



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
BADMINTON

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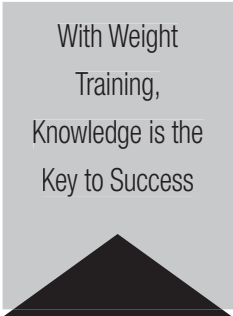
Part I

YEAR-ROUND PROGRAM



Introduction

By opening *The Ultimate Guide to Weight Training for Badminton*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round badminton-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.



With Weight
Training,
Knowledge is the
Key to Success

The true importance of this book lies in the badminton-specific program in the front of the book. It was created for one reason and one reason only; to improve your badminton potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for badminton. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength and endurance as well as explosion, power, and agility. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although the sport of badminton is primarily a sport focusing on leg and shoulder strength and endurance, there are other muscle groups that should not be ignored in order to achieve your maximum potential. *The Ultimate Guide to Weight Training for Badminton* does not overlook the importance of these muscle groups and has you training your entire body in order to maximize your potential.

This book does not teach you how to perform specific movements. It does not show you the best strategies to win a game, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your badminton potential!

Year-Round Badminton Program

The weight room is the place to build up your muscular endurance, become stronger, and become more powerful. This program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to build endurance and stamina, while the second and fourth programs are designed for power and explosion.

After following the first two 4-week programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs. Once you have completed the 16-week program, begin again from the beginning and substitute similar exercises at your leisure. (See ‘Substituting Similar Exercises’ section)

Before you begin every weight-training session, this book recommends that you perform at least five minutes of abdominal work to warm yourself up and train to your midsection. It also recommends that you stretch for five to ten minutes following your workout.

It cannot be stressed enough that while you weight train, you must supplement your weight-training activities with some sort of badminton-specific activities to keep your body in badminton shape. You must continue to practice your technique and your style to help keep your body loose and ready to compete.



Remember to: -Train your abs prior to each training session
-Stretch your muscles directly after each training session