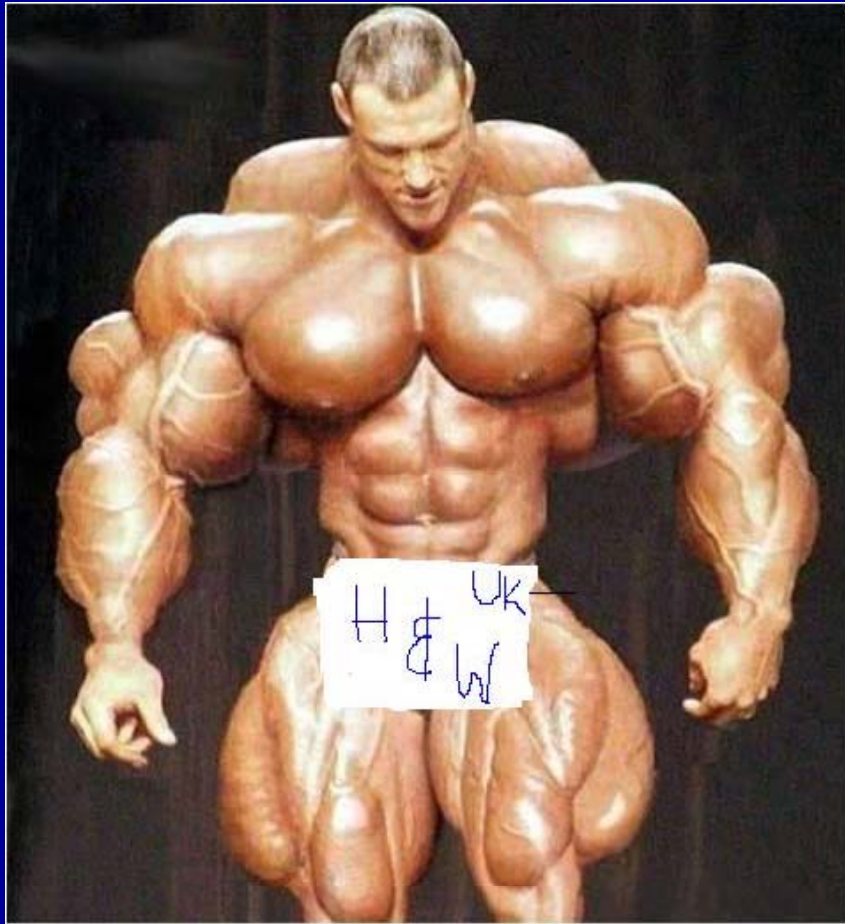




Muscles: A Balancing Act

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Health and Wellness

Muscular Balance ?



Getting Started

- Whether you have just made the decision to start an exercise program or if you're in a current program.....
- Where do you begin?
- What exercises are right for you?
- Are there certain muscles you should train together?
- How do you achieve balance in your strength program?

Why Balance in Your Program is Important

- Functionality
 - Having the ability to go about your day with success
- Prevents Injury and disease
 - Tight, over stretched and weakened muscles
 - Osteoporosis
- Looks better
 - Posture and Healthy physique

