

A general program for strength training

Dear Myrna: Is there a general program for strength training with free weights? What muscle groups should be used and how?

Yes, there is a 'general program' for strength training, I don't know you and I must say I truly hate to recommend a program without seeing you. I will be general.

- seeing you. I will be general.

 Start by committing three sessions a week to this activity, about one-half hour to forty five minutes each time.
 Choose your free weights graduated, starting with lighter weights to awarm up, one set of reps on each muscle group.
 Ferform four to six exercises for the lower and six to eight entering the property of the content workout, rotating harder on some muscle groups more than othersh workout, rotating harder on some muscle groups through and harder on some muscle groups the quads/hamstrings or bleeps/triceps, etc.

 Make sure you maintain good muscle balance, work antagonistic muscle groups like quads/hamstrings or bleeps/triceps, etc.

 Lift your weights with a controlled speed of movement to ensure the muscles are doing the work and not momentum.
 Troy 12 to 15 reps controlled and feel the overload to the muscle he last four or five reps. If not, pick up a heavier weight.

 Perform each exercise through the fullest range of motion possible.

 Work larger muscle groups first (legs, chest and butt) before the smaller groups (biceps, delioids, triceps, etc.).

- It will help to keep records of your progress number of reps, size
- or weignts, etc.

 If for any reason you become sightly bored on your own and need a
 little company, try a class format or other stretch and tone classes.

(Myrna Partrich, co-owner of the Workout Company, Inc. of Bloomfield Township and a member of the President's Council of Phylical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birming-hum Mi \$800.

GREAT LAKES INVITATIONAL

This prestigious collegiate tournament brings together four power

house hockey teams. It's a holiday tradition.

Fri. DEC. 28 - 5:00 pm & 8:00 pm Michigan Tech vs. University of Michigan

Sat. DEC. 29 - 4:00 pm & 7:30 pm 3rd Place and Championship Game

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University of Maine vs. Michigan State

er 28 & 29 · 1990 JOE LOUIS ARENA

/////

outdoors calendar

- MPOWIGHT AND EVENTS

 Dec. 23 Muzzleloading deer season ends in Zone III and Zone III.

 Dec. 31 Bass season ends statewide.

 Dec. 31 Muskrat, mink and raccoon trapping season ends.

 Jan. 11 Archery deer season ends statewide.

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 Jan. 12 Archery deer season ends statewide.

 Jan. 13 Raccoon season ends statewide.

 Jan. 13 Raccoon season ends statewide.

 Feb. 14 Application deadline process statewide.

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- Clair rivers are closed to morphispearing.)

 Jan. 1 Spearing through the fee for suckers, carp freshwater drum, whitefish, ciscoes, catlish, bullhead, bowlin and gar opens on inland non-trout waters.

 Jan. 5 Special late Canada goose season opens in the southern Michigan Goose Management Area.

 Jan. 25-27 Northern Wildlife a.m. Saturday, Jan. 5, at the Jan. 5 and Jan. 5

- Art Expo will be held at the Civic Arena in Lansing. Call 623-6644 for more information.

 Jan. 31 Raccoon season ends

- pendence Oaks Nature Center.

 Seelor Outdoors, a cross-country sking/fiking workshop for seriors, begins at 10 a pendence Oaks Nature Center.

 • Senior Outdoors, a cross
- Observer & Eccentric Sti
 School, a series of cross country sking clinics will be held (weather particularly still be compared to the country sking clinics will be compared to the country sking clinics will be compared to the country sking country sk
- Snowshoe Tracks, a naturalist-led walk on snowshoes (weather per-mitting) to find wildlife tracks, be-

gins at 1 p.m. Saturday, Jan. 19, at Indepdnedence Oaks. An alternate walk will be held if not enough snow is present for snowshooting. Space is limited and advanced registration is required.

- imited and advanced registration is required.

 Wilster Family Fan Day, a day full of family wents including cross country actions, and the state of the state o
- per child.

 Most Oakland County Parks
 programs require advanced registration. Call the Independence Oaks
 Nature Center at 625-6473 for more
 information.

METROPARKS

- Backheding Glacier National Park, a slide program presenting a backpacker's perspective of Glacier National Park, begins at 2 pm. Sunday, Dec. 30, at Kensington.

 Most Metropark programs are free, but some have a nominal charge. Advanced registration and a vehicle entry permit are required. For more information call the Metroparks at 1-800-234-6534.

Shooting range to reopen

Plans are underway to reopen the shooting range at Pontiac Lake Recreation Area as any property of the Pontiac Lake Recreation Area as any property of the Pontiac Lake Recreation Parks Division personnel. The range was closed last month, when it was determined some ricochets were landing in the Waterford Hills sanitary landfill, located directly north of the shooting range. Engineering plans to correct the problem are being developed by the Department now.

In the interim, the shooting range

at Bold Mountain Recreation Area, seven miles north of Pontlac on M-24, will be open to handle should subspiced from the Pontlac range. The Bold Mountain range to Pontlac on Mountain Form to the Sturday and Sunday 10 am to dusk. CONTEST RULES are available to Michigan artists who wish to compete in the state's annual trout/salmon and waterfowl stramp designs competitions, sponsored by the Department of Natural Resources. Trout/salmon contest rules are

available by writing to DNR Fisher-ies Division, Box 30028, Lansing, Mi. 48909 or by calling (517) 373-1280. Waterfowl contest rules may be obtained by writing to: DNR Wildlife Division, Box 30028, Lansing, Mi. 48909 or by calling (517) 373-9313.



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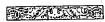


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