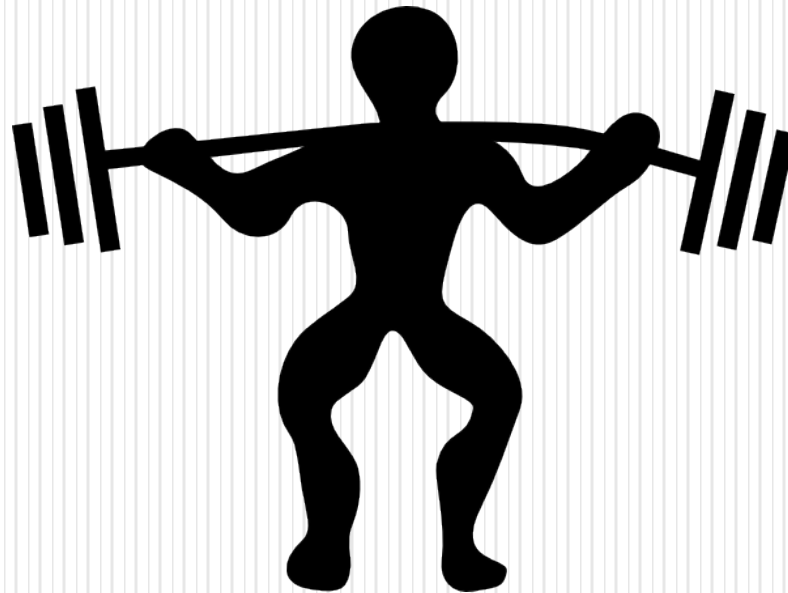


Weight Training

Individual Sports 1

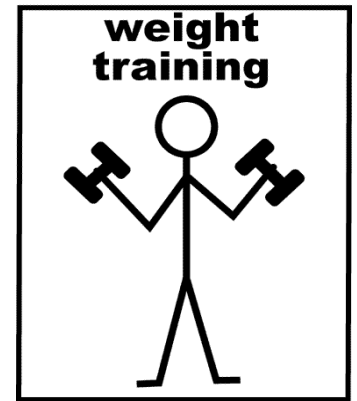


HISTORY

- Weight training has a long history dating back to ancient China as well as the Greek culture.
- Ancient Greek texts report that Hippocrates described the principle on weight training while writing "that which is used develops, and that which is not used wastes away."
- Furthermore, some texts reveal that mighty Hercules took resistance training under the supervision of his tutor and coach, Chiron.



HISTORY



- It was also the ancient Greeks that invented the Olympic games, where weight lifting was a very popular sport.
- According to some Chinese texts, many of the great emperors utilized strength training for their subjects.
- Weight training became more popular in the 6th century, during which such competitions as athletes lifting heavy stones were conducted.
- Later, this period came to be known as the "age of strength."
- It was during this period, Milo of Crotona, a military hero, developed a form of progressive resistance exercise.

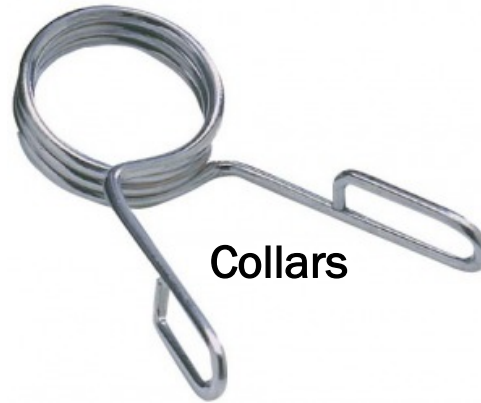
HISTORY



- The importance of weight training is also found mentioned in Preservation of Health, a treatise by Galen, one of the ancient physicians and philosophers.
- Additionally, weight training and its significance were written by Roman poets like Martial.
- As a result, the Romans originated formal weight training, which resulted in the development of one of the most feared armies in history.

WEIGHT TRAINING EQUIPMENT

- Collars
- Belts
- Free Weights
- Weight Equipment (May Include)
 - Adjustable Bench
 - Squat Rack
 - Kettle Bells
 - Etc.



