

投影片 4

重量阻力訓練能減緩因年齡增長而導致的新陳代謝率下降
Weight resistance training can "reverse" the natural decline in your metabolism which begins around age 30.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 5

重量阻力訓練使你覺得有活力
Weight resistance training energizes you.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 6

重量阻力訓練對全身大部分的骨骼肌有正面的影響
Weight resistance training has a positive affect on almost all of your 650+ muscles

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 7

重量阻力訓練能增加骨質密度, 降低骨質疏鬆的危險性
Weight resistance training strengthens your bones reducing your risk of developing osteoporosis.

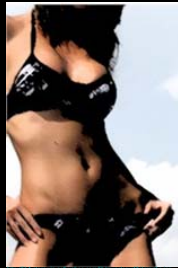
http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 8

重量阻力訓練可以增加肌耐力
Weight resistance training improves your muscular endurance.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 9



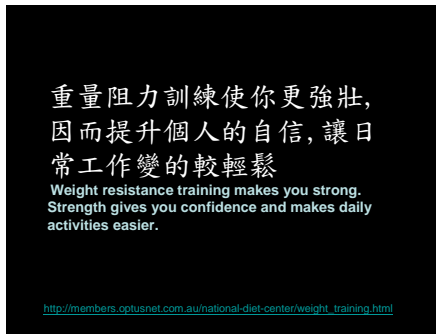
重量阻力訓練不會使女性的肌肉變大塊, 而是變的更有型
Weight resistance training will **NOT** develop big muscles on women... just toned muscles!

http://members.optusnet.com.au/national-diet-center/weight_training.html

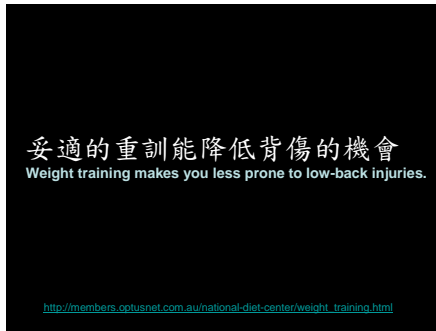
投影片 10



投影片 11



投影片 12



投影片 13

重量阻力訓練可以降低你休息狀態下的血壓
Weight resistance training decreases your resting blood pressure.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 14

重量阻力訓練可以降低得到成年型糖尿病的危險性
Weight resistance training decreases your risk of developing adult onset diabetes.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 15

重量阻力訓練可以促進腸胃道的蠕動
Weight resistance training decreases your gastrointestinal transit time, reducing your risk for developing colon cancer.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 16

重量阻力訓練可以增加血中
高密度膽固醇(HDL)的濃度
Weight resistance training increases your blood
level of HDL cholesterol (the good type).

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 17

重量阻力訓練可以改善你的姿勢
Weight resistance training improves your posture.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 18

重量阻力訓練可以改善免
疫系統之功能
Weight resistance training improves the
functioning of your immune system.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 19

重量阻力訓練可以降低你休息狀態下的心跳率
Weight resistance training lowers your resting heart rate, a sign of a more efficient heart.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 20

重量阻力訓練可以改善平衡及肢體協調能力
Weight resistance training improves your balance and coordination.

http://members.optusnet.com.au/national-diet-center/weight_training.html

投影片 21

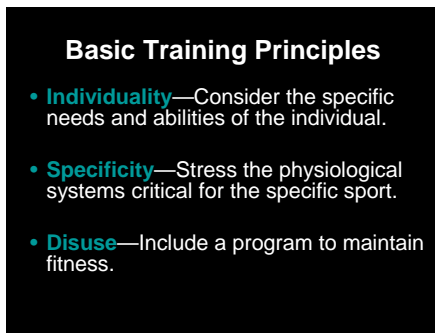
重量阻力訓練可以提振精神
Weight resistance training elevates your mood.

