



exercising options

**Myrna Partrich**

# 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.

- 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 warm up, one set of reps on each muscle group.
- Perform four to six exercises for the lower and six to eight exercises for the upper body each workout, rotating harder on some muscle groups more than others.
- Make sure you maintain good muscle balance, work antagonistic muscle groups like quads/hamstrings or biceps/triceps, etc.
- Lift your weights with a controlled speed of movement to ensure the muscles are doing the work and not momentum.
- Try 12 to 15 reps controlled and feel the overload to the muscle the 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, deltoids, triceps, etc.).
- Take a break from weight training every few months — a week off.

It will help to keep records of your progress — number of reps, size of weights, etc.  
If for any reason you become slightly 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 Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, MI, 48009)

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- Dec. 23 — Muzzleloading deer season ends in Zones II and III.
- Dec. 31 — Bass season ends statewide.
- Dec. 31 — Muskrat, mink and raccoon trapping season ends.
- Jan. 1 — Archery deer season ends statewide.
- Jan. 1 — Squirrel season ends statewide.
- Jan. 1 — Ruffed grouse season ends in Zones II and III.
- Jan. 1 — Spearing through the ice opens for northern pike and muskellunge on all waters except designated trout streams and lakes and excepted lakes (Lakes St. Clair and Erie, and the Detroit and St. Clair rivers are closed to musky spearing).
- Jan. 1 — Spearing through the ice for suckers, carp, freshwater drum, whitefish, ciscoes, catfish, bullhead, bowfin 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

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

- Jan. 31 — Raccoon season ends statewide.
- Feb. 1 — Sturgeon spearing through the ice opens on non trout waters.
- Feb. 1 — Application deadline for the spring wild turkey hunt.
- Feb. 3 — Special late Canada goose season ends in the southern Michigan Goose Management Area.
- Feb. 8-10, 15-17 — Southeast Michigan Camper and RV Show will be held at the Detroit State Fair buildings.
- Feb. 28 — Spearing through the ice ends.
- March 31 — Bobcat and fox seasons end statewide.

### OAKLAND CO. PARKS

• Brunch for Birds, a nature program for bird lovers, begins at 10 a.m. Saturday, Jan. 5, at the Inde-

pendence Oaks Nature Center.

- Senior Outdoors, a cross-country skiing/hiking workshop for seniors, begins at 10 a.m. Thursday, Jan. 5 and again at 10 a.m. Thursday, Jan. 17, at Independence Oaks. In addition to a ski tour (weather permitting) seniors will participate in warm-up exercises and will receive skiing instruction. Refreshments will be served.
- Family Affair Ski Tour, a non-competitive skiing event for the whole family, begins at 12 p.m. Saturday, Jan. 12, at Independence Oaks. Open skiing, lessons, lectures and demonstrations are on the agenda.
- Observer & Eccentric Ski School, 3 series of cross country skiing clinics will be held (weather permitting) Jan. 12, 19 and 26. Clinics begin at 9:30 a.m., 11:30 a.m. and 6:30 p.m. at Addison Oaks (693-2432) and at 9:30 a.m. and 11:30 a.m. at Independence Oaks (625-0877). Advanced registration is required by the Friday of the week prior to the lesson.
- Snowshoe Tracks, a naturalist-led walk on snowshoes (weather permitting) to find wildlife tracks, be-

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

- Winter Family Fun Day, a day full of family events including cross country skiing and lessons, ice skating, snowshoeing, snow games, hayrides and more, begins at 12 p.m. Sunday, Jan. 20, at Addison Oaks.
- Tuning Your Tot into Winter, a nature program for children, begins at 10 a.m. and again at 1 p.m. at Independence Oaks. There is a \$2 fee per child.
- Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center at 625-6473 for more information.

### METROPARKS

- Backpacking Glacier National Park, a slide program presenting a backpacker's perspective of Glacier National Park, begins at 2 p.m. Sunday, Dec. 30, at Kensington. 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 early as next spring, according to Department of Natural Resources 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 Bald Mountain Recreation Area, seven miles north of Pontiac on M-24, will be open to handle shooters displaced from the Pontiac range.

The Bald Mountain range is open Wednesday, Saturday and Sunday 10 a.m. to dusk.

CONTEST RULES are available to Michigan artists who wish to compete in the state's annual trout/salmon and waterfowl stamp design competitions, sponsored by the Department of Natural Resources.

Trout/salmon contest rules are

available by writing to: DNR Fisheries 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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