**LOS ANGELES HARBOR COLLEGE**

**WEIGHT TRAINING KIN 250’s**

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| **Muscles & Exercises** |
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|  | **Muscle** | **Location** | **Exercise** |
| 1) | Biceps | Front Upper Arm | Bicep Curls, Preacher Curls, or Hammer Curls, (Chinups) |
| 2) | Triceps | Back Upper Arm | Tricep Pulldown, Tricep Extension, Dips, Tricep Pushbacks, Close Grip Pushups |
| 3) | Pectorals | Chest | Bench Press (Incline & Decline), Flys (Incline & Decline), Dips, Dumbbell Bench, Alt. DB Bench, Pushups |
| 4) | Abdominals | Stomach | Sit-ups, planks, Leg Raises, (Clean & Jerk) |
| 5) | Quadriceps | Front Upper Leg | Squats, Lunges, Step-ups, Minimized RoM Leg Extension, Straight Leg Raise |
| 6) | Hamstrings | Back Upper Leg | Leg Curl, RDL (Romanian Dead Lift), Hip Lifts, Single Leg RDL, (Deadlifts), (Olympic Lifts: Hang Clean, Clean& Jerk) |
| 7) | Gluteus Maximus | Butt | Squats, Single Leg Squat, Lunges, Deadlifts, Step Ups, Leg Press, (Olympic Lifts: Hang Clean, Clean-Squat-Press) |
| 8) | Latissimus Dorsi | Upper Back | Lat Pulldown (Over&Under grip), Rows, DB Rows, Bent-Over Rows, Chin-ups, Pull-ups |
| 9) | Trapezius | Between Neck & Shoulder | Shoulder Shrug, (Olympic Lifts: Hang Clean, Clean& Jerk) |
| 10) | Gastrocnemius | Calf | Calf raises |
| 11) | Deltoid | Shoulder | Shoulder raises (Front/Side/Rear), Shoulder Presses, Shrugs, Dips Upright Row, (Olympic Lifts: Hang Clean, Clean& Jerk) |
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**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**