Where do you begin

- Goals

- Strength: 8-12 rep range

- Endurance: 15-20 rep range

- Power: 1-6 rep range

- Aerobic and Flexibility

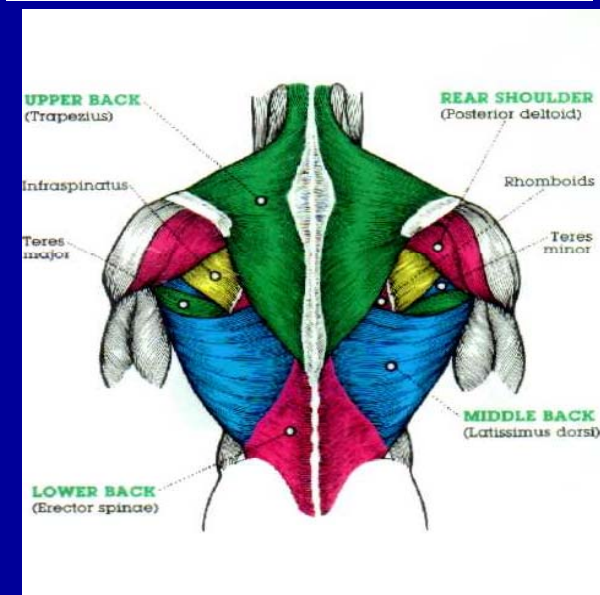
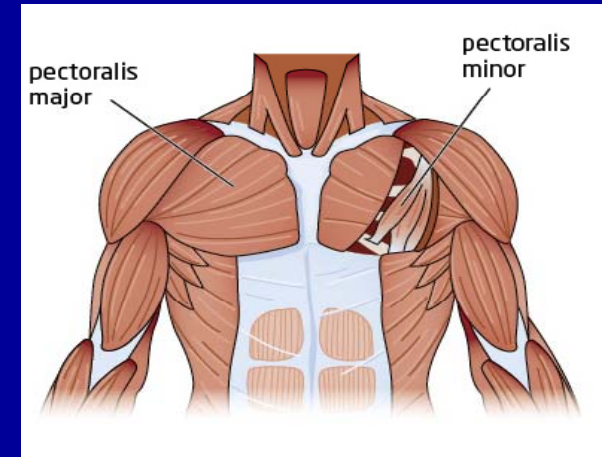
Knowledge is Power

- Being Able to Train Your Body effectively and successfully
- Not being afraid of the Gym
- Understanding the basics of anatomy and physiology can help you to program design better

Opposing Muscle

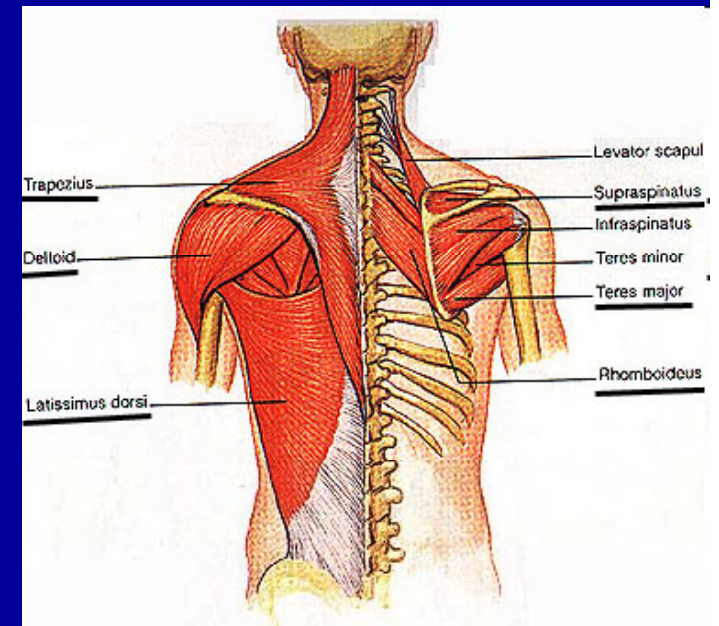
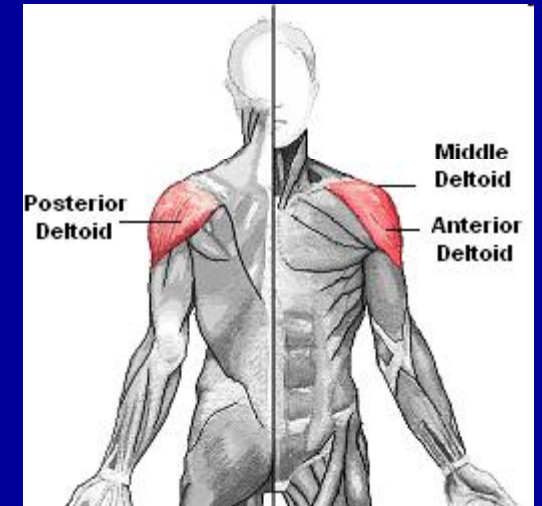
- Chest
- Exercise: chest press and Push-ups
- Push

