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your weight on your left foot. High-intensity cardio is best 16 Developing Your Training Program done during the day. • For a greater challenge, you can perform a side crunch on a roman chair machine. This variation will target the lower body while reducing the involvement of the upper-body muscles, especially the lats, the lower trapezius, and the arms. Because it makes you uncomfortable, lactic acid may seem like an enemy. These normal diurnal variations are explained by the increase in body temperature throughout the day. Choose Exercises That Suit Your Morphology Because of the variety of movements, starting a training program can be confusing. In that case, do not hesitate to bend them a little. 8 Developing Your Training Program If your goal is improved athletic performance, the demands of your chosen sport or activity will determine the relative importance of each body region. squat (see page 78) █ 3. a combination of a narrow rib cage and long arms (left) increases the bar's range of motion and can stretch the pectoralis muscles too much when using heavy weights. █ Lying triceps extension using dumbbells 295 Triceps Extension How to Do It: Cable You can use a high or low pulley to work either both arms at the same time or to alternate between arms. After a few weeks of training with this isolating movement, you will have better sensations during the basic pectoralis exercises. █ The buttocks and lower back are two of the major natural fat storage areas in women. • The typical weak area of the deltoids is the rear part. On the other hand, because of its various heads, you can work this muscle from plenty of angles by raising your arms in front of you, overhead, laterally, and posteriorly. Biceps femoris, short head Biceps femoris, long head Semimembranosus Semitendinosus Semimembranosus Biceps femoris long head Semitendinosus Biceps femoris short head E6080/Delavier/fig.2.50a/494731/TB/R1 109 HAMSTRInGS The adductors comprise several muscles; following are the major ones: 1. • Rowing is better than pull-downs at protecting the lower back. • Do not move your head from side to side or up and down while pressing. When you feel the lower back lift off the floor, stop extending your legs. 245 2 1 326 3 4 5 AdvAnced ProgrAms Three SeSSionS Per Week If you are not doing sport-specific training in addition to weight training, we recommend that you perform two weekly weight training workouts for a month or two, and then move to three sessions a week when you feel ready. The main advantage of dumbbells over a barbell is that they make it easier to keep your back straight and to keep your balance. Gluteus medius Tensor fasciae latae Pectineus Sartorius Adductor longus Adductor magnus Gracilis Iliotibial band Vastus lateralis Rectus femoris Quadriceps Vastus medialis Patella E6090/Delavier/fig.2.30b/491945/TB/R2 74 Quadriceps Take-Home Lesson for Women The main issue for women is defining how big (or small) they want their quadriceps to be. You may want to increase this frequency whenever you have more free time. 16 Developing Your Training Program Starting directly with free weight movement is more complicated because it involves motor learning that will slow down your gains of muscle strength. Wrist stretch (see page 304) 255 Press The chest press belongs in the basic, multiple-joint exercise category because both the shoulder and the elbow joints are mobilized. If possible, use an EZ bar instead. Journal of Strength and Conditioning Research 24 (1): 23-29. The position described here (i.e., your hand behind your head) is an intermediate position. However, it is far easier to do cardio and weight training at the same time. █ The farther or more heavily you step, the more stress your kneecap will receive. The longer your femur is, the more you will have to bend over to keep your equilibrium. hold this contraction for a count of 2 before lowering your leg. push your knee toward your chest with your elbow, bringing the bent leg as close as possible to your torso. For example, women often tend to focus on their glutes and legs, whereas men concentrate on their arms. We all want to perform as many sets as possible, especially when we start training, to hasten our progress. An incline bench is even more effective. • Two weekly weight training sessions: Separate workouts as much as possible (e.g., Monday and Thursday or Tuesday and Friday), but at a minimum, try to respect the pattern of one workout and one day of rest. Giuseppe, F. Using your body weight as resistance, perform a set of 50 to 100 reps at home before bedtime or whenever you suffer from lower-body pain. 41 hlp exteNsION Standing Variations • some glute machines place extra resistance, either behind the knee or on the achilles tendon. 278 trICePS 5 Cable triceps extension: 2 or 3 sets of 20 repetitions, p. Regularity is crucial! If you do not have time to go to the gym, there are plenty of exercises you can do at home with minimal or no equipment. Those in which you bend your legs belong in the basic, multiple-joint exercise category. • To burn calories and fat, you should adopt a faster pace with only 10 to 20 seconds of rest between sets. As you progress, reduce this resting time to a bare minimum. • By controlling how high the machine raises your working leg, you can modulate the range of motion of the exercise. 