

# Selected Weight Training Exercises on Fitness Components - An Overview

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**ABSTRACT** - The Competition in all fields of Sports & Games has developed to such high degree that no coach or player can offered to neglect the application of scientific principles that can give him an additional advantage in the high level competition. This approach definitely eliminates the changed factor that is hit or miss method. Physical fitness is necessary for success in all the game and sports. Without a high level physical fitness, an individual will not be able to withstand any stress and strain caused on the body by various games and sports. This paper attempt to throw light and overview on the effect of weight training exercises on physical fitness of college students.

**Keywords** – Weight, Fitness, Exercises.

## I. INTRODUCTION

"Sports training is a planned and controlled process in which, for achieving a goal, changes in complex sports motor performance, ability to act and behavior are made through measures of content, methods and organisation". "Sports training is a scientifically based and pedagogically organised process which through planned and systematic, effect on performance ability and performance readiness aims at sports perfection and performance improvement as well as at the contest in Sports competition". One of the benefits of training is that it can be organized into circuits. By using circuits athlete can perfomi activities of even greater duration than with anaerobic, sprint, and interval training (Chu, 1992). Physical fitness is necessary for success in all the game and sports. Without a high level physical fitness, an individual will not be able to withstand any stress and strain caused on the body by various games and sports. Physical fitness, in addition brings about better performance in game and sports and help in prevention injuries in the long run'.

## II. LITERATURE REVIEW

Khanna et al. (1996) conducted study to determine the physical and physiological profile of kabaddi players and the physiological demands of playing a kabaddi match. Maximum aerobic capacity (VO<sub>2</sub>max). maximum ventilation (VEmax), O<sub>2</sub> pulse, respiratory equivalent (RE), maximum heart rate, and O<sub>2</sub> debt were assessed on 16 players. Ohira et al.

(2006) showed Aerobic exercise training have beneficial effects on quality of life (QOL) in breast cancer survivors. However the effects of weight training on psychological benefits are unknown. We sought to examine the effects of weight training on changes in QOL and depressive symptoms in recent breast cancer survivors. Ahmed et al.

(2006) have examined effects of supervised upper- and lower-body weight training on the incidence and symptoms of lymphedema in 45 breast cancer survivors who participated in the Weight Training for Breast Cancer Survivors study. Schade and Margaret (2007) have conducted the study to examine the extent of activation in various trunk muscles during dynamic weight- training and isometric instability exercises. Perez-Gomez et al.

(2008) showed the effects of a training program consisting of weight lifting combined with plyometric exercises on kicking performance, myosin heavy— chain composition (vastus — lateralis), physical fitness, and body composition (using dual-energy X-ray absorptiometry (DXA)) was examined in 37 male physical education students . Berryman- et al.

(2010) had conducted a study with the purpose to compare the effects of 2 strength training methods on the energy cost of running (Cr). Thirty-five moderately to well-trained male endurance runners were randomly assigned to either a control group (C) or 2 intervention groups.

## III. SELECTING EXERCISES

An advanced program may include as many as 15 to 20 exercises. However, a beginning or basic program (which is what you are following) need only include one exercise for each muscle group: chest (pectoralis major)

- shoulders (deltoids)
- back (latissimus dorsi, trapezius. rhomboids)
- biceps (biceps brachii)
- triceps (triceps brachii)
- legs (quadriceps, hamstrings. gluteals)
- core (rectus abdominis. transverse abdominis, external and internal obliques. erector sprnae)

In steps 4 through 8, you selected one exercise for each muscle group if' you were new to weight training and one

more additional exercise if you were trained. You can now consider adding a second exercise for each muscle group or an exercise for a muscle not specifically worked in the basic program. such as the forearm. The result is an even more rounded program. Also, if you are training to improve your athletic performance, consider adding one or both of the total-body exercises described in step 10. They train upper and lower body muscles simultaneously and involve quick, powerful movements that are important for athletes involved in sports such as sprinting, jumping, throwing, kicking, or punching. Finally, you may also want to consider exchanging one of the basic exercises for one of the Others described in each step, especially if the change means you will now perform a free-weight version of a machine-based exercise. Before making a final decision about which exercises to select, be sure you understand the exercise techniques involved and the following concepts and principles.

- **Apply the specificity concept.** Your task is to identify the muscle groups you want to develop and then determine which exercises will recruit or use those muscles. This involves applying the Specificity concept. This important concept refers to training in a manner that will produce outcomes specific to that method. For example, developing the chest muscles requires an exercise that recruits the pectoralis major muscle choosing a leg exercise to train the chest muscles, for example, does not follow the specificity concept because muscles other than the pectoralis major are trained.

#### Arranging Exercises

- There are many Ways to arrange exercises in a workout. Their order affects the intensity of training and is therefore an important consideration. For instance, alternating upper and lower-body exercises produces a lower intensity level on the upper body or the lower body muscles than performing all. of the upper-body exercises or all of the lower-body exercises one after the other.

- Exercises that tram larger muscles and involve two or more joints changing angles as the exercises are performed are called multi joint exercises (abbreviated as “MJES” throughout this book). This type ol' exercise is more intense than those that isolate one muscle and involve movement at. only one joint (called single-joint exercises and abbreviated as “S.IES”). The two most common ways to arrange these exercises are to either perform MJEs before SJEs or alternate exercises that involve a pushing (PS) movement with exercises that involve a pulling (PL) movement.

#### Starting a weight training program

- Weight training is an important part of any fitness program. Combined with aerobic exercise, weight training can boost your strength, tone your muscles and even help you lose fat. Ready to start a weight training program?

- Warm up with 5 to 10 minutes of stretching or brisk walking. Then choose a weight or resistance level heavy

enough to tire your muscles after about 12 repetitions. With the proper weight. a single set of 12 repetitions can build muscle just as efficiently as can multiple sets of the same exercise.

- To give your muscles time to recover, rest a day between exercising each specific muscle group — and remember to complement weight training exercises with daily aerobic activity.

#### Weight training: Improve your muscular fitness

Weight training can help you tone your muscles, improve your appearance and fight age-related muscle loss. Weight training:

#### How much is enough

6You don't have to be in the weight room for 90 minutes a day to see results. For most people, short weight training sessions a couple of times a week are more practical than are extended daily workouts. You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week. That frequency also meets activity recommendations for healthy adults, which call for strength training at least twice a week — in addition to at least 150 minutes a week of moderate aerobic activity.

## IV. CONCLUSION

Sports training is a type of physical training specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles. all the physical exercises are stretching the body and fit for body health improve your muscular litness. Physical fitness is necessary for success in all the game and sports. Weight training is an important part of any fitness program. Weight training is an important part of any fitness program.

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