

SEVENTH EDITION

BASIC WEIGHT TRAINING

FOR MEN & WOMEN

THOMAS D. FAHEY

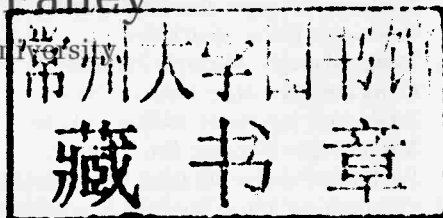


Basic Weight Training for Men and Women

SEVENTH EDITION

Thomas D. Fahey

California State University



Higher Education

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In memory of my parents

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Basic Weight Training for Men and Women

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weight programs. In the seventh edition, these chapters have been rearranged in response to the changing approaches to strength training. I tried to emphasize whole-body functional training and the importance of initiating movements with the legs and hips. This approach requires a coordinated effort with the legs, hips, and core muscles. Chapter 6, the first training chapter, begins with a lower-body functional strength test that I developed for my other text, *Fit and Well* (McGraw-Hill 2010). I included new exercises that require the use of the hips rather than the back or thigh muscles. The training philosophy emphasizes spinal stability, so chapters on back and abdominal fitness follow lower body exercises in Chapters 7 and 8, respectively. Next, students learn to develop the chest and shoulder muscles in Chapter 9 and finally the arm muscles in Chapter 10. Chapter 11 is unique among weight-training books. It teaches the principles for increasing running speed and power for basic movements using techniques developed by Eastern European sports scientists and coaches. This guides students as they build power for both athletic activities and daily life tasks. Chapter 12 presents important information from sports nutritionists on diet and weight control, separating fact from fiction in this controversial area. Chapter 13 discusses drugs and supplements used by some weight trainers. Appendix 1 illustrates the muscular system, and Appendix 2 illustrates the skeletal system. Appendix 3 lists exercises important for the most popular sports and also lists specific exercises for the different muscular areas of the body. Appendix 4 presents procedures and norms used in popular strength tests.

NEW TO THIS EDITION

Each chapter includes topics that either are new to this edition or are discussed in greater detail than in the previous edition. Following are the new or expanded topics by chapter.

- Chapter 1: Basic Weight Training** Brief history of weight training • Latest USDA/DHHS and ACSM recommendations for diet and exercise • Social benefits of exercise • Weight training and Metabolic Syndrome • Exercise and disability • Weight training for children • List of weight-training and fitness Web sites
- Chapter 2: Weight Training and Your Body** Expanded discussion of the relation between muscles and the skeleton • Definition of terms used to describe motions used in exercise or movement skills • Effects of aging on women versus men in masters weight lifting
- Chapter 3: Weight Training Guidelines** Training guidelines for long-lasting fitness development • More on the latest USDA/DHHS recommendations for diet and exercise
- Chapter 4: How Weight Training Improves Your Body** Signs of overtraining • Dynamic exercise
- Chapter 5: Getting Started: The Basics** Weight belts and injury • Use of exercise balls, medicine balls, and lifting stones • Importance of training large muscles before small muscles • Using paused reps in workouts • Training for body building, strength, and power • Exercising at home
- Chapter 6: Developing the Lower Body** New and revised exercises and techniques for developing the lower body • New information on functional training machines

- Chapter 7: Developing the Back and Neck** Research on women and multiple sets • Expanded discussion of building back muscles • New back exercises and techniques • Importance of doing neck exercises correctly
- Chapter 8: Developing the Abdominal Muscles** Abdominal fat and muscles • Why you shouldn't do sit-ups • Safe, effective exercises for the abdominal muscles • The core and the kinetic chain • Harnessing metabolism to fight abdominal fat • Role of weight training, aerobics, interval training, and diet in managing abdominal fat • Sample workout to improve appearance of abdomen
- Chapter 9: Developing the Chest and Shoulders** Proper hand and arm position while exercising • Revised information and techniques for chest and shoulder exercises • Tips for building chest muscles • Rotator-cuff exercises and preventing rotator-cuff injury
- Chapter 10: Developing the Arms** Revised techniques for dumbbell curls • New techniques for pole curls, pole twists, and wrist curls
- Chapter 11: Exercises to Develop Speed and Power** Upper- and lower-body plyometrics • Debatable benefits of stretching before exercise • New and revised basic speed and power exercises • Integrating power into workouts • Peak-power weight training
- Chapter 12: Nutrition for Weight Training** New USDA/DHHS diet and exercise recommendations • Burning extra calories through weight training • How to read a food label to choose healthy foods
- Chapter 13: Ergogenic Aids: Drugs and Supplements** Expanded discussion of the effects and health risks of anabolic steroids, growth hormone, IGF-1, amphetamines, clenbuterol, GHB, insulin, and cocaine • Overview of popular supplements and drugs used by weight trainers, including creatine monohydrate, HMB, myostatin blockers, and weight-loss drugs

In addition to the reorganized chapters, the seventh edition of *Basic Weight Training for Men and Women* also features the latest USDA/DDHS and ACSM recommendations for diet and exercise in Chapter 1, and new exercise recommendations for ACSM and AHA in Chapter 12. New exercises using a kettlebell are featured in Chapter 6.

The Online Learning Center (www.mhhe.com/faheywt7e) has been enhanced with new video resources. The videos teach students how to gain whole-body strength by coordinating the movement of the hips, legs, and spine, while minimizing the risk of injury. They demonstrate the proper technique for using free weights, weight machines, resistance bands, and a stability ball to develop the muscles in the body. There are also videos showing exercises that can be done without any equipment. These videos reinforce the instructions given for many exercises discussed in Chapters 6 through 10 and give students a firm grounding in the principles and methods of weight training.

Along with these instructional videos, the OLC features new video fitness tests that measure strength and power and assess basic movement patterns in the legs, hips, and spine during lower-body exercises.

SUCCESSFUL FEATURES

Basic Weight Training for Men and Women has many features that make it unique among weight-training books. It contains the latest information from the medical, exercise physiology, and sports medicine literature, presented in a manner that is easy to understand. Topics include health benefits of weight training for adults and children, osteoporosis, sports nutrition, eating disorders, basic muscle physiology, weight control, building speed and power through plyometric and speed exercises, body-building secrets for toning, and drugs and supplements. Every exercise is described in detail, and most are accompanied by photographs clearly demonstrating the techniques.

- ◆ **Illustrations** The photographs in *Basic Weight Training for Men and Women* complement the text. Adding a “how-to” dimension to the discussions, they emphasize correct technique to help you gain the greatest benefit from your workout.
- ◆ **Healthy Highlight** By focusing on the many health benefits of weight training, this feature offers motivation throughout the book. Topics include effects of aging on women versus men in masters weight lifting, signs of overtraining, the importance of training large muscles before small muscles, women and multiple sets, the debatable benefits of stretching, and burning extra calories through weight training.
- ◆ **Fact or Fiction?** This feature highlights common misconceptions about weight training and sets the record straight. It addresses questions such as these: Is it true that weight training offers no cardiovascular benefits? Does weight training make you muscle-bound? Is it important to wear a weight-lifting belt while working with weights? Do women gain excessive bulk when they weight-train?
- ◆ **Caution** Caution boxes appear throughout the book to help you avoid injury and to promote awareness of safety concerns during weight training. Following are a few examples of cautions from the book:
 - ◆ Weight training should be part of a general program that includes sensible diet and aerobic exercise.
 - ◆ To prevent excessive muscle bulk, do more repetitions and use less weight, or do only a few repetitions and use more weight.
 - ◆ Never bounce at the bottom of a squat—this could injure the ligaments of your knee.
 - ◆ Always maintain control of the spine when doing plyometric and speed exercises.
- ◆ **Glossary** The Glossary at the end of the book features the important terms used throughout the text and gives clear definitions. It can be used for quick reference and for study. Glossary terms are set in boldface the first time they appear in the text.
- ◆ **Workout Card** Attached to the back inside cover of this book is a workout card to use for your personalized workout program. You can photocopy the workout card before you start and update it as you progress.

SUPPLEMENTS

A supplemental Online Learning Center offers resources for both instructors and students using *Basic Weight Training for Men and Women*. The Learning Center includes PowerPoint slides, links to relevant material on the Internet, and sample exercise training programs that will help students track and meet their weight training goals. The instructor's side of the website also features a test bank; please contact your sales representative for access. Visit the Online Learning Center at www.mhhe.com/faheywt7e.

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