

-the do-it-yourself athlete-

Building your body

Weight training most popular method

By Mark Johnson
Of the Emerald

The glossy pictures on the back of Captain Marvel comic books always seemed a little unreal.

The body of a former Mr. World Ultimate Universe, who almost seemed as if he were a mutant with helium-filled arms, draped by a 5-foot-2 blonde, always raised the question of whether anyone ever bought the message in the ad and sent their \$1.50 in for "his" method.

Throughout history, people have tried many methods to obtain the muscle tone and body strength of the heroes on the back of the comic book.

But two constants remain. First, training with weights to increase muscle tone and strength is the most popular method. Second, there have been more myths created about weight training than can be found in a Greek tragedy.

Bruce Cutshall, of Pacific Nautilus Conditioning in Eugene, says there are two basic goals for people who work out with weights. One is to develop athletic performance, and the other is to develop cosmetic changes, or muscle tone.

Either is obtained by following different programs. Less weight involving more repetitions generally builds endurance and gives strength over a longer period of time. More weight with less repetitions adds bulk and provides explosive strength for shorter periods of time.

Cutshall explains that during medieval times, people noticed that the workers ringing the bells in the churches developed large upper-body muscles, and the art of weight training was born.

Free weights, the Universal Gym and Nautilus machines make up the three types of weight training programs.

Free weights are the commonly seen bars with weight discs placed on each side.

Cutshall says free weights are probably the most popular and are generally used to increase bulk. He says that the advantage that free weights have over the other apparatus is that by varying the positions during workouts, it is possible to isolate and strengthen smaller muscles.

The second-most widely used equipment is the Universal Gym, which resembles a small jungle-gym with metal protrusions. Weights on the Universal are pulled by cable and use a pulley system, but the workouts tend to resemble those performed on free weights.

Lauren Chouinard, one of the owners of Pacific Nautilus Conditioning, says the great disadvantage of the Universal is that it limits the range of motion during workouts. Cutshall adds that many people find that they lose strength when they leave the universal and go back to free weights.

The newest invention that has come into the market is the Nautilus equipment, which can run about \$3,000 for each piece of equipment and facilities that offer a wide range of equipment usually have about a half-dozen different ma-

chines for various workouts.

Each machine isolates muscles groups and uses constant resistance. Cutshall explains that much of the potential exercise is lost in free and Universal weights because the resistance is one-way, usually a lift up and then a non-resistant drop.

Chouinard adds that the Nautilus machines are geared for the natural rotational movement of the body, allowing isolation on muscle groups. The main weakness with the Nautilus equipment, Chouinard says, is that it does not allow for varied positions to isolate smaller muscles. He says that he generally recommends programs where Nautilus and free weights can compliment each other.

Both Chouinard and Cutshall agree that the best way to begin a weight training program is to examine your goals first.

"Think of what you want to accomplish and take into consideration such factors as age, health, nutrition, and stress, and take the time to find out how each will effect you," Cutshall says. "And once you begin, you'll probably find that your first gains are dramatic, but once you reach the plateau, you have to stick with it and not get discouraged and quit."

Chouinard also gives advice on how to look for clubs and facilities.

"When you visit, start firing questions and make sure when they answer that they talk about your goals. If they don't, then you know that they are just probably after your money and a two-year contract that they can stick you with."

Local facilities that offer weight training equipment include:

ON CAMPUS — Weight rooms in Esslinger and Gerlinger Halls offer free and Universal weights, and are available during open hours. Free with a stamped fee card.


COURTSPOrts — (2510 Oakmont Way or 4242 Commerce) Free weights and olympic bars are offered. Student rate for initiation fee is \$35, with a monthly \$25 charge.

DELP'S BODY BUILDING AND HEALTH CLUB — (3150 Hawthorne) Free weights and Selectorize weights which are comparable to Universal-type weights. No initiation fee or contract required. Three dollars per day or \$25 per month, longer terms available.

OAKWAY SPA — (16-K Oakway Mall) Universal weights and one piece of Nautilus equipment offered. No initiation fee, a one-year contract currently on sale at \$22 per month.

PACIFIC NAUTILUS CONDITIONING — (55 W. 6th) Full range of Nautilus equipment offered and also free weights. \$40 initiation fee for students is a 33 percent discount off regular price. Monthly charge is \$15.

YMCA — (2055 Patterson) Weight room facilities offered. Day passes are \$3.50 for adults, but membership fees are often discounted. The basic rate for students is \$190 for a 13-month membership (about \$14.50 per month), with a \$30 initiation fee.



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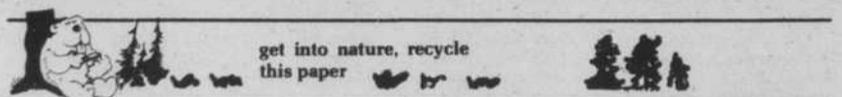


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TO FORMER COMMUNITY COLLEGE STUDENTS

The University of Oregon will host the Community College Conference on Wednesday, March 3, 1982. Counselors from Oregon community colleges will be on campus to meet with U of O students who previously attended community colleges. They would like to talk with you about your experience in transferring to the U of O. The information they get from you will enable them to better prepare other community college students to transfer.

Blue Mountain Community College	Century Room C, EMU	1:30-3:00
Central Oregon Community College	Room 110, EMU	1:30-3:00
Chemeketa Community College	Century Room A, EMU	1:30-3:00
Clatsop Community College	Century Room B, EMU	1:30-3:00
Linn-Benton Community College	Room 111, EMU	1:30-2:30
Portland Community College	Century Room E, EMU	1:30-3:30
Southwestern Oregon Community College	Century Room F, EMU	1:30-3:30
Umpqua Community College	Room 108, EMU	9:30-2:00


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