200 BICePS 4 Dumbbell curl: 3 or 4 sets of 15 to 12 repetitions, p. Trapezius Clavicle Deltoid Humerus Triceps brachii Erector spinae Latissimus dorsi 12th rib Gluteus medius Gluteus minimus Gluteus maximus Piriformis Gemellus superior Greater trochanter Obturator internus Adductor magnus Gemellus inferior Quadratus femoris Tensor fasciae latae Semitendinosus Biceps femoris Long head Short head Semimembranosus Popliteus Peroneus longus Flexor digitorum longus Tibialis posterior Flexor hallucis longus Peroneus brevis Gracilis Semitendinosus Long head Short head Sartorius Biceps femoris Plantaris Medial head Lateral head Gastrocnemius Soleus Peroneus longus 7 E6080/Delavier/fig.1.1b/490776/TB/R2 Delavier's Women's Strength Training Anatomy Workouts Rate the Importance of Each Muscle According to Your Goals The glutes and the arms do not possess the same degree of importance for everyone. the clavicular head, also known as the upper chest 2. 45 3 Stiff-leg dumbbell deadlift: 3 or 4 sets of 20 repetitions, p. Con • Because the temptation to cheat is stronger in this exercise than any other, many people do not really work the biceps. Fatty acid release from the adipose tissues is not constant throughout the day. 228 ShoulDerS 2 Machine lateral raise: 4 or 5 sets of 15 to 12 repetitions, p. You have to realize that not all those exercises will suit your needs, and even fewer will suit your body biomechanics. After a couple months of training, you can add more exercises, but only to the body regions you wish to reshape the most. This nervous failure will momentarily force every muscles in your body to relax (including the ones that support the spine). Whenever you perform two workouts without rest between them, make sure that one targets your upper body and the other targets your lower body. Many women aren't seeking large, defined calves but instead are interested in toning these muscles. Scientists have measured this imbalance.3 Compared to sedentary people, athletes with a good level of fitness have the following features: 191 ShOULDErS • An average of 250 percent greater muscle mass on the front of the shoulder • 150 percent greater muscle mass on the lateral part of the shoulder • Only 10 to 15 percent greater muscle mass on the back of the shoulder The most common shoulder exercises are the presses, which mostly stimulate the front delts. If you do not have access to one, use a low pulley and work one arm at a time; this fat proliferation impairs the microcirculation of blood in the lower body, which triggers localized inflammation. Grab the left elbow with the right hand. 78 4 Leg press: 2 or 3 sets of 20 to 12 repetitions, p. 278 trICePS 4 Lying dumbbell triceps extension: 2 or 3 sets of 20 repetitions, p. Trapezius Supraspinatus Infraspinatus Teres major Spinalis thoracis Iliocostalis Rhomboid major Deltoid Infraspinatus Longissimus thoracis Serratus anterior Latissimus dorsi Serratus posterior inferior External oblique Quadratus lumborum Gluteus medius Gluteus maximus E6080/Delavier/fig.2.78a/498874/TB/R7 237 loWeR BaCK Levator costarum longus Levator costarum brevis Rotator thoracis Interspinalis Intertransversarii lumborum medialis Multifidus Intertransversarii lumborum lateralis Ilium Sacrum █ Deep muscles of the lower back E6080/Delavier/fig.2.78b/498875/TB/R1 Take-Home Lesson for Women the spine is a weak structure, especially as it ages. When this happens, reduce the range of motion so that you can always keep your back straight. 162 1 4 3 2 5 6 7 343 circUIT TrAining Gym equipment, lower-Body emphasis Do 1 or 2 circuits per workout without any rest between exercises. However, the butt press is preferable for two main reasons: 1. Therefore, you should focus on developing the lateral head so you can quickly see the results of your training. If you are seriously training your chest, it is not necessary to focus on the front of the shoulder, especially because this zone of the deltoid is the easiest to develop. This isolation exercise specifically targets the brachioradialis, the brachialis, and a little bit of the biceps. 99 2 Bridge: 3 or 4 sets of 20 repetitions, p. • Do not arch your back too much as you straighten your leg in an attempt to get a more powerful contraction of the glutes. Both provide stability, but they put pressure on the lower back. E6080/Delavier/fig.2.76a/498776/TB/R1 FREE WEIGHtS oR MaCHInE? Too often, people consider warming up the quadriceps to be sufficient for a knee warm-up, but this is a mistake! To avoid knee problems, you must begin by warming up the calves, quadriceps, and hamstrings, in that order. 295 abDoMINAlS 6 Crunch: 3 or 4 sets of 20 repetitions, p. To increase the resistance, extend your arm away from your body and next to your head. Do not exaggerate the range of motion. You are in fitness for the long term, to improve your appearance and your health, enhance your mobility, or slow down the aging process. Unfortunately, donkey calf raise machines are rare. Muscles–Anatomy. █ █ If your focus is on aesthetics, █ █ Cable shoulder rotations can be used to avoid shrugs, which directly stimulate the upper trapezius muscles. The squats alone may not induce an intense muscle burn in the glutes, but by moving to the Butt Blaster, your glutes will soon be on fire. If you can't reach the weights without curving your back, consider setting them on a bench a bit below knee level to reduce your range of motion. Your specific goals should dictate your priorities and the training frequency each muscle receives. It is an interesting concept: 194 minutes of cardio per week did not allow the women to lose more body fat than 72 minutes.17 A total of 136 minutes of cardio weekly seems optimal for beginners. If you want an aesthetically pleasing body, you should not treat all your muscles the same way. Keep your head straight on the floor during this exercise, taking care not to move your neck. How to Do It Grab two dumbbells or the handles of a cable or a machine. 