

PROGRAM FOR FITNESS CLASSES

I year, I semester

№	THEME	HOURS	DATE
1	Organizationally Class. Safety rules.	2	
2	Program for beginners. Method of progressive load. 10 exercises for muscle antagonists	4	
3	Circle training. Aerobic.	4	
4	Basic exercises for chest muscles. Bench press. Pool over with a bar. Fly with dumbbells. <u>Incline Dumbbell Press.</u>	2	
5	Basic exercises for back muscles. <u>Bent Over Barbell Row.</u> <u>Seated Cable Row.</u> <u>V-Bar Pulldown.</u> <u>Barbell Shrug.</u> <u>Hyperextensions (Back Extensions)</u>	2	
6	Basic exercises for legs <u>Barbell Squat.</u> <u>Dumbbell Lunges.</u> <u>Leg Press.</u> <u>Lying Leg Curls.</u> <u>Leg Extensions.</u> <u>Standing Calf Raises</u>	2	
7	Basic exercises for arms <u>Close-Grip Barbell Bench Press</u> <u>Cable Rope Overhead Triceps Extension</u> <u>Triceps Pushdown</u> <u>Barbell Curl</u> <u>Dumbbell Alternate Bicep Curl</u> <u>Standing Biceps Cable Curl</u> <u>Palms-Down Wrist Curl Over A Bench</u>	4	
8	Core exercises Crunches <u>Reverse Crunches</u> <u>Barbell Side Bend</u> <u>Cable Crunch</u>	2	
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball	4	

	Volleyball Football		
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I year, II semester

№	THEME	HOURS	DATE
1	Organizational Class. Safety rules.	2	
2	Circle training. Aerobic	4	
3	Outdoor training. Aerobic.	4	
4	Exercises for chest muscles <u>Incline Dumbbell Press</u> <u>Decline Dumbbell Bench Press</u> <u>Decline Barbell Bench Press</u> <u>Dips - Chest Version</u>	2	
5	Exercises for back muscles <u>Bent Over Two-Dumbbell Row</u> <u>Reverse Grip Bent-Over Rows</u> <u>Close-Grip Front Lat Pulldown</u> <u>Dumbbell Shrug</u> <u>Stiff Leg Barbell Good Morning</u>	2	
6	Exercises for legs <u>Barbell Deadlift</u> <u>Dumbbell Rear Lunge</u> <u>Hack Squat</u> <u>Seated Leg Curl</u> <u>Leg Extensions</u> <u>Seated Calf Raise</u>	2	
7	Exercises for arms <u>Bench Dips</u> <u>Lying Triceps Press</u> <u>Standing One-Arm Dumbbell Triceps Extension</u> <u>Alternate Incline Dumbbell Curl</u> <u>Barbell Curls Lying Against An Incline</u> <u>Lying Cable Curl</u> <u>Cable Wrist Curl</u>	4	
8	Core exercises <u>Seated Barbell Twist</u> <u>Air Bike</u>	2	

	<u>Crunch - Hands Overhead</u> <u>Flat Bench Lying Leg Raise</u>		
9	Other sports Table tennis Tennis Badminton	4	
10	Other sports Basketball Volleyball Football	4	
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