http://members.optusnet.com.au/national-diet-center/weight_training.html

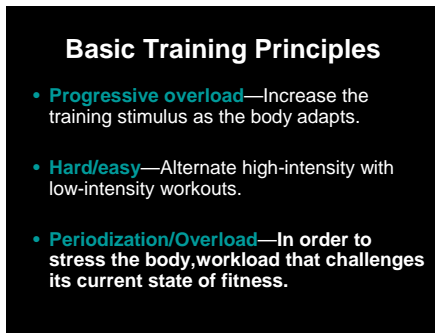
投影片 22



投影片 23



投影片 24



投影片 25



投影片 26



投影片 27



投影片 28



投影片 29



投影片 30



投影片 34



投影片 35



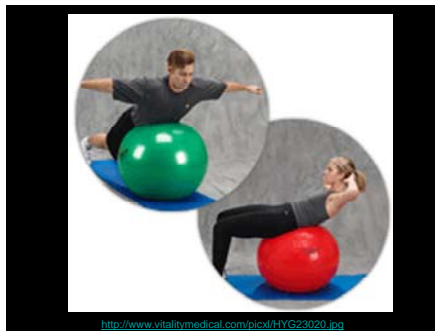
投影片 36



投影片 37



投影片 38



投影片 39

攝取更多熱量,尤其是蛋白質

Law 2
EAT MORE CALORIES,
ESPECIALLY PROTEIN

<http://weight-training.realsolutionsmag.com/MaxGrowth.pdf>

投影片 40



投影片 41



投影片 42



投影片 43



投影片 44



投影片 45



投影片 46

喝更多的水

Law 5
DRINK MORE WATER...
FILL YOUR MUSCLES

<http://weight-training.realsolutionsmag.com/MaxGrowth.pdf>

投影片 47

用不同方式來訓練

Law 6
INCORPORATE VARIETY
INTO YOUR WORKOUTS

<http://weight-training.realsolutionsmag.com/MaxGrowth.pdf>

投影片 48

使用經證實有益之補充品

Law 7
USE A PROVEN MUSCLE-
BUILDING SUPPLEMENT

<http://weight-training.realsolutionsmag.com/MaxGrowth.pdf>

投影片 49



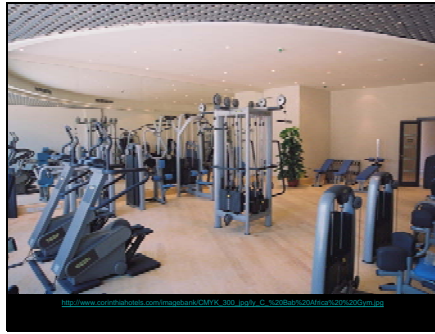
投影片 50



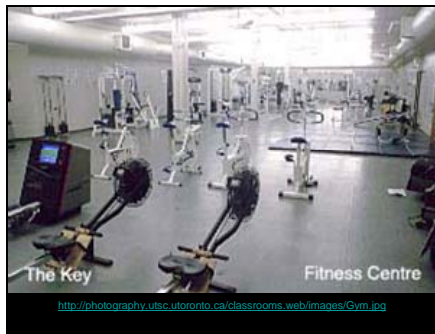
投影片 51



投影片 52



投影片 53



投影片 54



投影片 61



投影片 62



投影片 63



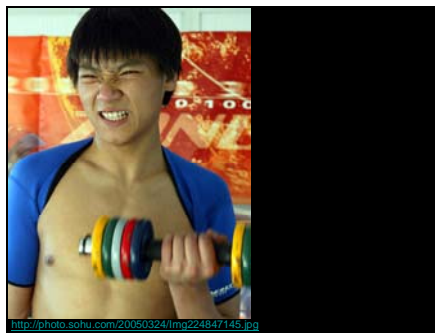
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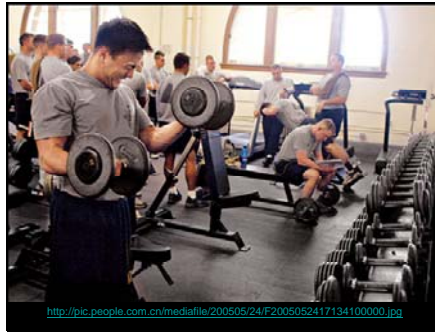
投影片 65



投影片 66



投影片 67




投影片 68



投影片 69



投影片 70



只要觀念、方法正確，且在專業人員的陪伴下進行，事實上每個人皆可如成人般地接受重量訓練。

資料來源：美國運動醫學院 (ACSM)

投影片 71

- 肌力 (Strength)
- 爆發力 (Speed)
- 耐力 (Endurance)
- 大塊肌?

投影片 72



回家再練十年吧...

