

Name _____ Date _____
Compound/Combination Training Basics

Objective:

The students will be able to demonstrate the proper execution of weight training that involves compound movements in order to develop diverse conditioning regimen for lifetime training.

Concept:

When it comes to strength training, some of the most powerful moves involve more than one muscle group and more than one joint movement. These kinds of moves can enhance your training, allowing you to lift more weight while giving you the extra calorie-burn that comes from involving the large muscle groups of the body. Not only that, compound movements are often more functional, working your body the way it actually moves on a daily basis.

Task:

After the instructor has demonstrated the exercises listed below, the students must perform the task in a number set of repetitions that are provided.

Activity: Total Body

Exercise	Muscle groups	Reps	Sets	Weight	Instructor Signature
Clean and Press	Legs, Shoulders, Triceps	10	3		
Wood Chop with Dumbbell	Back, Gluts, Quadriceps, Triceps,	10 per side	3		
Bent-Leg Dead lift (Barbell or dumbbell)	Hamstrings, Gluts, Abdominals	10	3		
Hang Clean	Legs, Shoulders, Triceps	10	3		
Walking Lunge with Arm curls	Quadriceps, Biceps, Hamstring,	10	3		
Combination Shoulder press Fly	Shoulders, Chest, Triceps	10	3		

Notes: