exercise 4: Plank

Plank

1. Place forearms flat on the ground
2. Keeping your body straight lift yourself up
3. Do not bend knees and keep butt level with your back
4. Hold this position until your time is up



Target: Internal obliques



Sets: 5

Reps: 30 seconds

Synergist: Tibialis anterior

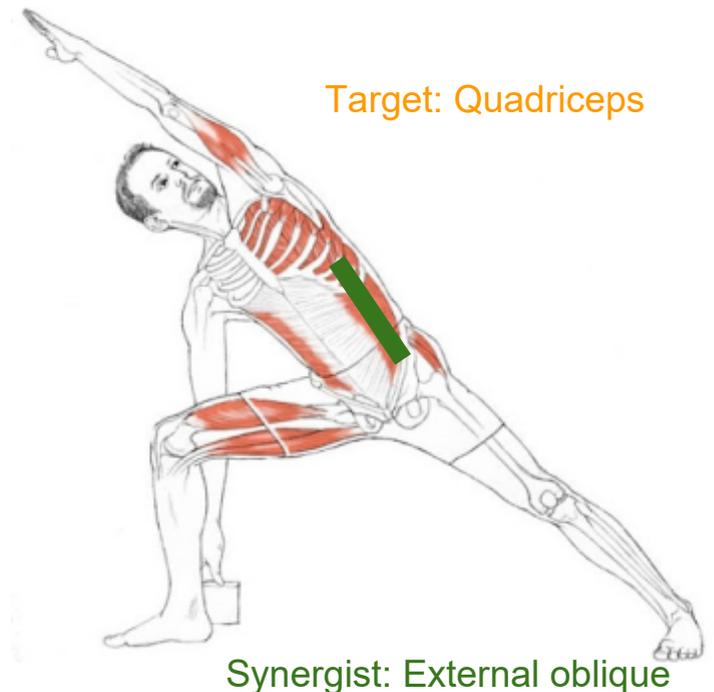
Exercise 5: standing yoga

Extended side angle

1. Standing on a flat surface bend left knee out
2. Put the same arm outside of your knee
3. Slowly start to bend down to the left
4. While to the side, raise the other arm over your head slowly
5. Take deep breaths and alternate sides



15 min a day, 4x a week



Works Cited page:

<https://www.stylecraze.com/articles/variations-of-v-ups-exercise-and-their-benefits/#:~:text=V%20Dups%20target%20the%20abdominal,hamstrings%20at%20the%20same%20time.>

<https://tanita.eu/blog/muscles-used-in-cycling/>

<https://www.healthline.com/health/russian-twist>

https://www.google.com/search?q=rower&tbm=isch&ved=2ahUKEwjO1dPjIOnsAhUDNIMKHSUPCQcQ2-cCegQIABAA&oq=rower&gs_lcp=CgNpbWcQAziECAAAQzIECAAQzIECAAQzIECAAQsQMyBQgAELED MgQIABBDMgUIABCxAziECAAAQzIECAAQsQMyBQgAELEDOgIIAFCRXlj7Y2CzZWgAcAB4AIABgwSIAZA lkgEHMi0yLjUtMZgBAKABAaoBC2d3cy13aXotaW1nwAEb&scient=img&ei=CMOix86xEIPszAKInqQ4&bih=649&biw=1366&rlz=1CAALIR_enUS923&safe=active&ssui=on#imgrc=Jif0XkTQZQHycM

https://www.google.com/search?q=sartorius&rlz=1CAALIR_enUS923&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjEhtTiqensAhXvRt8KHTXhBt8Q_AUoAXoECCQQAaw&biw=1366&bih=649&safe=active&ssui=on

https://www.google.com/search?q=muscles+worked+during+plank&sa=X&rlz=1CAALIR_enUS923&hl=en-US&tbm=isch&source=iu&ictx=1&fir=TuDdJ_XGy7usuM%252CDNzUOg1X8XslyM%252C_&vet=1&usq=A14_-kT2bbn5GSxw6oM2ESIFtWDastQRjA&ved=2ahUKEwiope-lyensAhUlnOAKHcPpCXEQ9QF6BAgLEEU&biw=1366&bih=649&safe=active&ssui=on#imgrc=TuDdJ_XGy7usuM

<https://www.verywellfit.com/extended-side-angle-pose-utthita-parsvakonasana-3567116>

https://www.google.com/search?q=exersises&rlz=1CAALIR_enUS923&oq=exersises&aqs=chrome..69i57i2j69i59i2j0i27113j69i60.4267j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on

