

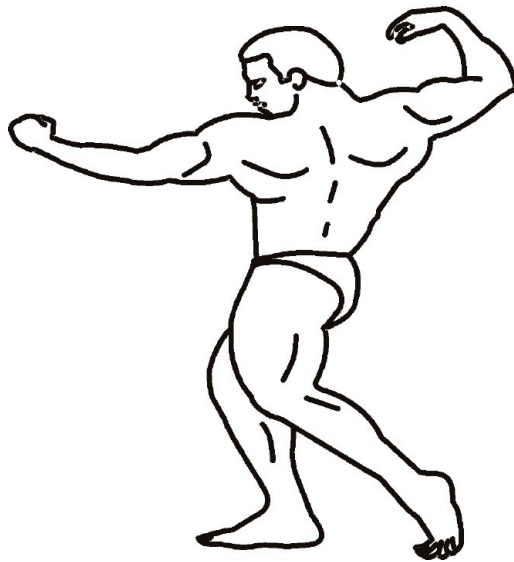
WEIGHTLIFTING 101[©]

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Member:

*National Strength & Conditioning Association
National Federation Interscholastic Coaches Association
National Federation of State High School Associations - Coaches Association
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Only the Strong Shall Survive

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Foreword

Up until about two decades ago, weightlifting was shunned by many as being unnatural and detrimental to the health of the body. Yet many of the most conditioned athletes found themselves lifting in private to accomplish their health and fitness goals. Many medical professionals, without any substantiating research, had declared that weightlifting would stunt a child's growth, irreparably damage a senior's musculoskeletal system, and provide no benefit to a mature adult. Nothing could be farther from the truth.

There has been found to be no age limit, maximum or minimum, for the application of resistance training. Bodybuilding contests now have a senior division and the aesthetics is addicting – at all ages. The once mysterious health benefits have become unraveled and all have embraced the concept. Even in public life.

U.S. President George W. Bush and California Governor Arnold Schwarzenegger make no attempt to conceal their fondness for cold cast iron, sweat, fatigue, and the agony of muscle failure. Yet both successful men bear the distinguishing attribute of their dedication to weightlifting; confidence, among the many positive attributes. But there are many more benefits such as physiological.

Your body composition will change for the better. Aside from larger, stronger, toned muscles, your bone density will increase making you less susceptible to injury and orthopedic diseases. Your nervous system will become more efficient. Your endocrine and immune systems will be more responsive. The end result is a healthier, more functional, and psychologically fit individual with no proven detriment. But the achievements are not without one sacrifice; time.

No fitness program can ever be successful without the dedication of consistent training intervals. It takes thirty days to form a habit and ninety days to lead to a passionate lifestyle. An elite fitness program takes immense dedication to not only the practical application but to the recovery periods including diet and rest. That's not easy for one that has a full schedule. A basic resistance training program takes much less.

To achieve a noticeable degree of success, an effective anaerobic program can be done in as little as twenty minutes a day for three days each week. Ironically, the majority of the population has an excuse as to why the couch is more feasible. The choice is yours.

The late Coach Vince Lombardi said it best in that if your heart and mind is firmly entrenched in your goals, which you firmly believe that you will accomplish, like any other positive task, your endeavors will be well rewarded.

The Habit of Winning

“Winning is not a sometime thing. You don't win once a while. You don't do things right once in a while. You do them right all the time.

Winning is a habit. Unfortunately, so is losing. There is no room for second place. There is only one place in my time at Green Bay, and I don't ever want to finish second again. There is a second place bowl game - but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do, and to win, and to win, and to win.

Every time a football player goes out to play, he's got to play from the ground up. From the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's OK - you've got to be smart to be number one in any business, but more important, you've got to play with your heart. With every fiber of your body. If you are lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different from running any other kind of organization - an army, a political party, a business. The problems are the same. The objective is to win. To beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there - to compete. They know the rules and the objectives when they get in the game. The objective is to win - fairly, squarely, decently, by the rules - but to win. And in truth, I have never known a man worth his salt who in the long run, deep down in his heart, did not appreciate the grind - the discipline. There is something in good men that really yearns for ... needs ... discipline and the harsh reality of head-to-head combat.

I don't say these things because I believe in the "brute" nature of man, or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour, his greatest fulfillment to all he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle victorious.”

Vince Lombardi
Head Coach
Green Bay Packers

Welcome

The purpose of this text is to provide you with a very basic knowledge of strength training that will aid you in designing a safe, sane, practical, and effective program for the rest of your life. This self-study course is based mostly on time honored concepts that are considered to be "of popular acceptance" or "mainstream" and very fundamental. However, the primary reference for this course is *Essentials of Strength Training and Conditioning*, Baechle and Earle, second edition, which is also the primary text for the National Strength and Conditioning Association.

In addition, many topics are briefly mentioned or just listed to stimulate your individual learning process and to provide you with a stepping-stone to the intermediate level. The information that will be presented to you is minimal at best, and most of the procedures can be accomplished with a simple and inexpensive home gym.

By no means should you consider this instruction as final, as there is much contradictory research in this field. I sincerely hope that you will continue to learn about this subject from diverse and contrasting resources, carefully evaluate other views, form an intelligent opinion and approach to your training program, and proceed in the safest manner possible.

Although weightlifting is recognized as being the least injurious sport, it is imperative that you follow the safety guidelines I've provided. Before lifting with your muscles, I want you to lift with your mind, heart, and soul to become the best and safest lifter you can possibly be.

I sincerely wish you the best in your goals of fitness, health, physique, and athleticism. We are proud to have you join us in a tradition that dates back to at least 500 B.C.