

Introduction -- Barbell

A barbell is a piece of exercise equipment used in power lifting and weight training.

This barbell (note: ONE I HOLD IN MY HAND...THE PRESENTER SHOULD ADAPT THIS TO FIT HER SITUATION) weighs 2.5 lbs. That's not heavy and everybody here can lift it. But what if everybody lifted a 2.5 lb. weight and combined their strength? Then we would have something VERY powerful.

Weight training is a common type of strength training that develops the strength and size of skeletal muscles.

The basic principle of weight training is repetitions.

To apply that principle to our chapters means KEEP PLANNING and KEEP DOING.

In addition to the basic principles of strength training, a further consideration is the equipment used. In your chapter do you provide orientation and reorientation? Pride in the Big Picture. Do YOU know about DKG? Do you use the web? Read the newsletter? Mentor a new member?

Weight training requires the use of "good form," performing the movements with the appropriate muscle group, and not transferring the weight to different body parts in order to move greater weight (called "cheating"). Failure to use good form during a training set can result in injury or a failure to meet training goals; since the desired muscle group is not challenged sufficiently, the threshold of overload is never reached and the muscle does not gain in strength.

How does this apply to a DKG chapter?

To build good health, a person needs to know what body part needs attention. So, today we'll be running some diagnostic tests for your chapter and introducing the 212 principle to apply.