Collars



Weight Belts



Kettle Bells

HOW TO WEIGHT TRAIN

- In weight lifting you need to have a spotter.
- Use proper technique and form for each exercise.
- Communicate with your spotter.
- When performing standing lifts, have a wide, stable base with your feet flat on the floor.
- Keep the weight close to your body.
- Breathe out during the exertion phase.
Breathe in during the relaxing phase.

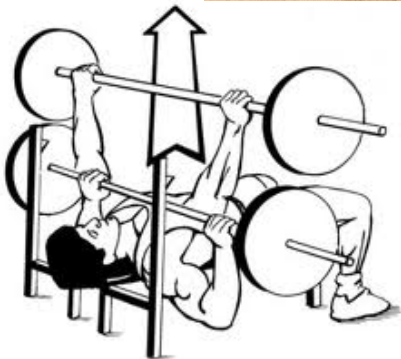
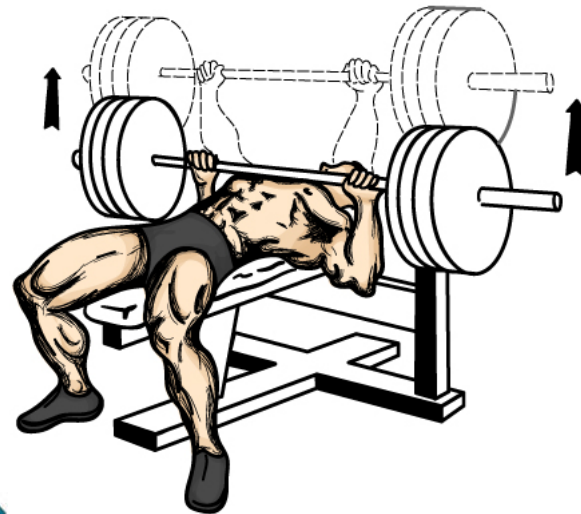


SAFETY CONCERNS

- In Weight Lifting:
 - One must wear athletic shoes and proper athletic clothing.
 - Be aware of your spacial surroundings when performing lifts.
 - Weight room needs to remain clear of any and all obstructions that may hinder your movement from lift to lift.
 - Make sure weights are secure by using weight collars.
 - Practice proper communication skills, for example, know all safety rules.

BENCH PRESS

An exercise in which the large pectoral muscles that are located on the front of the upper torso are targeted by holding weights just above the chest, palms up away from the body. Extend the arms straight up and return slowly to starting position.



[CHEST/BENCH PRESS VIDEO](#)

SQUATS

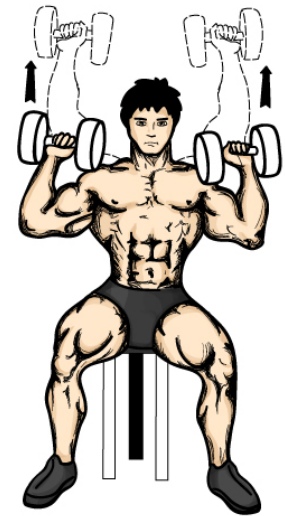
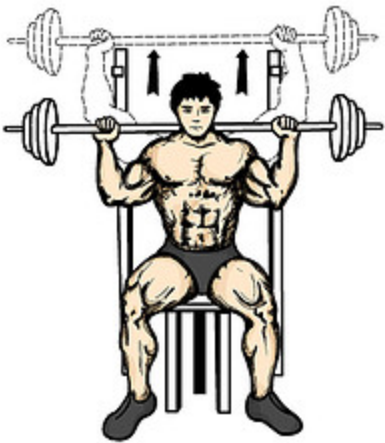
An exercise in which the lower body, specifically quadriceps, hamstrings, and gluteus-maximus are targeted by having feet shoulder width apart. If using barbell, place on back of shoulders or hold resistance in hands parallel to sides of the body, lower body until thighs are parallel to floor with knees over ankles, and slowly return to start position.



