

Weight Training Safety

<http://kidshealth.org/en/teens/strength-training.html>

Strength training is a vital part of a balanced exercise routine that includes aerobic activity and flexibility exercises. Strength training is a great way to improve strength, endurance, and muscle tone. Remember to start slowly, use proper form, avoid heavy weights, and increase workouts gradually to prevent injury. Just a few sessions a week will really pay off – besides better muscle tone and definition, you may find that you have more energy, focus, and performance in both sports and school.

Students must be familiar with all safety elements before they begin a weight training program. Your bones, joints, muscles, and tendons are still growing and developing and may injure easily. When you are in the middle of a strength-training session and something doesn't feel right to you, you feel pain, or if you hear or feel a "pop" during a workout, stop what you are doing and have a doctor check it out before you resume training.

When lifting weights — either free weights or on a machine — make sure that there's always someone nearby to supervise, or **spot**, you. This person, called a spotter, encourages you and also can act as your coach, telling you how to do a particular exercise correctly. Having a spotter nearby is particularly important when using free weights. Even someone in great shape sometimes can't complete that last rep. It's no big deal if you're doing biceps curls; all you'll have to do is drop the weight onto the floor. But if you're in the middle of a bench press — a chest exercise where you're lying on a bench and pushing a loaded barbell away from your chest — it's easy to become trapped under a heavy weight. A spotter can keep you from dropping the barbell onto your chest.

Basic Weight Lifting Safety Guidelines

- Warm up before each session.
- Learn and use the proper technique for all exercises.
- Use spotters.
- Use clips when adding weights to barbells.
- Practice all lifts with supervision.
- Control the speed of the resistance movement at all times.
- Allow time between sessions for muscles to repair.
- Cool down after each session.

Important Weight Lifting Techniques

- Keep your back straight at all times.
- Adjust all weight machines for proper body alignment.
- When performing standing lifts, have a wide stable base of support and keep your feet flat on the floor.
- When lifting objects, bend your knees and use your legs, not your back.
- All lifts should be done through a full range of motion.

Weight Lifting Training Principles

Specificity principle states that improvement occurs when you train specifically to the sport you are going to play. In weight training, if you want to train for basketball, you increase the strength in the areas needed for basketball.

Overload principle states that in order to improve your level of fitness, you must increase the amount of regular activity or exercise that you normally do.

Overtraining occurs when you train more than your body can recover from. Your performance level declines when you have overtrained and you have an increased risk of injury.

Recovery is the time between workouts your muscles need to repair, rebuild and strengthen.

Check for Understanding

- Why do teens need to be careful when beginning a weight training program?

- What are the benefits of weight training?

- What are three guidelines to always remember when lifting weights?

- Why is it important to consider safety guidelines before lifting weights?

Coach's Reflection: