

# POWER STANDARD 1: I Can Move Correctly

## WEIGHT TRAINING

Name: **Answer Key**

Please circle the correct answer for the technique and muscles used for each lift.

Lift	Technique	Major muscles used
Bench press	With wide overhand grip, lower weight to midchest.	Pectorals
	With narrow overhand grip, lower weight to belly button.	Quadriceps
	With wide underhand grip, lower weight to midchest.	Rhomboids
Squat	Bend at waist, knees slightly over toes, and come to parallel position.	Gluteal muscles
	Bend through knees with the bar on back until hips come lower than parallel.	Obliques
		Latissimus dorsi
Leg press	Flex hips and knees to lower lever until hips are completely flexed. Push platform by extending knees and hips.	Quadriceps and gluteal muscles
	Lower lever to slight knee flexion and then push platform by extending legs straight.	Hamstrings and gastrocnemius
		Gluteal muscles and gastrocnemius

1. Please explain the difference between an auxiliary lift and a core lift.

*A core lift is any lift that uses the major muscle groups or that is a multijoint effort. Usually a large group of muscles is at work. Examples include bench presses, squats, power cleans, and push presses. An auxiliary lift is one that only uses a minor muscle group or individual muscle. Examples include arm curls, triceps extensions, leg curls, and leg extensions.*

2. Please explain the difference between the muscular endurance lifting phase and the muscular strength lifting phase?

*All beginning lifters and young lifters, as well as experienced lifters who have not lifted for several weeks, should start with an endurance lifting program. Muscular endurance can be achieved by choosing a light weight and completing a high number of repetitions with a moderate to high number of sets for each exercise. The rest interval is short. There should be low to moderate stress (intensity) on the muscles at work. This lifting routine is a great overall strength training program for all types of people who are interested in general strength gains. Muscular strength can be achieved by choosing a moderate weight and completing 12 to 20 moderate repetitions for two to three sets for each exercise. The rest interval is moderate. There should be moderate to high stress (intensity) on the muscles at work.*