

Miss. Fogelbach
Weight Training

Benefits/Guidelines

Principals of Weight Training

- 1.** The Overload Principle states that muscle size, strength and endurance will only improve when the stress (weight or repetitions) is greater than that usually encountered
- 2.** The Progressive Resistance Principle demonstrates that as muscle strength and endurance increase, the resistance (weight used) must be periodically increased if further gains are desired.
- 3.** The Principle of Specificity shows that the development of muscular fitness is specific to the muscles trained. Weight training for sport is most beneficial to performance when the intensity and movement of the exercise closely resembles the action of the sport.

Repetitions and Sets

A repetition (one full range of motion) refers to how many times an exercise is repeated during one set. For example, doing 3 sets of 10 repetitions on a bench press means doing 10 bench presses, resting, and then repeating two more times. Once you have learned the technique of the exercise, you should find a weight you can do 8-12 times for 1-2 sets. If you can't do eight, the weight is too heavy. If you are comfortably completing 12 repetitions, you may want to increase the weight you're working with.

Warm-ups and Cool-downs

Warm-up activities should precede each training session. A proper warm-up includes 5 minutes of light aerobic activity to gradually prepare the muscles and heart for the workout ahead. A cool-down should always consist of stretching all muscle groups worked. Stretching after lifting weights helps maintain flexibility, and prevents injuries. Studies also show that stretching during your workout can increase gain up to 20%. (so stretch during your workout!)

Rest Between Sets

In general, resting approximately 1 minute between sets is recommended for beginning weight training. The rest period can be varied according to your goals for muscular strength or endurance development.

How much rest do I need?

Your muscles need 1-2 days rest in between workouts. This means if you work your upper body on Monday, you must rest your upper body until Wednesday. You tear your muscles when lifting weight and they need time to rest and repair. It is pointless to work the same muscle group 2 days in a row.

***Remember that weight training is meant to supplement other activities within a fitness program. Although there are many benefits associated with resistance**

training, aerobic exercise (walking, cycling, swimming etc.) is still best to reduce risk of cardiovascular disease, develop cardiovascular endurance and burn extra calories.

Top 10 Reasons for Weight Lifting

- 1. Weight lifting helps lose fat:** One of the biggest mistakes people make when starting an exercise and nutrition program is not including a weightlifting program with their cardiovascular exercise and low-fat eating regimen. This is unfortunate because when we cut calories without exercise, we can lose muscle as well as fat. And when you lose muscle, your body becomes a lot less efficient at burning fat. However, when you gain muscle, you can actually condition your body to burn fat more efficiently....24 hours a day!
- 2. You feel strong and fit:** It's a great boost to your self-confidence when you feel fit and strong, especially after a workout. When we feel good about ourselves we are able to reach our full potential.
- 3. You have more energy:** Even if you're just starting out with a few basic weightlifting exercises, you'll be surprised how quickly you will begin to see results. Instead of making an excuse to skip a workout or a set, you will be able to do more sets. Plus, with the excess fat loss, there will be less of you to move around everyday.
- 4. You will see results:** If you do what I ask of you in class each day, by the end of the semester you will notice your body has changed for the better.
- 5. You won't get bored:** I suspect many don't lift weights because they think it will be boring. Remember to change your routine every 3-4 weeks to keep things fresh and your body responding to your training. Change the reps, the sets, the weight, the rest period, the exercise order, etc.
- 6. You have everyday, functional strength:** Weight training does wonders to help you with activities of daily living: Housework, yard work, stair climbing, etc. If you have a medical condition such as arthritis or multiple sclerosis, lifting weights can be a godsend. You can rely on weightlifting to keep you strong where once all your strength was gone.
- 7. You have a stronger back:** When you lift weights, you strengthen your upper and lower body, which reduces strain on your back when you're forced to lift heavy loads.

8. **You can train at home:** Sticking with weight lifting outside of school is simple and inexpensive. Buy some free weights, or changeable dumbbells and you can implement a program at home.
9. **You can get rid of pain:** Do you have limited range of motion in your joints? A bad knee? Shoulder? Weightlifting promotes strength in your joints so you have ease of movement.
10. **You build stronger bones:** Bone responds to weightlifting the same way that muscles do, by becoming stronger and denser. Building strong bones can be the best defense against osteoporosis.