<https://www.coachmag.co.uk/workouts/leg-workouts>

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>

Muscular System Project

Personal Trainers Guide to Your Workout

Possible Layout Idea

Client: Betsy Smith

Sport: Tennis

Exercise 1: Bicep Curl



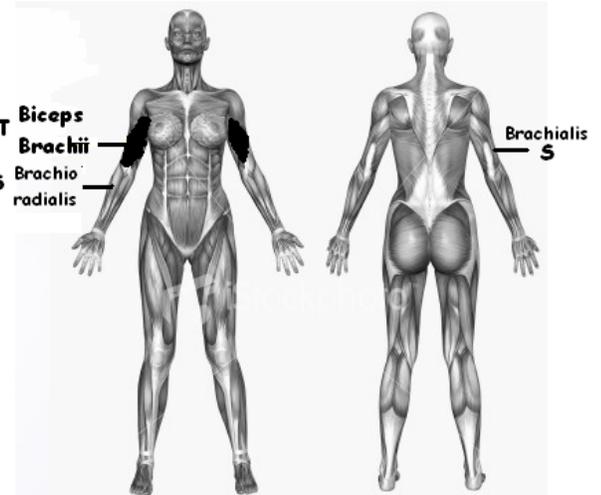
Bicep Curl

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



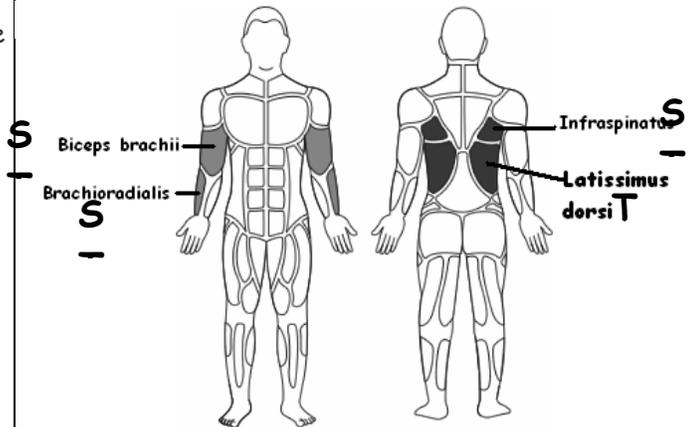
Lat Pulldown

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.

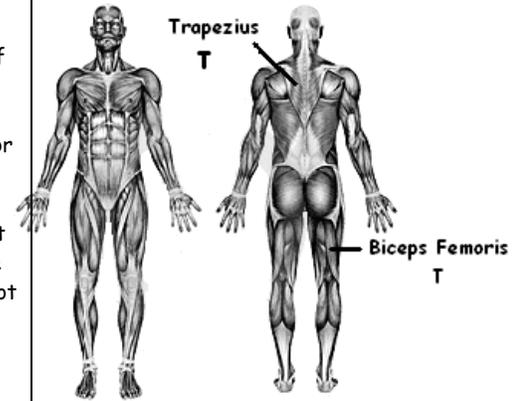
STEP 4: Stretch the leg which is in front without bending the back or twisting your body. With your back straight and your right hip stretched backward, look at a point on the ground and breathe in and out quietly. Press your left hand against the heel and twist your chest to the left. Let the twisting 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



The Muscular System Project

Student Name(s) & Period(s): _____

Score: _____/80

	10	7	5	2
Attractiveness & Organization	The Project has exceptionally attractive formatting and well-organized information with proper folder	The Project has attractive formatting and well-organized information with proper folder.	The Project has well-organized information but not proper folder	The Project's formatting and organization of material are confusing to the reader and did not use proper folder
Muscles	All muscles in the Project are accurate.	99-90% of the muscles in the Project are accurate.	89-80% of the muscles in the Project are accurate.	Fewer than 80% of the muscles in the Project are accurate.
Exercises	All 16 exercises in the Project are accurate for the athlete chosen	Almost all exercises in the Project are accurate for the athlete chosen	Many exercises in the Project are missing or inaccurate for the athlete chosen	Most exercises in the Project are inaccurate for the athlete chosen &/or not in color
Explanation of Exercises	Explanations of exercise is accurate and includes appropriate sets, reps & lbs for client	Explanations of exercise is mostly accurate and includes sets, reps & lbs with only a few incorrect	Explanations of exercise is partially inaccurate and includes some incorrect sets, reps & lbs	Explanations of most exercises are inaccurate and do not include appropriate sets, reps & lbs
Muscle Man/Woman	Proper Labeling of Muscles & highlighting of of target & synergist 95%-100% of the time	Proper Labeling of Muscles & highlighting of of target & synergist 85-94% of the time	Proper Labeling of Muscles & highlighting of of target & synergist 84-75% of the time	Labeling of Muscles & highlighting of of target & synergist is less than acceptable
Photos	All of the 16 Exercises are visually expressed (in color) with a student photograph-Each member of the group is in at least one set of pictures.	Almost All of the 16 Exercises are visually expressed (in color) with a student photograph-possibly one member of the group is not in one set of pictures.	At least half of the 16 Exercises are visually expressed, but maybe not in color, with a student photograph	Too many photos are missing
Knowledge Gained	Project shows indepth understanding of the muscles and what exercises would work them out best!	Project shows a good understanding of the muscles and what exercises would work them out best!	Project show some understanding of the muscles and what exercises would work them out best!	Project shows little if any understanding of the muscles and what exercises would work them out best!
Sources	Careful and accurate records are kept to document the source of 95-100% of the facts and graphics in the Project.	Careful and accurate records are kept to document the source of 94-85% of the facts and graphics in the Project.	Careful and accurate records are kept to document the source of 84-75% of the facts and graphics in the Project.	Sources are not documented accurately

The Muscular System Project

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