



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

second edition



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Part I



**Fencing
Specific
Training**

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

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Fencing*, 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 fencing-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 fencing-specific weight-training program itself, which appears on page 16. This program was created for one reason and one reason only; to improve your fencing potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for fencing. This program was designed to supply you with the advantage you will need to outperform your opponents. By following this 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.

This book does not teach you how to perform specific movements. It does not show you the best strategies to out-class your opponents, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, programs, and strategies available to physically improve your body and maximize your fencing potential!

MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

Low weight, high reps: Proper endurance training calls for lifting light weights many times. Weights that are less than 60% of your one-rep max are ideal. With more repetitions comes increased muscular endurance, or the ability of your muscles to operate at a high level over time. Every additional repetition helps to increase your muscular endurance. Typically, sets involving at least 20 repetitions are considered to be training your muscular endurance.

Great form and concentration: While training for any purpose, great form and concentration are a must. Endurance training is no exception. To get the most of your endurance training, you must breathe properly and perform the exercise with smooth, rhythmic lifts.

Proper breathing: Breathing properly is extremely important in endurance training. As you perform repetition after repetition, your instincts will be to hold your breath. With each and every rep, be sure to inhale while lowering the weight on the eccentric movement and exhale while raising the weights on the concentric movement. Never hold your breath.

Smooth rhythmic lifts: In endurance training, the lowering, negative part, of every rep should last at least two seconds and the raising, positive part, should be at