

Weight Lifting 101--Informal

Thesis: Health enthusiasts, toning or defining devotees, athletes, and body builders seem to be the main categories of those lifting weights.

Health enthusiasts

- reduce lower back pain
- reduce tension
- prevent headaches
- lose weight
- frequency: 20 minutes a day, three times a week

Toning devotees

- mostly women
- shape up arms, legs, abdominals, buttocks
- frequency: 30 min

Athletes

- increase speed, endurance, and coordination
- different sports require developing different muscle groups
- runners—thighs—speed
- basketball players—arms and shoulders—shots and passes
- gymnasts—all over—balance and coordination
- football—all over—strength, speed, and agility

Body Builders

- example—my friend
- lift weights no aerobic
- goal strength and bulk
- frequency: an hour or more, 5 days a week

Conclusion: Not everyone fits neatly into these four categories.

Weight Lifting 101—Formal

Thesis: Health enthusiasts, toning or defining devotees, athletes, and body builders seem to be the main categories of those lifting weights.

I. Some students lift weights as part of an exercise program aimed at maintaining or improving health.

A. Health benefits

1. Reduced lower-back problems
2. Reduced tension
3. Headache prevention
4. Weight loss

B. Frequency

1. 20 minutes
2. Three times a week

II. The "toners" hope to produce smoothly defined muscles.

- A. Young women
- B. Goal—shape up the body
 1. Solid arms—dumbbell and benchpress
 2. Toned legs, abdominals, and buttocks
- C. Frequency
 1. 30 minutes
 2. Five times a week

III. Athletes must lift weights.

- A. Weight Training required
 1. Volleyball
 2. Rowing
 3. Basketball
 4. Football
- B. Developed muscles can do more
- C. Different athletes, different muscles, different goals
 1. Runners—thighs—speed
 2. Basketball players—arms and shoulders—shots and passes
 3. Gymnasts—all over—balance and coordination
 4. Football players—all over—strength, speed, agility

IV. Some people lift weights to become as big and as strong as possible.

- A. Example—my friend
 1. Weighs 200 pounds
 2. Bench-presses more than I weigh
- B. The grunt room
 1. Dumbbells
 2. Barbells
 3. Super heavy bars
- C. No aerobic activity
- D. Frequency
 1. Hour or more
 2. Five days a week

Conclusion: Not everyone fits neatly into these four categories.