- Mid Back
- Exercise: rows
- Pull



Opposing Muscle

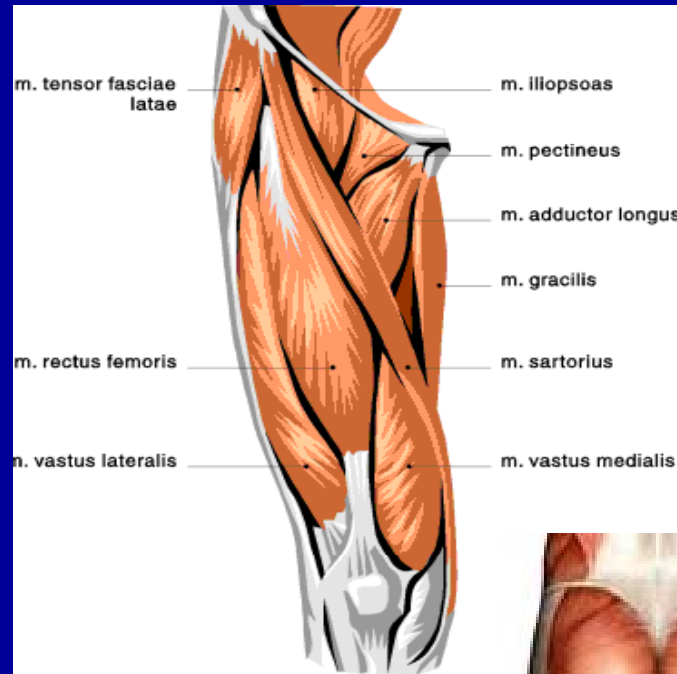
- Shoulder Muscles
- Exercise: Shoulder Over head press and Shoulder raises
- Push
- Latissimus dorsi
- Exercise: Lat pull down
- Pull



Opposing Muscles

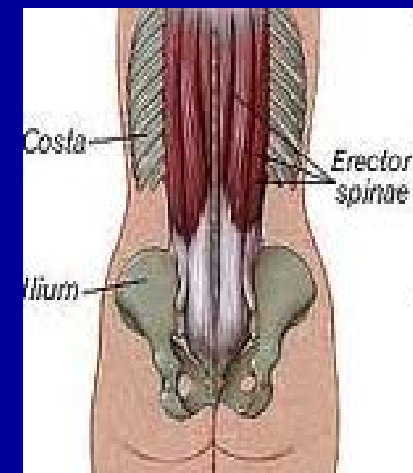
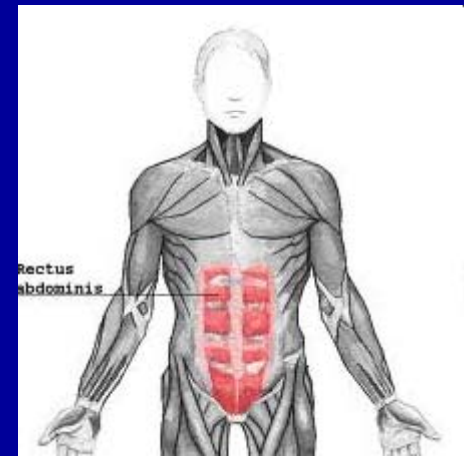
- Quadriceps
- Exercise: Step Up
- Push

- Hamstrings
- Exercise: Hamstring Curl
- Pull



Opposing Muscles

- Rectus Abdominus
 - Exercise: Crunch, sit-ups
 - Spine flexion
-
- Erector Spinae
 - Exercise: Back extension, and supermans/superwomans
 - Spine extension



Work all Muscle Groups Evenly

- If you lift chest heavy you should also lift back evenly
- Don't just lift upper body and think running is enough for your lower body
- If a Muscle Group is Severely Sore...REST

Exercise Routines

- Full Body Strength Training
 - Three days a week
- Split Routines
 - Upper body and lower body
- Super Setting Opposing Muscles
 - Two different exercises back to back
- Working Just One Muscle Group each session

Health and Physique

Skinny is good ?????



Cardio and Strength



Always the Same Old Thing



You Can
Not Do
Spot
Treatment
!!!!



Body Shop Fitness



- Exercise Prescriptions
- Knowledgeable Graduate Assistants
- Friendly Environment
- <http://www.uky.edu/HR/wellness/workouts.html>

Questions ?

Reference

National Strength and Conditioning Association