**KIN 250 FINAL REVIEW**

1. **Name 5 Exercises you can do for Explosive Movements (from “Ch.12” in the book):**
2. **Name 5 General Strength Training Guidelines for Beginners (page 281 in the book):**
3. **Name the muscle that is the opposing muscle to create balance when designing a program:**
   1. **Chest:**
   2. **Biceps:**
   3. **Abdomen:**
   4. **Quadriceps:**
   5. **Anterior Tibialis (shin):**
4. **When designing beginning programs, describe the key principles of the variables applied to strength training (pages 281-285):**
   1. **Choice and Order of Exercise:**
   2. **Exercise Intensity:**
   3. **Exercise Sets and Rest Periods:**
   4. **Exercise Frequency:**
   5. **Program Progression:**
5. **Know the following highlighted parts on the table based on your training goals (from general info):**

**VARIABLE**  **TRAINING GOAL**

**Strength Power Hypertrophy Endurance**

Load (% of 1RM) 80-100 70-100 60-80 40-60

Reps per set 1-5 1-5 8-15 25-60

Sets per exercise 4-7 3-5 4-8 2-4

Rest between sets (mins) 2-6 2-6 2-5 1-2

Duration (seconds per set) 5-10 4-8 20-60 80-150

Speed per rep (% of max) 60-100 90-100 60-90 60-80

Training sessions per week 3-6 3-6 5-7 8-14

**Table reproduced from Siff, 2003**

1. **Name two exercises for each body part:**

|  |  |  |
| --- | --- | --- |
| **Muscle** | **Location** | **Exercise** |
| Biceps | Front Upper Arm |  |
| Triceps | Back Upper Arm |  |
| Pectorals | Chest |  |
| Abdominals | Stomach |  |
| Quadriceps | Front Upper Leg |  |
| Hamstrings | Back Upper Leg |  |
| Gluteus Maximus | Butt |  |
| Latissimus Dorsi | Upper Back |  |
| Trapezius | Between Neck & Shoulder |  |
| Gastrocnemius | Calf |  |
| Deltoid | Shoulder |  |