

Fitness for Women

by L.C. Strickland

When weight training, a man follows basically the same principles for his whole body. If he wants to put on muscle mass, he lifts heavier weights and does fewer repetitions, regardless of whether he's working the upper or the lower body. Yet, if he wants to become leaner, or "cut" as some would say, he lifts lighter weights and does more repetitions, again regardless of whether he's working the upper or lower body.

When a woman follows this principle, she may see disproportionate results. For example, if she wants to put on muscle mass, she will seek quicker results in the lower body than in her upper body, because the lower body is where she carries more muscle mass. Yet, if she would like to become leaner, she will see her upper body quickly reaching her ideal, while her lower body lags behind. This obviously means she must use a different principle for her upper body workout than for her lower body workout. Most of the young ladies that I have come across want to increase the size of the lower body. To create balanced proportions, a woman's upper body exercises should be performed using fewer repetitions and heavier weights. Her lower body exercises should be performed using lighter weights and higher repetitions.

The following workout is not the law, or ideal for everyone. You must take into consideration your body structure, muscle mass, and proportion before choosing a program. Be sure to consult a physician before you begin any rigorous training. Play it safe and have fun!

The following is a suggested workout for women:

Lower body:

Straight-leg Deadlifts,
Lunges,
repetitions
Quad extensions,
Hamstring curls,
Straight-leg calf raises,
repetitions
Seated calf raises,

Three sets of 12 to 15 repetitions
Three sets of 12 to 15

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Upper body:

Bench press,
Lateral pull-downs,
Shoulder press,
repetitions
Bicep curls,
Tricep push-downs,

Three sets of 10 to 12 repetitions
Three sets of 10 to 12 repetitions
Three sets of 10 to 12

Three sets of 10 to 12 repetitions
Three sets of 10 to 12 repetitions

Middle body:

Abdominal routine,
Lower abs leg lifts,
Middle abs crunches,
Upper abs high crunches,

Four sets of 20 to 25 repetitions
Four sets of 20 to 25 repetitions
Four sets of 20 to 25 repetitions
Four sets of 20 to 25 repetitions

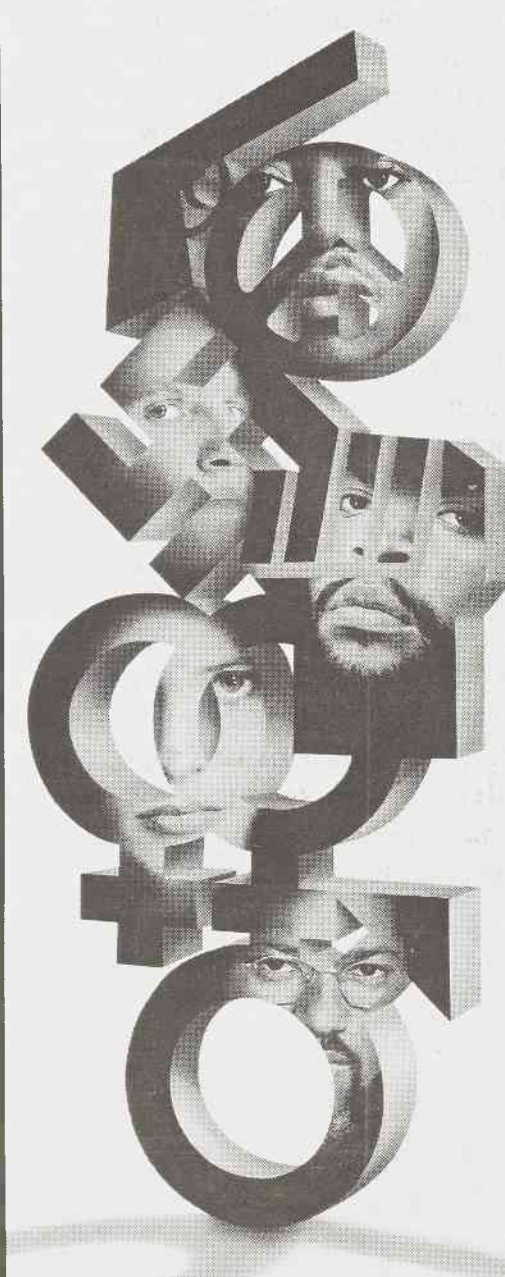
A Star Ain't Nothin' But A Hole In Heaven

by Ogbonna A. Coates

A Star Ain't Nothin' But A Hole In Heaven was performed between November fifth and tenth in the Butler Little Theatre. The play was about a young country girl named Pokie, played by Nadia Fakih, being torn apart by the decision of going to college in the North or staying home and taking care of her ill uncle and aunt. If you missed this one, please make a note to see the next one. This reporter/critic has to give a shout out to Ganesa Robinson and Owens Williams on their performances and their ability to exhibit feeling as Mamie and Lemuel Beckett. I must also

commend Aretha Bonds and Donica Rogers as they added a touch of humor to the play while portraying Pearl Delahousse and Bernard Washington. There is no way that I could forget the outstanding performances by Tiffany Parker and Phillip Villanueva as Joretta Washington and Sonny Gilliam. I have to also give a special shout out to the crew behind the scenes.

Oh yeh, before I forget, an extra special thanks goes to Tiffany, as Joretta; Phillip, as Sonny; and Nadia, as Pokie, for that Saturday night performance. Hey fellas, watch what you say to Tiffany, she can truly slap the Black off of you, just ask Phillip.



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