

Women's SPORTS & FITNESS

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**PULL OUT
THE PROPS**
FOR BETTER
POOL WORKOUTS

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**HOW TO BUILD SLEEK,
STRONG ARMS FOR
SUMMER SPORTS**

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HANG GLIDING: IT'S A NATURAL HIGH!

Weight Training

You're attracted to the idea of working out because you know that if you were stronger, you'd be better at your sport, less injury-prone and able to apply your strength to everyday situations like lifting groceries. But you're confused, either because you've been inundated with too much information on how to train, or because you haven't gotten enough information.

The basics for strength training and setting up a workout are simple. The guidelines here are employed by several universities, including Michigan, Penn State, Pittsburgh and Rutgers.

All you need is access to free-weights or weight machines and a good book to show you specific weight training exercises. It should be noted that

GETTING OFF TO A GOOD START

By Matt Brzycki

these guidelines present only one style of strength training among several and are not the only approach out there. But the American College of Sports Medicine agrees that these guidelines are safe, simple and effective.

Doing this simple workout will only take a couple of hours a week, and the payoffs will convince you that the time was well spent.

Warm-Up. Before you start your workout, you should warm up your whole body by riding a stationary bicycle for a short time (five to 10 minutes) or walking briskly.

Your workout doesn't have to be complicated and time consuming. Here's a quick and easy beginning program.



DAVID MADISON

Exercises. Your workout should consist of 14 to 18 basic exercises (you can find some in any good weight training book). Include one exercise each for your gluteals (buttocks), hamstrings, quadriceps, calves, biceps, triceps, forearms, abdominals and lower back; select two exercises each for your chest, back and shoulders. Occasionally, you may want to perform an additional movement

to emphasize a particular body part, but never exceed 18 exercises.

Intensity. This is probably the most important factor for achieving maximum strength. To do so, research suggests that you train with a high level of intensity. The only way you'll know whether your level of effort is high enough is to work to the point of momentary muscular failure. That is, you should lift until you can't do any more repetitions. This is very intense because you're "failing out" all your muscles within a short period. It will probably take several workouts to get to the point where you can fail out every muscle, so don't be discouraged.

Sets. You need only perform one set of each exercise. One all-out set done to the point of momentary muscular failure will be the metabolic equivalent of several less-intense sets.

Reps. In general, try to reach momentary muscular failure within 15 to 20 reps when training the gluteals, 10 to 15 reps for the rest of the lower body and six to 12 reps for the upper torso.

Weight/Progression. Finding your right starting weight levels might take some trial and error over a few workouts. If muscular failure occurs before reaching your repetition range, the weight is too heavy and should be reduced during your next workout—and vice versa.

You won't always use the same weight, though. For a muscle to get stronger, you must force it to do progressively harder work. When you notice it's taking you more reps to fail out than it used to, that means your muscles are getting stronger. When you exceed your rep range, add weight (about five percent). You will probably find yourself once again failing out at the low end of the recommended number of reps scale.

Sequence. Whenever possible, work your muscles from largest to smallest, i.e., gluteals, legs, upper torso, arms, abdominals and lower back. It is especially important not to exercise your arms before your upper torso. Most exercises done for your upper torso require the use of your arms, and your arm muscles are the weak link in the movement because they are smaller. So, if you fatigue your arms first, you'll weaken an already weak link.

Frequency. At most, you should strength train three times per week (every other day). Your muscles require a 48- to 72-hour recovery period between workouts in order to get stronger.

Duration. If you are training with a high level of intensity, you literally cannot work for a long period of time. Generally, your workout should take about 35 to 45 minutes.

Form. Exercising through a full range of motion will increase your flexibility, stimulate a maximum number of muscle fibers and result in greater strength gains. Raise and lower the weight in a deliberate, controlled manner. This will decrease the likelihood of injury and ensure that your muscles, not momentum, do most of the work. □

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