HAND-OUT

History of Weight Training

* Started in 2nd century, in Ancient Greek.
* People used to lift up heavy stones at the beginning.
* Used halteres before they created dumbbells.
* Halteres were developed in to dumbbells, and dumbbells were developed in to barbells.

Weights and Strengthening Body

* Grips : there are 3 grips to use for barbells; Overhand, underhand and alternated.
* A closed grip is when your fingers and thumbs are wrapped around the bar.
* An open grip(false grip) is when the thumbs are not wrapped around the bar, which is dangerous because the bell can easily fall out and injure yourself or others.
* Lifting position : Floor to thighs, Thigs to shoulders.
* Spotter : This is a person who watches the weight trainee to make sure the trainee is being safe and doing exercises properly. Spotters have to be quick and alert to respond if the trainee is in need of help.

Speed

* Ankling :

- Jog with short steps, keep feet quiet and quick, and try to do as little ground contact.

- This is to improve foot speed and elastic ankle strength.

* A march walk :

- March while keeping perfect posture and arm action, don’t slam feet on the ground. Then skip using this technique. Keep ancles emphasized, but quiet.

- To increase foot speed, hip extension, flexion strength and ankle-muscle stiffness.

* Ladder speed run :

- Run throgh ladder(46cm apart) as fast as possible, lift knees ad high as able and quickly landing.

- To enhance timing and stride frequency.

Agility and Balance

* Carioca

- Get in a 2 point stance. Skip left leg in front of right leg, repeat this in the opposite with the right leg, repeat.

- This is to develop crossover mechanics for changing directions.

* Sprint

- This is develop gracefulness (agility)

Quickness

* Scissor Jumps

- Hands on head, kick one leg forward as high as possible, as it is returning to the ground, kick the other leg up, repeat.

- This is to enhance balance and improve quickness

* Lateral skaters

- Feet together, then one foot pushes off to the side after landing immediately push the other leg in opposite direction, repeat.

- This is to improve cutting ability and quickness.

* Sequence Jumping Jacks

- Do jumping jacks(sideways movements) then do the same thing except in front and back motions

- This is to improve lower-body power and quickness