投影片 73



投影片 74

重量訓練之後，肌力不會馬上增加。首先改變的是神經系統對肌肉控制的能力。

投影片 75

- 一般重訓(off-season)
- 特殊重訓(preseason & in-season)

投影片 76



- 每週3次(times)
- 每次2-3回(sets)
- 每回8-12下(reps)
- 每次增加2.5-5磅

投影片 77

重量訓練實例

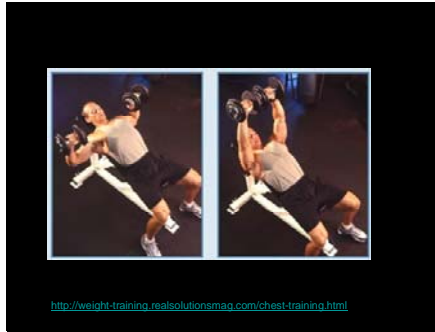
投影片 78



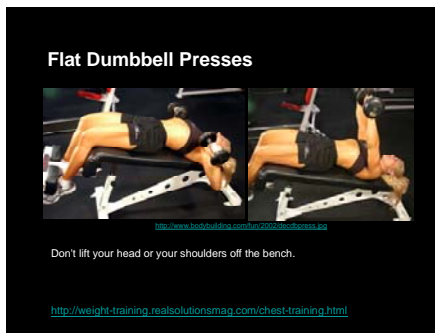
胸肌

<http://lib1-store.vip.scs5.yahoo.com/lib/musclesuff/08-man1.jpg>

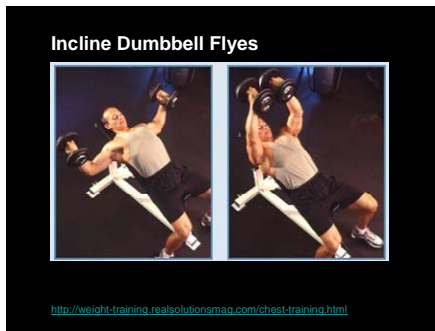
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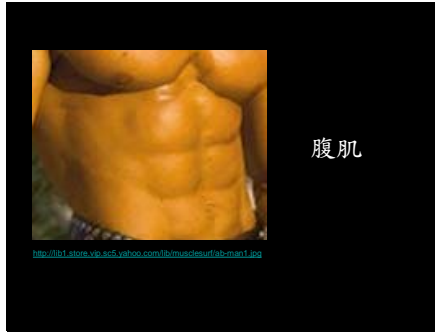
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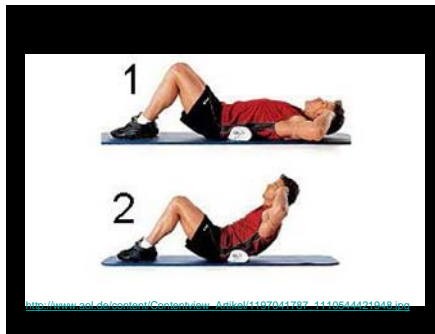
投影片 81



投影片 82



投影片 83



投影片 84



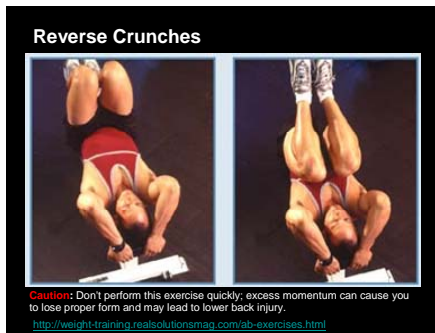
投影片 85



投影片 86



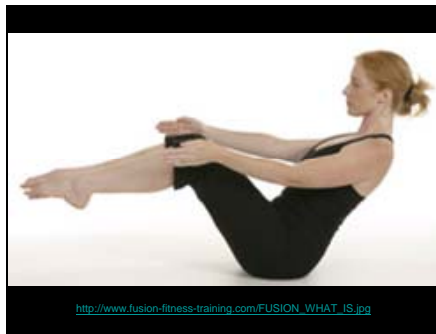
投影片 87



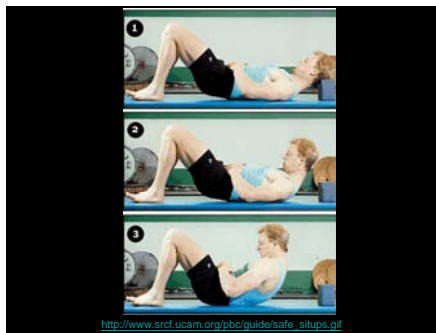
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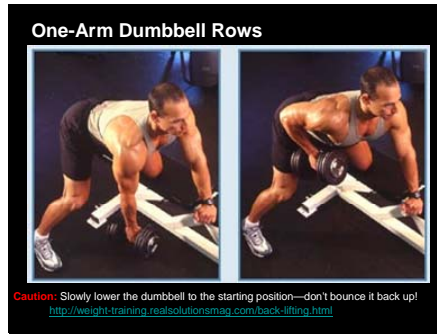
投影片 89



