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 you 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 Overhead 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](http://www.uky.edu/HR/wellness/workouts.html)
Questions ?

Reference
National Strength and Conditioning Association