

WEIGHT TRAINING FOR FITNESS AND SPORT

What is weight training?

This is a method of training using loads (either free weights or weights in machines) to improve our current state of fitness or sporting performance.

Why use weight training?

By designing and planning a training programme we can improve MUSCULAR STRENGTH in five different ways.

Main Guidelines:

- Aim for at least **three training sessions a week**.
- Do a full **warm up routine** before lift any weight.
- Work the **different muscle groups** (CHEST, UPPER BACK, LOWER BACK, ABDOMINALS, LEGS, ARMS & SHOULDERS)
- **Breathe in** when the load moves with the gravity (eccentric contraction) and **breathe out** when it is against (concentric contraction).
- **Train with high effort, good focus, and exceptional technique** to achieve maximal results with minimum risk.
- The **starting weight should be very low** as it is important in the **initials stages to learn the correct technique**.

Training Goals:

Training Goals	Definition	SETS	REPETITIONS	(% 1RM)
PHYSICAL FITNESS	Increase and maintenance our general state of fitness.	3	15	40 – 50
MAXIMUM STRENGTH	Is the maximum force than can be applied by a muscle group.	3	6	85 – 90
MUSCULAR ENDURANCE ANAEROBIC ENDURANCE	Is the ability of a muscle group to work very hard for a limit period of time	2-3	20 – 30	40 – 60
HYPERTROPHY	Increase the size of our muscles.	3	10	75 - 85
MUSCULAR POWER	Is the ability to contract the muscles with speed and force in one explosive act.	3	10 - 15	60 - 80

Initial and basic workout table:

Muscles Groups	Exercises	Sets	Repetitions	Load
LEGS (Quadriceps, Hamstrings, Gastrocnemius, Gluteals)	Leg extension machine Lying leg curl Multi – Hip	2	15	1-3 plates
	Seated leg press Bent-leg calf extension	2	15	1-2 10/15kg discs
UPPER BACK (Latissimus dorsi)	Seated Lat pulldown Seated Row	2	15	1-3 plates
SHOULDERS (Deltoids)	Dumbbell incline bench press	2	15	2.5kg DB
CHEST (Pectorals)	Barbell Chest bench press	2	15	Barbell only 1-3 plates
	Pec-Deck			
	Incline bench chest press			
ARMS (Biceps & triceps)	Barbell curl biceps Dumbbell one-arm lat row	2	15	Barbell only 2.5kg DB
	ABDOMINALS & LOWER BACK	Trunk flexion Two-point core activation	2	15