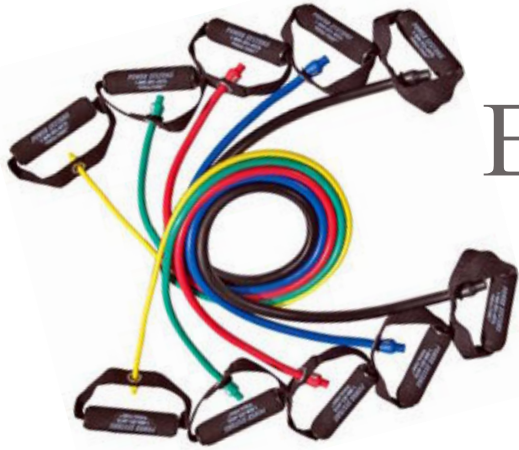
[SQUAT VIDEO](#)

MILITARY PRESS

An exercise in which the deltoids (shoulders) muscles are targeted by holding the weights above the shoulders, palms away from the body, with elbows in an “L” position. Raise the weights straight up and return slowly to starting “L” position.



[MILITARY PRESS VIDEO](#)



EXERCISE BANDS

Elastic ropes that are used to provide resistance to the targeted muscles.



ELASTIC BANDS
VIDEO

HANDHELD WEIGHTS DUMBBELLS



Small bars with
weights on each ends



SET

One string of reps followed by a rest interval

REPITITION

The number of times an exercise or activity is repeated



FLEXIBILITY

The ability to move a body part through a full range of motion

MUSCULAR ENDURANCE

The muscle's ability to
perform the exercise
for a long period of
time



BILATERAL EXERCISE

Working both sides of the body

MUSCULAR STRENGTH

The amount of force muscles
apply when used

What does getting FITT mean?

F

= FREQUENCY

Refers to how many training sessions are performed per week

I

= INTENSITY

Refers to the amount of work required to achieve the activity, or how “hard” the person exercises

T

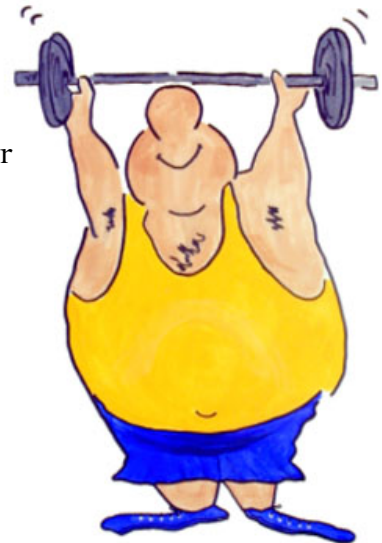
= TIME

The amount of force muscles apply when used

T

= TYPE

Different activities/exercises performed; Varying activities affect the body in different ways



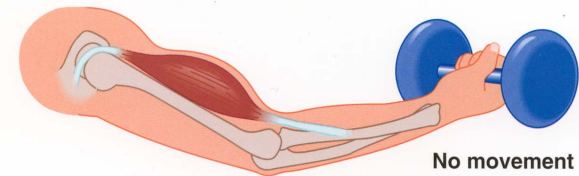
CONTRACTION

Tightening a muscle
either to shorten
(isotonic), or tense it
(without any
movement of the
muscle i.e., *isometric*)



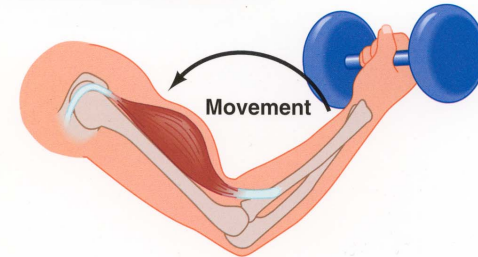
Isometric contraction

Muscle contracts
but does not shorten



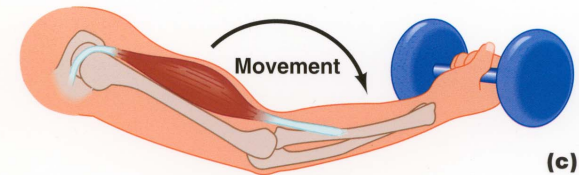
(a)

Concentric contraction



(b)

Eccentric contraction



(c)

HYPEREXTENSION

Overextending a joint or body
part beyond its normal
extension

OVERLOAD

Increasing an exercise until your muscles tire



HYPERTROPHY

An increase in the size of the muscle