## Muscle imbalance is a leading cause for pulls or tears



club. I do a lot of work on thighs, stomach and upper arm muscles. I am shy at asking for help at this club and no one seems to you give me some advice without seeing other muscles should I

Well, this is a very general question, so I can answer without knowing you. However, I can't recommend how much weight you should use nor explain exactly how to use weights in a letter. You need an exercise trainer to help you with this. If you restrict your workout to two of three muscles, you probably have a muscle imbalance to some degree. You say you work you thigh (quadriceps), stomach (abdominal) and upper arm muscles (probably

sawe a muscie imbalance to some degree. You say you work you thigh (quadriceps), stomach (abdominal) and upper arm muscles (probably biceps). You must balance this workout hy working the opposing muscles: hamstring (behind the leg), erector spinal (back muscles), and triceps (back of the arm). Let me explain, If a muscle in one part of your body — let's say the hemstring — is a stronger than the muscles on the opposite side — the quadriceps — you may be setting yourself up for injury. Muscle imbalance often causes the weeker muscle of a pair to pull or tear. Also, the opposing muscle groups work in tandem to support a joint. We don't want to put the joint in a risky position.

For example, a runner tends to have strong calf muscles and might suffer from shin agints (tiny muscle tears in front of the lower leg).

Examples of opposing muscle: — Calvest him has. Most activities usually red to be strengthened.

• Lower back/abdominal — Lower hack muscles have a natural attength advantage over abdominal. Interestingly enough, a weakness of either muscle group will cause back poin.

pain.

• Inner thigh/outer thigh — Bicels are stronger than triceps (hack of the arm). Wannen tend to lose tricep muscles with aging.

• Quadricep/hamstrings — Quads



I have just started working with weights at a scub. I do a lot of work on thighs, stomer, and abould strengthen quads work on thighs, stomach and up-

job.

Chest/mid back and shoulders
Generally when you see a person
with poor posture, their chest musclea are stronger than mid back or
shoulders. Most of our activity is
fronted, which naturally strengthens the chest. We should always be
in touch with back muscles. Swimming is a great activity and will
attengtien both chest, back and
shoulders.

Balancing your muscles is an extremely important part of weight
training. You must work with a
trainer at your club to help you.
Weight training is very rewarding,
but should be done with care.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer questions regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 803 E. Maple, Birmingham 48009.)

## **Duff rolls past tourney opponents**

ension was in the air re-cently when seven bowlers went for the grand prize of "one year of mortgage payments" in the finals of the Summer League Recession Relief Tourna-ment at Livonia's Merri-Bowl Each one was

Lanes.

10-PIN
ALLEY

Lanes La

returned to bowling this year after a knee injury in '86 had him side-lined, was in the groove with wife Sandy cheering him on.

Sandy cheering nim on.

He rolled his way to the championship and one full year's house payments. It was certainly a thrill for the Duffs as tears of joy were quite visible. Duff bowls at Beech Lanes in Redford Township.

Lanes in Redford Township.
Other winners in the finals were Gary Rollins, Satellite Bowl: Dehra Flappy, Plum Hollow in Southfield; Dick Nations, Bonanza Lanes; Frank Smith, Ark Sterling: Ernestine Norris, Bronco Lanes; and Kim Broadwater.

• Confusion reigns in the youth bowling action and I am not talking about the weather. There are two sanctioning bodies for the youth bowlers in this area and where they bowl will determine pretty much which association they will be bowling under.

The Young American Bowling

The Young American Bowling Alliance is the incumbent group and they are part of a nationwide organization for sanctioning the

youth leagues. Now along comes the Bowling Congress of America of Southeast Michigan with an altogether new sanctioning body called the Michigan Bowling Awards Program.

The purpose of the new group is to institute a new system of swards which will be quicker and simplify the administration of it. Most of the bowling centers will be MBAP, some will continue with the YABA and some houses will actually work through both of them. The YABA will still be the governing body for the very popular youth traveling leagues which have been so very successful in heavier.

have been so very successful in bringing up the better young bowlers throughout the years. It will not make much differ-ence to the bowlers, but they will become familiar with whichever become familiar with whithever system they are competing under. According to Scott Bennett, executive director of the BCA, the MBAP was formed by the bowling centers association in response the growing need for a youth bowl-ing program that would be respon-

sive to youth bowlers and the bowling centers which they parterolize.

The program is staffed and operated by the BCA of Michigan and builds on the strong tradition of of rewarding bowling participants for their achievements.

\*\*Summer Achievements 7th Annual Bowling Classic is coming up soon and now is the time to register for it. The JA of southeastern Michigan is asking local businesses and organizations to put together one or more teams to bowl at any one of seven flocations during the event which will take place on select Saturdays and Sundays in October and November.

You don't have to be a great.

days and Sundays in October and November. You don't have to be a great. You don't have to be a great bowler to win prizes and have a good time. The intent is to help generate funds that allow Junior, Achievement to provide after-school and in-school programs to nearly 40,000 students in southeastern Michigan. To sign up or for information, call Junior Achievement at 255-3900.

#### **SPORTS SHORTS**

On the eve of the season-opening battle with Central Michigan Uni-versity, friends and alumni of the Michigan State University football team are invited to gather for a "TGIF" toast to the 1992 Spartans.

The friendly mingling session begins at 5:30 p.m. Friday at Hoops Sports and Spirits, 29461 John R. (near 12 Mile) in Madison Heights. Highlights will include a free buf-

fet along with special drink prices

for anyone who says "Go MSU" when ordering refreshments. Door prizes will also be presented throughout the event. CMU alumni and friends are also welcome as a gesture of good sportsmanship.

The MSU Alumni Club of Oak-land County plans to host a similar event Sept. 26 at the Oakland Air-port's Cafe Max during the tele-vised away game between MSU and Boston College.





#### \*No dues until January 1993

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HEATHERS

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