

# Weightlifting

## History

Dave Wingate introduced weight lifting to the United States in 1859 and then reintroduced it in 1920. Weight lifting became part of the Olympics in 1896, but omitted after the 1906 Olympics. 1936 was the first year that an American won a medal in weightlifting competition.

## Workout Programs

When doing weekly lifting programs you should allow a one-day rest period, to let your muscles rest. You can lift everyday, but you should lift with different muscles. Example: If you lift with your upper body on Monday, you should lift with your lower body on Tuesday. You should always lift with a partner. They're responsible for encouragement and to spot the person lifting. Proper breathing is important when weight lifting. When the lifter is in the negative phase of a lift (the lowering of the weights) you should inhale, if you are in the positive phase (the raising of the weight) you should exhale.

## Vocabulary

1. Barbell - a bar with iron plates attached.
2. Circuit Training - a series of exercises performed at different stations.
3. Dumbbell - a hand weight.
4. Extension - the movement at a body joint which takes one body part away from the other.
5. Flexion - the movement at a body joint which brings the body parts closer together.
6. Free weights - barbells and dumbbells. They are different that weight machines.
7. Isotonic muscle contraction - a muscle contraction that involves movement.
8. Muscular endurance - the ability of the muscle to exercise or maintain a workload for a given length of time.
9. Muscular strength - the maximum amount of work that the muscle can perform at given time.
10. Set - the number of times (flexion and extension) that an exercise is performed.