

Hot Shots/Pit Crew Study Guide

General Strength Training Guidelines

- If beginning an exercise program for the first time or after a long lay-off, the exerciser should get a medical exam clearing the exerciser for exercise.
- The heavier the individual, the slower the program should initially progress.
- Wear good quality supportive shoes.
- Avoid eating 2 to 3 hours before exercise.
- Do not drink extremely cold beverages while perspiring or right after exercise.
- Always warm-up before exercising.
- Always cool-down after exercising.
- Begin slowly, don't overdo it.
- Minimize exercise if you are sick. No exercise if you are running a fever.
 - A. Light exercise during colds helps some individuals and hurts others – use discretion
- You have overdone it if:
 - A. 10 to 15 minutes after stopping exercise you are out of breath.
 - B. Two hours after exercise you are unusually fatigued.
 - C. You cannot sleep well that night or the next.
 - D. The next morning you feel unusually fatigued or sore
- Return all equipment, weights, dumbbells, etc. to their proper place
- Wear comfortable, non-restrictive clothing.
- Adjust equipment to appropriate setting for your size.
- Drink water regularly – especially when sweating
- Be aware of your surroundings – Keep proper space between equipment and other exercisers.
- Never participate in Horseplay in the weight room.

Weight Lifting Safety

- Don't use machines that have frayed cables or belts, worn pulleys or chains.
- Take a fixed position on the seats and pads.
- Choose an appropriate weight to lift.
- Be sure pins are locked into weight stacks securely.
- Perform exercise in a SLOW, controlled manner.
- DO NOT allow weight stacks to bounce!
- Adjust machines to appropriate seat settings.
- Always remember the safety guidelines for your back:
 - A. Flat and straight
 - B. Lead with chin

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Weight Lifting Tips for Free Weights

- A distracted spotter is worse than no spotter – it gives the lifter a false sense of security.
- Check and double check weights to make sure they are the same weight.
- Don't modify the equipment – use it for the exercise intended
- General principles of a fitness program
 - A. Resistance Training
 - B. Cardiovascular Training
 - C. Flexibility Training
 - D. Proper Nutrition
- Heavier weight isn't always better. Increasing weight is the best way to get the most out of an exercise, but not too much. Too much weight could cause injury – impeding progress.
- Beginner's workouts should change every six to eight weeks. Advanced workouts should change every two to four weeks.

