| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:** |
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| Weight machines- arms |
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| **Materials:** |
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| Weight machines- arms  Exercise Log  Cleaning Supplies |
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| **Learning Objectives:** |
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| * Students will identify weight machines for arms * Students will demonstrate safe usage of weight machines * Students will clean exercise machines when finished * Students will record exercise in appropriate log |
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| **Structure/Activity:** |
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| 1. Introduce one weight machine at a time 2. Students will choose a machine to use 3. Student will utilize the machine for 3 sets of 10 reps 4. Student will clean machine 5. Student will record exercise in a log |
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| **Assessment:** |
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| Exercise Machines |
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