

Lawson Dunn

Group speech outline

Intro- introduce our topic (workouts for each main muscle groups)

Arms, legs, and core.

Fun fact: the reason you need weightlifting to grow muscles is because when you lift heavy weight the tiny muscles fibers in your body tear and when they heal, they grow back stronger. This is how you grow muscle and become stronger. The tearing of the muscle fibers also explains why you are sore after working out or playing sports.

Core (Hannah)-

Sit ups, Russian twists, crunch.

1st workout – while sitting on a foam mat, best used with weight supporting your feet. A great exercise to strengthen your core.

2nd workout – another workout involving sitting on a foam mat, and use a kettlebell to swing your arms from one side to another. This exercise is great for strengthening your abs and obliques.

3rd workout – crunches are a variant of sit-ups also requiring a foam mat. Crunches are a faster and lower version of sit-ups.

Legs (Caden)

The two main muscles that make up your leg – quadriceps and hamstrings

1st workout for your quadriceps- best workout to grow your quads is any variation of squat movement, Goblet squat making sure you're keeping your back straight as you bend your knees and lower your body to avoid any injury's. Like a back strain because there is a lot of stress on your back.

2nd workout your hamstrings - kettle bell swing very good for beginners just starting to build your hamstring, if you don't want to jump into deadlifting or RDLs right away

Arms (Lawson)

The arm is made of 4 major muscles- Biceps, triceps, shoulder, forearm

When people think of arm muscles they are most likely thinking of the bicep,

Best workouts = Curls

Correct form:

1. Stand straight up with feet shoulder width apart
2. Hold weights with an underhand grip
3. Keep your elbows close to your side
4. Curl the weights up, while rotating your palms up

2nd muscle – triceps best work out= dumbbell triceps extensions

Correct form:

- stand with your feet shoulder width apart
- hold weight above your head with elbows close to body
- lower weight while only bending the elbows

3rd muscle shoulders- best workout= dumbbell shoulder press

- Stand with feet shoulder width apart
- Hold dumbbell in each hand with palms facing out
- Press dumbbells directly overhead

4th muscles forearms- farmers walk/plate pinch

- They are good because grip and forearm strength go hand in hand

All the workouts are the best because they isolate the individual muscles the best without the help of other muscles