

Contents

Preface vi

Acknowledgments vii

PART I Prepare to Weight Train

1	Weight Train to Improve Fitness	3
2	Know Your Equipment and Understand Its Proper Use	7
3	Success Starts Here	17
4	Steps to Starting Your Program	23
5	Weight Train the Correct Way	35
6	Weight Training Exercises	47

PART II Training by the Color Zones

7	Green Zone	141
8	Blue Zone	151

9	Purple Zone	163
10		177
11		195
12	Red Zone	213

PART III Advanced Weight Training Programs

13	Designing Your Own Program	233
14	Combining Weight Training and Aerobic Exercise	239
15	Weight Training to Improve Sport Performance	245

Appendix A Workout Charts for Weight Training
Programs 247

Appendix B Sport-Specific Weight Training Exercises 254

Resources 257

Index 258

About the Authors 263