



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
RACQUETBALL
and
SQUASH

second edition



sportsworkout.com

CONTENTS

Part I	RACQUETBALL AND SQUASH-SPECIFIC TRAINING	
	Introduction.....	9
	Muscular Endurance Training	11
	Explosive Power Training.....	13
	Year-Round Program	15
	Racquetball/Squash Dynamic Warm-up.....	18
	Protein: How Much is Enough?.....	20
	Post-Workout Recovery: A Must for Athletes.....	22
	Sports Drinks and Rehydration.....	24
	Pre-Event Fueling for Peak Performance	26
	Breakfast: Is it the Most Important Meal?	28
Part II	GETTING STARTED	33
	Warming Up	35
	Cooling Down.....	36
	Abs	37
	Stretching	45
	Proper Form	51
	Proper Breathing	52
Part III	RECOMMENDED EXERCISES	53
	Substituting Similar Exercises.....	55
	Chest Exercises	55
	Back (Lats) Exercises	62
	Shoulders Exercises	68
	Triceps Exercises	78
	Biceps/Forearms Exercises.....	83
	Legs Exercises.....	89
Part IV	THE NECESSITIES	97
	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
Part V SUPPLEMENTAL 4-WEEK PROGRAMS.....	131
Endurance/Stamina/Fat-burning Programs.....	133
General Fitness/Power Programs.....	147
Strength Programs	161

Part I



**Racquetball and
Squash Specific
Training**

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

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Racquetball & Squash*, 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 racquetball and squash-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 racquetball and squash-specific weight-training program itself, which appears on page 16. This program was created for one reason and one reason only; to improve your racquetball and squash potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for racquetball and squash. 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.

Although the sports of racquetball and squash are primarily sports focusing on leg and shoulder strength, there are many other muscle groups that must not be ignored. In order to achieve your maximum potential. *The Ultimate Guide to Weight*

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