

Resistance Training

Resistance Training

The Total Approach

Lewis Bowling

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Preface

My goal in writing this book is to cover the many aspects of resistance training. If you, like most people, want a lot of resistance training exercises in a book of this type, you will find over one hundred exercises described and illustrated in the following pages. There is also a chapter summarizing research studies that may answer some of your questions. The chapter on mental conditioning should help you to stay focused. In order to put yourself on an effective exercise program, you will need a good understanding of exercise physiology and kinesiology, both of which are covered.

If you are now an athlete, or would like to become one, you will find exercises, drills, and programs explained in Chapters 14 and 15. Sonny Falcone, the Strength and Conditioning Coach at Duke University, authored Chapter 14, in which he details the training programs of the highly successful athletic program at Duke. Jeff Howser, speed coach at Duke, contributes a section on speed enhancement.

Chapter 13 is written by Dr. Terry Todd and Dr. Jan Todd, two of the most noted resistance training historians in the world. In this chapter they portray the men and women who have made the iron game what it is today. The Todds also write extensively in this chapter about the history of various types of weight training equipment.

This book was written in a way that will hopefully benefit a beginning or an advanced lifter, an athlete or a nonathlete, a male or a female, a real student of the iron game or one just beginning an interest in weight training. I hope this book will help guide you on your path to fitness.

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About the Author and Contributors

Lewis Bowling teaches in the physical education departments at North Carolina Central University and Duke University in Durham, North Carolina. He also teaches personal training courses for the American College of Sports Medicine. Bowling graduated from Appalachian State University with a bachelor's degree in physical education and from the United States Sports Academy with a master's degree in exercise physiology. Bowling has authored three history books, as well as several magazine articles, and is a contributing author to *Lifetime Physical Fitness*. He writes a weekly fitness column in the *Durham Herald-Sun*.

Sonny Falcone is a graduate of Duke University. He played defensive tackle on the Duke football team from 1972 to 1976. He has held the position of Head Strength and Conditioning Coach at Duke since 1980. During his tenure, Duke has won three national championships in men's basketball, an ACC championship in football, and a national championship in soccer. Also, Duke's other teams have participated in many national tournaments. Falcone has authored magazine and journal articles and has spoken around the country on athletic conditioning.

Jan Todd, PhD, is an associate professor in Sports Management at the University of Texas. Dr. Todd has written two books, *Physical Culture and the Body Beautiful: Purposive Exercise in the Lives of American Women* and (with Terry Todd) *Lift Your Way to Youthful Fitness*. In addition, Dr. Todd has written more than a hundred articles in popular and scholarly journals dealing with various aspects of sports and exercise history. With her husband, Terry Todd, Jan serves as codirector of the Todd-McLean Physical Culture Collection at the University of Texas—the largest archive in the world devoted to the study of physical fitness and strength

training. In the 1970s and early 1980s, Todd was considered by *Sports Illustrated* to be the “strongest woman in the world.” In addition, Jan was the first woman inducted into the International Powerlifting Hall of Fame.

Terry Todd, PhD, teaches in the Department of Kinesiology and Health Education at the University of Texas. During a long powerlifting career, Todd set many national and world records. After serving as managing editor of *Strength and Health Magazine*, he began his teaching career as a faculty member at Auburn University. He later taught at Mercer University and at Dalhousie University in Canada before coming to the University of Texas in 1983. Dr. Todd has published five books, including *Herschel Walker’s Basic Training*, and more than 500 articles in popular and academic publications. Dr. Todd served as commentator for CBS on sports medicine and drug testing during the 1992 and 1994 Winter Olympics. He has also appeared many times on such shows as the *Today Show*, *Good Morning America*, *Nightline*, and *60 Minutes*. Dr. Todd serves as codirector, along with his wife Jan, of the Todd-McLean Physical Culture Collection at the University of Texas.