14 (3): 139-145. This makes leg raises harder to execute than crunches. Only high-level athletes benefit from more than four sessions per week. Because you can do shorter workouts, circuit training is a great time-saver. Keep in mind that overtraining is more damaging to your progress than undertraining. Cons of the Dumbbell Bent-over Lateral Raise • This version places significant tension on the lower back. By contracting your glutes, raise your leg as high as possible. Unlike the deadlift, which tends to compress the intervertebral discs, the hyperextension is safer for the lower back but less effective in terms of overall strengthening. Con • Because it stretches the hamstrings very intensely, this exercise can cause intense soreness that may last a few days. 121 abDoMINAlS 5 Crunch: 3 or 4 sets of 20 repetitions, p. 1989. on the right, improper bar placement technique with the elbows down. Weight and cardio training will not only improve your appearance but will also improve your health and change your life for the better. There is only a finite amount of beating our muscles can handle without being overly exhausted. The farther you step from where the band is attached, the greater the resistance will be. As your flexibility improves, you can intensify the degree of stretching, hold the contracted position for one second while squeezing your buttocks together as tightly as possible. Choose the arm position that feels the most comfortable and secure for you; arm position does not alter the recruitment of the leg muscles. 258 3 Back: Dumbbell row, p. You should do 20 to 30 repetitions per set. 48 abDoMINAlS 4 Machine crunch: 2 or 3 sets of 20 repetitions, p. Trapezius Pennate fiber of the middle deltoid Spine of scapula Posterior deltoid Pectoralis major Infraspinatus Teres minor Teres major Triceps brachii █ Side view of the shoulder muscles 192 E6080/Delavier/fig.2.66c/497688/TB/R2 Shoulders Shoulder Exercises There are three main categories of exercises for the shoulders from which women can benefit: 1. As you gain strength, 21 Delavier's Women's Strength Training Anatomy Workouts you will need to increase your warm-up time, because you will be subjecting your muscles to tension that more and more closely approaches their point of rupture. 96 5 One-leg butt press: 2 or 3 sets of 20 repetitions per leg, p. █ Start position Latissimus dorsi External oblique Iliotibial band Gluteus maximus Tensor fasciae latae Gluteus medius █ Butt Blaster machine variation 48 E6080/Delavier/fig.2.19b/490829/JB/R2 Long head Biceps femoris Short head BrIdGe the bridge belongs in the basic, multiple-joint exercise category because the hip, knee, and ankle joints are mobilized. Avoid very vague objectives such as I want to get in shape or I want to improve my physique. You can do call stretches on one leg or both legs at the same time. Science & Sports 28 (5): 281. The tension is very high in the stretched position, which increases the risk of overstretching the tendons of both the chest and the long head of the biceps. It also mitigates the fat redistribution that can cause adipose enlargement in the abdominal area and result in plenty of loose skin in the arms. Once you are standing, bend forward without bending your legs to return to your starting position. • Your leg muscles are placed in a stronger position so you can handle heavier weight. Begin the exercise with your arm straight up by your head, and when you can't perform any more repetitions that way, place your hand behind your head so that you can do a few more. 250 enhance Your Chest anatomy and Morphology the pectoralis muscles allow you to move your arms forward when they must overcome a resistance (e.g., when pushing a door). Twist 5. It's time to get started. Upright row (see page 206) █ █ 5. Con • Because pullovers place the shoulder joints in a relatively unstable position, you should avoid using too much weight. 200 abDoMINAlS 4 Machine crunch: 2 or 3 sets of 20 repetitions, p. The upright row: Implications for preventing subacromial impingement. Basic back exercises such as pull-downs and rowing recruit the Clavicle Pectoralis minor Coracobrachialis Humerus Trapezius Deltoid Pectoralis major Mammary papilla Brachialis Triceps brachii Ribs Biceps brachii Vertebra Intervertebral disc Gluteus minimus Iliopsoas Gluteus medius Sartorius Tensor fasciae latae Adductor longus Pectineus Adductor longus Adductor magnus Tibialis anterior Extensor hallucis longus Rectus femoris Vastus medialis Vastus lateralis Medial head Lateral head Quadriceps Gastrocnemius Peroneus longus Tibialis anterior Extensor digitorum longus Peroneus brevis Soleus Extensor hallucis longus 6 E6080/Delavier/fig.1.1a/490775/TB/R3 DEVELOPING YOUR TRAINING PROGRAM biceps as well as the rear part of the shoulders. Repeat. 158 ABS The muscles responsible for movement in ineffective abdominal exercises are the psoas major, iliacus, and rectus femoris. 200 3 Bent-over cable lateral raise: 2 or 3 sets of 20 repetitions, p. You can grab the rope with your hands in a neutral position (thumbs pointing up), the triceps bar in a seminneutral or pronated position (thumbs facing each other), and the straight bar in a pronated position. An advanced combination consists of beginning with the legs straight and, at failure, bending the legs so that you can do a few more repetitions. Effects of regular and slow speed resistance training on muscle strength.

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