

Overview: Design a RT Program Using EXRX.net

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Exercise Prescription on the Net, www.exrx.net, is a valuable, accurate and FREE resource for exercise design. Within the site there is wealth of information for the beginner or expert. If you read everything on this site you could probably pass most college kinesiology exams. My only reservation with the site is the navigation can be difficult to overwhelming to follow. This paper will help you design a resistance training (RT) program using the site. Each link below “pops” in a different window so you can keep this guide open. I did not imbed the links in case you are working off a paper copy of this guide.

a. **Workout Creation Instructions** is the starting point... <http://exrx.net/WeightTraining/Instructions.html> . Here you have the choice of ten RT templates from beginner to Sports Conditioning. Assuming you are a beginner and you want to do the entire workout in one day you would choose: **Full Body Workout**

b. **Full Body Workout.** <http://exrx.net/Lists/WorkoutMenu.html#anchor1681260> At the full body workout page you have four more choices. These choices are nothing more than the order in which you will perform the various exercises. We are going to choose the **Legs Torso Arms** workout which is most common.

c. **Legs Torso Arms Workout** – <http://exrx.net/Workouts/Workout1LTA.html> here you get four more fine as frog hair variations. It really matters little what option you choose, we will do the **Legs, Back, Chest Arms** group. From THIS SECTION OF THIS PAGE you are going to pick out an exercise for each muscle/muscle group, ten in all. You will be going back and forth from this page so don't get lost. For example we will pick out ONE exercise for the **Quadriceps** below. Once you pick out the particular exercise for quadriceps, write it down, record it on the excel template or print it out. Take the list of ten exercises to your workout.

d. For example, if you clicked on **Quadriceps** from the page above, you end up at this page. <http://exrx.net/Lists/ExList/ThighWt.html#anchor172012> Here you see a list of over 30 exercises for the quads. Take your pick, but generally use a bolded selection which indicates it is a primary exercise. I'm going to choose **Safety Squat**.

e. **The Safety Barbell Squat** page <http://exrx.net/WeightExercises/Quadriceps/SBSquat.html> explains and shows you how to do this exercise. And that is just the beginning, it details the synergist, antagonist and stabilizer muscles. You can even click on the muscle link and “see” an illustration of the muscle you are exercising. Fantastic and FREE. Again, write down the exercise, record it on the excel template or print it out, you now have one of ten parts of your exercise routine picked out. Back up to the **Legs Torso Arms Workout** page and pick out your next muscle group to exercise. If you need something on which to record your selections, get a excel workout template here. <http://exrx.net/WeightTraining/WorkoutLogs.html>

Last words. Good general info here <http://exrx.net/Questions/FullBodyWorkout.html> . And here is an excellent basic workout for beginners. <http://exrx.net/Questions/BasicProgram.html> It states it is for women with minimum equipment but includes a full program suitable for any beginner. That's it – sound RT exercise design for FREE. There is a ton of other great exercise advice at this site, it just takes a little digging. I use it to help design and illustrate exercises for my clients. You can download this paper at my site, look for this title at **the LIBRARY > EXERCISE** page.



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