

# Resistance Training

*Benefits of Resistance Training – Strength Training Benefits*, Whats Up Dude, YouTube 11.10.2018, online: <https://www.youtube.com/watch?v=yq3-S1JCytA>, dostę: 09.06.2023.

*Cambridge Dictionary*, online: <https://dictionary.cambridge.org/us/collocation/english/resistance>, dostę: 09.06.2023.

*Types of Training Methods – What is Resistance Strength Training – Resistance Training for Beginners*, Whats Up Dude, YouTube 09.08.2017, online: [https://www.youtube.com/watch?v=9JHs7IZz\\_a4&t=19s](https://www.youtube.com/watch?v=9JHs7IZz_a4&t=19s), dostę: 09.06.2023.

## I. What is resistance training?

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## II. Resistance training equipment – match the names with the definitions:

1. barbell	a) a heavy rounded object with a handle, used for exercise like weight training
2. cable machine	b) a long bar with a weight on each end that you lift up and down to make your arm and shoulder muscles stronger
3. kettlebell	c) a short bar with a weight on each end that you lift up and down to make your arm and shoulder muscles stronger
4. dumbbell	d) a thick, strong ring made of rubber or a similar material, used in exercises to make the muscles stronger, with resistance spanning from easy to hard starting from yellow, red, green, and blue
5. resistance band	e) a large piece of stationary gym equipment with adjustable cable pulleys allowing to perform various exercises in multiple directions

## III. Go to <https://www.youtube.com/watch?v=yq3-S1JCytA> to watch the video: *Benefits of Resistance Training – Strength Training Benefits* and make a list of the benefits in terms of:

- level of fitness	-overall health

**IV. Now watch *Types of Training Methods – What is Resistance Strength Training – Resistance Training for Beginners*: [https://www.youtube.com/watch?v=9JHs7IZz\\_a4&t=19s](https://www.youtube.com/watch?v=9JHs7IZz_a4&t=19s) and answer the questions:**

1. What are the advantages of free weights?

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2. How can free weights be used to make exercising more efficient?

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3. In what ways are dumbbells particularly versatile?

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4. How does thickness and length or color coding matter in resistance bands?

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5. According to the author, it is a great idea to mix fitness routines using all of these tools. Why?

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**V. Create a tailored resistance band workout plan for the following client:**

Client Profile

Sex: Female

Age: 50

Weight: 66

Desired weight: 58

BMI: normal

Physical build: mid-sized

Dream body: slim and toned

Target zones: butt and legs

Lifestyle: sedentary

Diet: traditional

Bad eating habits: eating late at night, can't quit sugar and soda, eats too much salt

Experience with fitness: finds it hard to gain muscle

Experience with resistance band training: none

Struggles with: sensitive back and knees

Motivator for reaching the goal: important event coming up: a wedding – in 3 months!

Primary goals are losing weight, increasing muscle strength and toning up. Secondary goal – to reduce the risk of some obesity-related conditions, such as heart attack, high blood sugar or inflammation in blood vessels.

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**VI. Follow up – words in context:**

**Study the following *collocations with the word "resistance"* from the Cambridge Dictionary Online and the Cambridge English Corpus and complete the sentences below:**

*airway resistance / acquired resistance / bacterial resistance / developing resistance / genetic resistance / insulin resistance / minimal resistance*

1. Now, we turn briefly to a non-pharmacologic strategy that exerts a powerful and beneficial effect on \_\_\_\_\_.
2. Somewhere between 80 to 90% of the blood ejected by the right ventricle goes through the duct into the descending thoracic aorta with \_\_\_\_\_.
3. Pulmonary function before, immediately after, and 20 min after bypass was evaluated by measuring dynamic compliance and \_\_\_\_\_.
4. Vigility of pest populations may result in difficulty predicting temporal and spatial pest outbreaks, and influence \_\_\_\_\_ to chemical control.
5. The experimental results suggest that \_\_\_\_\_ to infection is an important factor determining epidemic behaviour.
6. We already have enough problems with the increasing number of people \_\_\_\_\_ to antibiotics.
7. Antimicrobial material preservatives – within the clinical trials, only one study examined the change in \_\_\_\_\_.

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