



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

*second edition*



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# CONTENTS

|                 |  |           |
|-----------------|--|-----------|
| <b>Part I</b>   | <b>BOWLING-SPECIFIC TRAINING</b>                       |           |
|                 | Introduction.....                                      | 9         |
|                 | Muscular Endurance Training .....                      | 11        |
|                 | Explosive Power Training.....                          | 13        |
|                 | Year-Round Program .....                               | 15        |
|                 | Protein: How Much is Enough?.....                      | 18        |
|                 | Post-Workout Recovery: A Must for Athletes.....        | 20        |
|                 | Sports Drinks and Rehydration .....                    | 22        |
|                 | Pre-Event Fueling for Peak Performance .....           | 24        |
|                 | Breakfast: Is It the Most Important Meal?.....         | 26        |
| <b>Part II</b>  | <b>GETTING STARTED .....</b>                           | <b>33</b> |
|                 | Warming Up .....                                       | 35        |
|                 | Cooling Down.....                                      | 36        |
|                 | Abs .....  | 37        |
|                 | Stretching .....                                       | 45        |
|                 | Proper Form .....                                      | 51        |
|                 | Proper Breathing.....                                  | 52        |
| <b>Part III</b> | <b>RECOMMENDED EXERCISES .....</b>                     | <b>53</b> |
|                 | Substituting Similar Exercises.....                    | 55        |
|                 | Chest Exercises .....                                  | 55        |
|                 | Back (Lats) Exercises .....                            | 62        |
|                 | Shoulders Exercises .....                              | 68        |
|                 | Triceps Exercises .....                                | 78        |
|                 | Biceps/Forearms Exercises.....                         | 83        |
|                 | Legs Exercises.....                                    | 89        |
| <b>Part IV</b>  | <b>THE NECESSITIES .....</b>                           | <b>97</b> |
|                 | Perfecting Your Technique .....                        | 99        |
|                 | Estimating Your One-Rep Max.....                       | 100       |
|                 | The Different Folks, Different Strokes Principle ..... | 107       |
|                 | Overtraining and Staleness .....                       | 108       |

|   |            |
|---|------------|
| The Declaration of Variation .....              | 110        |
| Muscle Fibers.....                              | 112        |
| Training Techniques .....                       | 114        |
| When to Increase .....                          | 117        |
| Safety Reminders.....                           | 124        |
| Record Keeping .....                            | 126        |
| Test Yourself .....                             | 129        |
| Conclusion .....                                | 129        |
| <b>Part V SUPPLEMENTAL 4-WEEK PROGRAMS.....</b> | <b>131</b> |
| Endurance/Stamina/Fat-burning Programs.....     | 133        |
| General Fitness/Power Programs.....             | 147        |
| Strength Programs .....                         | 161        |

**Part I**



**Bowling  
Specific  
Training**

***With Weight Training, Knowledge is the  
Key to Success***

## **INTRODUCTION**

By opening *The Ultimate Guide to Weight Training for Bowling*, 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 bowling-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.

The most important part of this book is the bowling-specific weight-training program itself, which begins on page 16. It was created for one reason and one reason only; to improve your bowling potential. It does this by increasing your strength, power, endurance, and flexibility in the parts of your body that are most important for bowling. 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, endurance, and power. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although the sport of bowling is primarily a sport focusing on forearm and shoulder strength and endurance, other upper- and lower-body muscle groups should not be ignored in order to achieve your maximum potential. The year-round program in this book does not overlook the importance of these muscle groups and has you training your entire body in order to maximize your potential.