

Pumping iron

Direction is key for weight programs

By Jim Hughes
staff writer

Mention weightlifting, and immediately the vision of the king from muscle beach comes to mind.

At least, it used to be that way. Although weightlifting is used for body builders, and has become an integral part of training for athletes in varsity sports, the mode of exercise can be beneficial for the everyday person — both men and women.

With the right direction, a program of pumping the iron can provide cardiovascular exercise, as well as building the muscle groups of the body.

MIKE LUCCI, former Detroit Lion football star and executive vice president of Vic Tanny International, explains the benefits of lifting — both physical and mental.

"It's great cardiovascular conditioning, and it adds to local muscle endurance," the West Bloomfield resident said from his Dearborn office. "You're not as likely to get fatigued in manual work. And, it gives some muscle tone."

"When you progress in the program, you look better and you feel better. You have a better image of yourself, and you'll carry yourself better. You feel you have the edge on other people."

One of the keys of getting the most from a workout is to exercise every

muscle group. Someone with a strong upper body who does not exercise the legs is not getting the most of the workout.

"People like to do certain exercises," Lucci said. "They like to do the arm curls because you can see it (results) and it's rewarding. They don't like to do leg curls, leg extension and leg press."

"YOU CAN LIFT anywhere if you have the equipment. The idea is to get someone to show you the first time. The key is getting direction."

Lucci's direction is a program called "circuit training," which consists of working at various work stations for a short period of time. Circuit training is a program Vic Tanny offers, which was recommended by the club's advisory board.

In short, the program offers members the opportunity to go through 10-15 stations, work out for 30 seconds at each, and then move to the next exercise in 15 seconds. The amount of weight on each station is broken down to three levels. Color codes determine the amount of weight for beginners, intermediate and the stronger lifters.

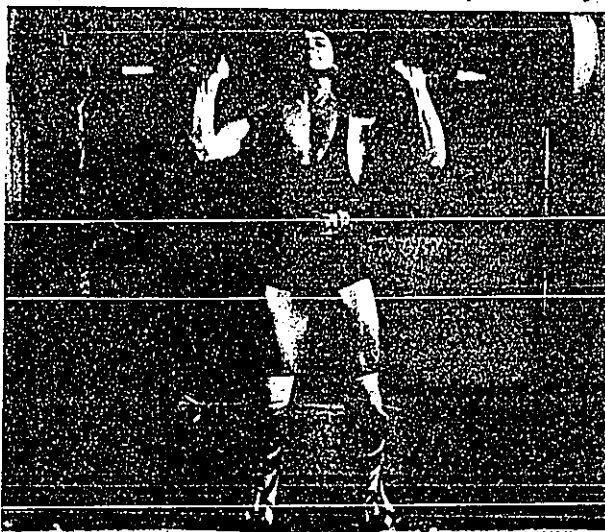
The exercises include press (for the chest), pull downs (upper body), curls (bicep), tricep pull downs (tricep), sit ups (mid section), shoulder press (upper body), high chair (mid section), upright rows (tricep), leg press (thighs), squats

(thighs), leg curl (thighs) and roman bench (back).

WHEN YOU WORK out via the circuit-training method, Lucci suggests lifters perform 10-14 repetitions in each exercise. Once you surpass the maxi-

exercise. Once you surpass the maxi-

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