投影片 90



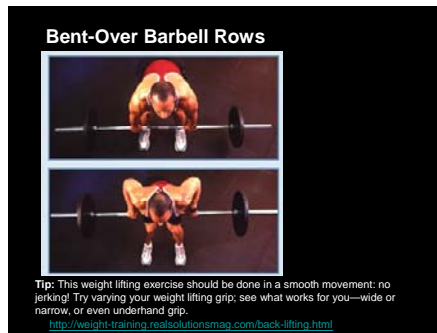
投影片 91



投影片 92




投影片 93



投影片 97

Standing Barbell Curls




Don't round your shoulders during the weight lifting exercise. This takes emphasis off the biceps.

<http://weight-training.realsolutionsmag.com/arm-training.html>

投影片 98

Seated Dumbbell Curls



Concentrate on the "squeeze" in the biceps.

<http://weight-training.realsolutionsmag.com/arm-training.html>

投影片 99

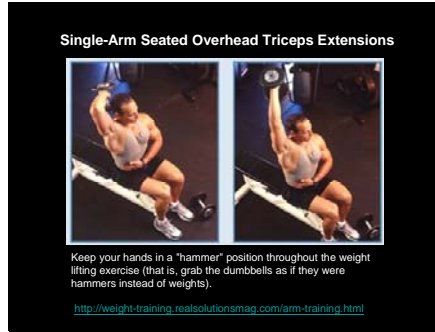
Lying Overhead Triceps Extensions



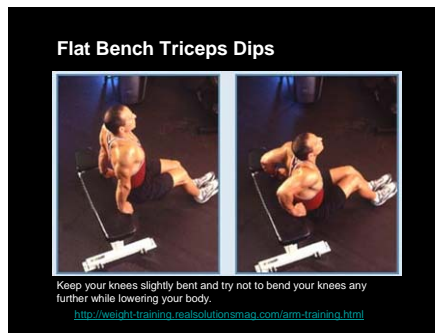
Keeping your hands in a "hammer" position throughout the weight lifting exercise (grabbing the dumbbells as if they were hammers instead of weights), lower the weights to the sides of your head and raise them up again.

<http://weight-training.realsolutionsmag.com/arm-training.html>

投影片 100



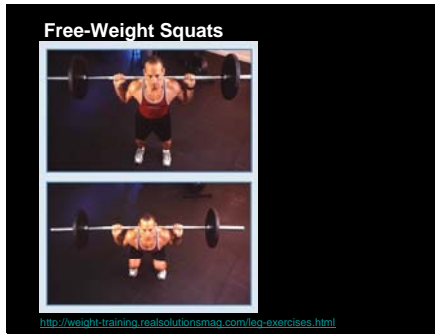
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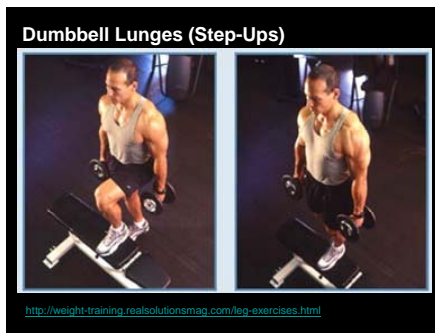
投影片 102



