

High Intensity Training Push Workout

Name _____

Objective: The students will be able to perform a H.I.T. training workout routine using prior training techniques and skills in order to reinforce lifelong fitness and muscular development practices.

1. Training Exercises: Eight to twelve strength exercises that address all of the major muscle groups.
2. Training Frequency: Two to three nonconsecutive training sessions per week.
3. Training Sets: One or more sets of each exercise.
4. Training Resistance: Approximately 70 to 80 percent of maximum resistance.
5. Training Repetitions: Approximately eight to twelve controlled repetitions.
6. Training Progression: Approximately 5 percent increase resistance whenever 12 controlled repetitions are completed.
7. Training Speed: Slow to moderate movement speed--for example, two seconds lifting and four seconds lowering.
8. Training Range: Whenever possible, full range of joint movement.

Task: Perform the exercises listed below in a H.I. T. Format (Machine weights optional)

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
Chest Press/Bench Press 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Incline Press 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Shoulder Press 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Triceps Extension 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Chest Fly 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Chest Press 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				

For Reinforcement: Go to www.AustinPhysicalEducation.com