BTEC Session Plan

Participant:

Date: **03–11-10**		**Time:7:00am**		**Venue:** The gym Church street Nottingham	
Equipment required: Gloves Straps Trainers				**Group:**	
				Number in Session:	
Goals/objectives/aims:				**Club:**	
	Safety considerations:				

	Make sure the participations know how to handle the weights properly, as well as this check that participants are wearing appropriate clothing no jeans short or jogging bottoms should be worn. Also the right footwear should be worn preferably trainers, no shoes or plimsolls.				
	Content: **Warm up:** 5 minutes on the treadmill at a speed of 7.0 and incline on 0.0 **Main session:** <u>Standing Barbell Curls</u> **1.** St				**Coaching points:**

		and with your back straight and your feet should be length apart and hol				

		2. dthebarbellfromundernethethebar. Yourhandshouldbeshoulderwidt				

		3.	hapart, lettingthebarhangdowninfrontofyou. Curlthebaroutandup, b			

		ringingthebarashighasyoucanwithyourelbowsstayingstationery.				
		4. Bri				

		n g t h e b a r b a c k d o w n s l o w l y f o ll o w i n g t h r o u g h t h e s a m e r a n g e o f m o ti o n y o				

		u d i d w h e n b ri n g i n g t h e b a r u p . Repeat this exercise doing 1 set of 12 reps 1 set of 10 reps 1 set of 8 reps **<u>Incline Dumbbell Curls</u>** 1. Sit bac k on the incli ne ben ch hold ing a du mb bell in eac			

		h hand. 2. Keep your elbows forward and curl the weights upwards to your shoulders. 3. Lower the weight back through the same movement; however make sure it is und			

	er control. 4. Come to a complete stop when you have lowered the weight and bring back up. Repeat this exercise doing 1 set of 12 reps 1 set of 10 reps 1 set of 8 reps **<u>Seated Dumbbell Curls</u>** 1. Sit down on a flat				

		benchwithyourbackstraightandadumbbellineachhhangingdownbyyour				

		2. side. Ensure that your elbows stay in the same position throughout and				

		twistyourpalmsforwardandbringtheedumbbellupwardstoyourshould				

		3. ers. Lower the dumbbells back down through the same movement keeping the				

		4. mundercontrol. Cometoacompletestopandrepeatthesamemomentumgo				

		ingback up. Repeat this exercise doing 1 set of 12 reps 1 set of 10 reps 1 set of 8 reps **<u>Lying Dumbbell Curls</u>**				

	Repeat this exercise doing 1 set of 12 reps 1 set of 10 reps 1 set of 8 reps				
	Cool-down/summary: 5 minutes on the treadmill at a speed of 7.0 and incline on 0.0				

Injuries/accidents:			**Evaluation/action:** Targets for next week: Increase the weight in order to achieve more progression and expand on increasing your muscle strength.		