BASIC TRAINING: CHEST

Prep

• 1-2 of each per group of 3-4: cones, mats, medicine balls, stability balls, resistance bands
• Weight Room: weights, bars with collars, and dumbbells (if available)
• 1 ST Practice Plan per group of 3-4
• 1 Chest ST Content Card per group of 3-4
• 1 E-1RM Log per student – used for all basic training sessions
• 1 pencil, clipboard, and calculator per group

Set

• Weight room if available (if not, use exercises that work with equipment you have).
• Organize equipment for ease of student access.

Teach

1. (This activity may take several lessons to complete.)
2. The object of Basic Training: Chest is to learn how to improve muscular fitness. Do this by performing multiple exercises focused on chest muscles. The proper name of the target muscle group is the Pectorals. (Point out and have students flex target muscles.)
3. Strength training (ST) exercises fall into 1 of 6 categories: 1) Weight/ machine; 2) Body weight; 3) Partner resisted; 4) Resistance band; 5) Stability ball; and 6) Medicine ball.
4. Estimated 1 Repetition Maximum (E-1RM)
   Calculate an E-1RM weight for a primary exercise: the bench press. (Refer to ST Practice Plan for E-1RM equation. Calculate and display an example E-1RM for students.)
5. Learning the ST exercises and accurately calculating the E-1RM is important to the development of your own personal ST program.
6. Use the Chest ST Content Card and ST Practice Plan to perform exercises safely. Record required information on your E-1RM Log. Completed logs are required for earning the SPARK Fitness Instructor (SFI) – ST Certification (see How To Use it for SFI Cert. info).
7. Basic Training
   • (Refer to the Chest ST Content Card. Sequentially demonstrate and describe 1 exercise at a time. Focus on technique, safety, and etiquette cues.)
   • (In groups of 3-4 students, students complete the tasks on the ST Practice Plan.)
   • (Monitor adherence to technique, safety, and etiquette cues.)
   • (Spot-check information on the log. Collect logs for use in future sessions.)
8. Cues (Refer to ST Practice Plan and ST Content Cards for specific cues.)
9. Think About…
   • Which chest exercises might you include in your ST program? Why?
Rewind
Limit exercises to a single category (e.g., dumbbell, resistance bands or partner resisted).

FFwd 1
Increase the number of sets and reps performed for each exercise, and require students to log this additional information.

FFwd 2
Add advanced exercises (e.g., Olympic style lifts) that students must master.

Target Muscle: Pectoralis Major
Function: To move the arm forward.
Train@Home: Push-ups

Safety is CRITICAL! Monitor students at all times to ensure safety cues are followed.

Technique is KEY! Require students to use lighter weights until they master technique.

Take a BREATHE! Remind students to exhale on exertion to reduce potential for injury.

Substitute utility, basket, or soccer balls for medicine balls.