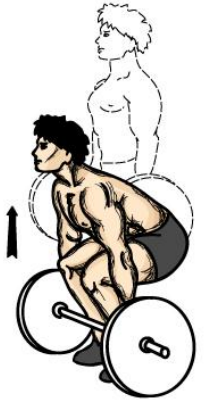


BTEC Session Plan

Participant: _____

Date: 02-11-10		Time: 7:00am		Venue: The gym Church street Nottingham	
Equipment required: Gloves Straps Trainers				Group:	
				Number in Session:	
Goals/objecti ves/aims: To increase upper and lower back muscles				Club:	

	Safety considerations: Make sure the participants 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:				Coaching points:

	<u>Dead lift</u> 1. Dead lift works the muscle of the back mainly the lower back and requires the use of many muscles if done properly. 2. Place a barbell on the floor in front of you, bend your knees, lean forward and grab the bar half and arms length				 
--	--	--	--	--	---

		wide of your chest. When grabbing the barbell make sure one hand over the bar and the under grabbing the bar from underneath. 3. Keep your back straight to avoid any risk of injury, start by lifting the bar generating the power			
--	--	---	--	--	--

	from your legs, straighten you back upright until you are standing straight. 4. To put the weight down and begin your next rep make sure you bend your knees lean forward and lower the weights slowly Repeat this exercise doing 1 set of 12 reps – 10kg 1 set of 12 reps – 15kg				
--	--	--	--	--	--

	1 set of 12 reps – 20kg <u>Lat Machine</u> <u>pull downs</u> 1. Gras p the bar with a wide grip with your hand s over the bar. 2. Sit dow n on the seat with your feet plac ed firml y on the grou nd. 3. Pull the bar towa rds the top of your ches t slowl y. 4. Rele ase the bar slowl y keep ing a firm gras				
--	---	--	--	--	--

	p on the bar. 5. Then pull back down keeping this momentum going, remember not to sway while bring the bar down or up in order to work the lat muscles. Repeat this exercise doing 1 set of 12 reps – 10kg 1 set of 12 reps – 15kg 1 set of 12 reps – 20kg <u>One arm Dumbbell rows</u> 1. Take one dum				
--	---	--	--	--	--

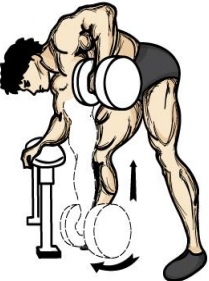
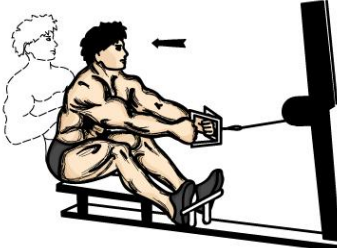
		bell in one of your hands and bend forward from your waist until your upper half of your body is near parallel with the floor. 2. Place your free hand on the bench for support and begin with the weight hanging down arms length, 3. Turn your palms towards			
--	--	---	--	--	--

		rds your uppe r body feeli ng a full stret ch. 4. Kee ping your body strai ght pull the weig ht up to your side conc entra ting on movi ng the mus cles of the back rathe r than your arms . 5. Then slowl y bring the weig ht back dow n repe ating this mom entu m,			
--	--	--	--	--	--

	Repeat this exercise doing 1 set of 12 reps -10kg 1 set of 12 reps – 15kg 1 set of 12 reps- 20kg <u>Wide grip chins behind the neck</u> 1. Get a grip of the bar with your hand over the bar and as wide as you possibly can. 2. Hang from the bar then pull yourself up so that the back of your neck touches the bar. 3. Mak				
--	---	--	--	--	--

	e sure you DO NOT kick your legs in orde r to get the full pote ntial of this exer cise and use just your back Repeat this exercise doing 1 set of 15 reps 1 set of 15 reps 1 set of 15 reps <u>Seated</u> <u>Cable Rows</u> 1. Take hold of the hand le and seat on the benc h with your feet				
--	--	--	--	--	--

		resting against the crossbar. 2. Bend your knees slightly so you can feel your back stretch. 3. Pull the handle backwards towards your abdomens 4. Arch your back with your chest sticking out. 5. Make sure that your back is doing the movement rather				
--	--	---	--	--	--	--

	r than your arms 6. Repeat this exercise doing 1 set of 15 reps – 10kg 1 set of 15 reps – 15kg 1 set of 15 reps – 20kg				
					  
	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.		