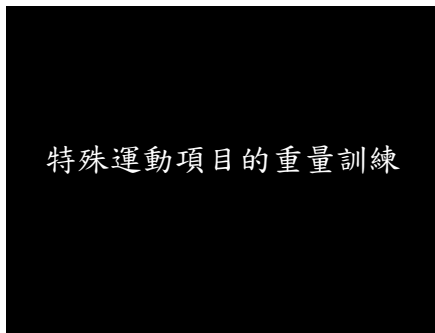
投影片 103



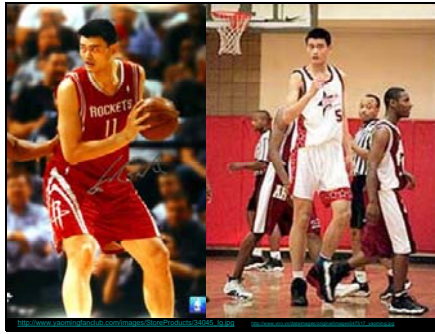
投影片 104



投影片 105



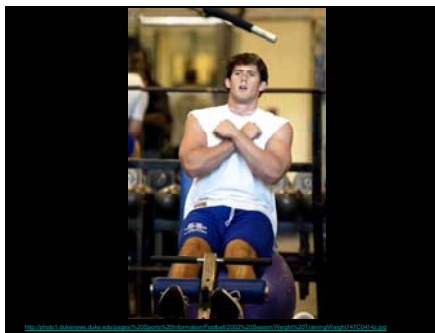
投影片 106



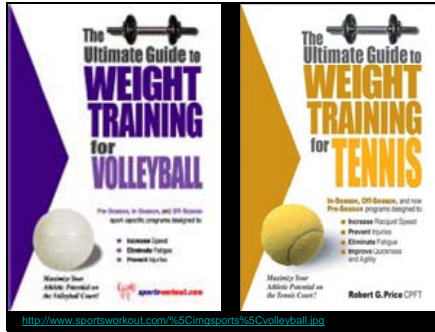
投影片 107



投影片 108



投影片 109



投影片 110



投影片 111



投影片 112



投影片 113



投影片 114



投影片 115



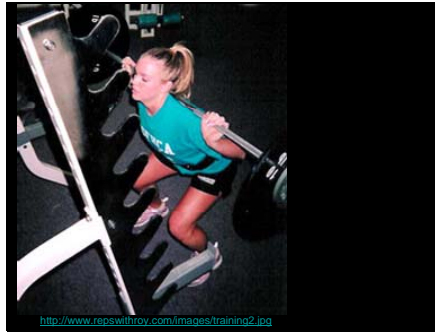
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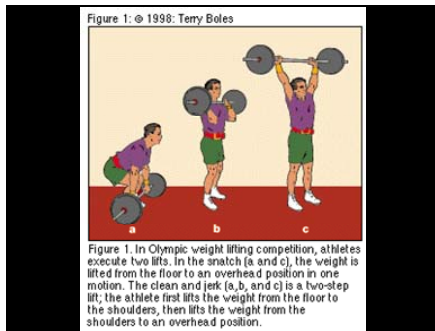
投影片 117



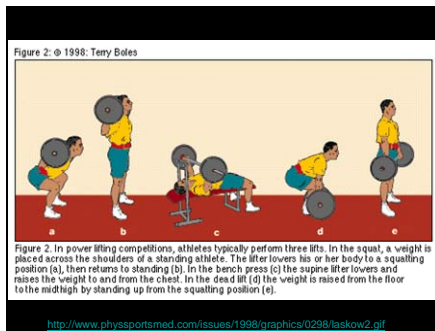
投影片 118



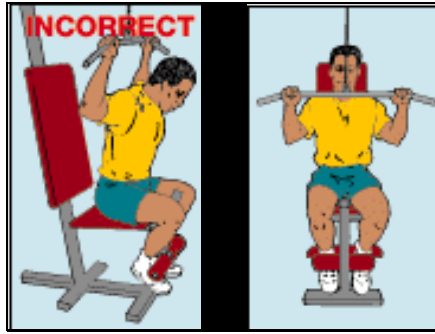
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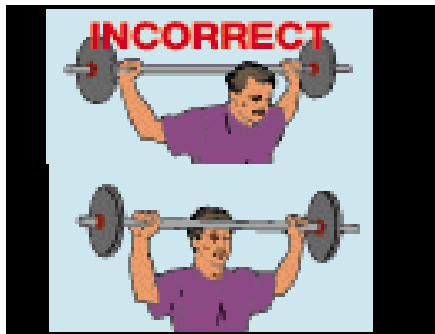
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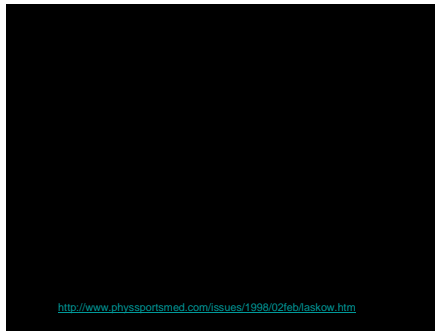
投影片 121



投影片 122



投影片 123



投影片 124



投影片 125



投影片 126

