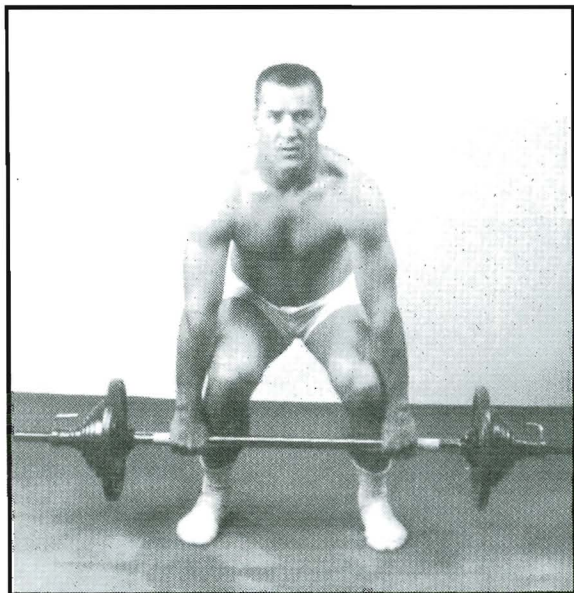


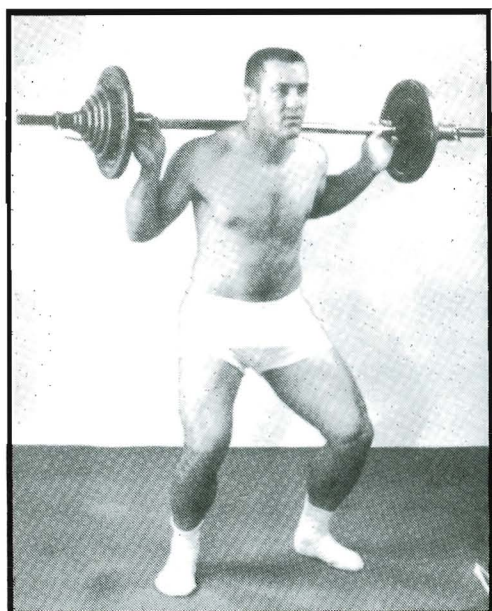
HISTORY OF ATHLETIC STRENGTH TRAINING

By
Dr. Greg Shepard
Part 3 in a Series

Editors Note: Jim Taylor, Fullback for the Green Bay Packers in the early 1960's wrote a book entitled "Weightlifting for Athletics." It was published in 1961. Taylor was one of the greatest running backs in the history of Pro-football. While Jim Taylor was an All-American at LSU, he learned much from Alvin Roy who is considered America's first strength coach. The first coaches and teams who used weights for their athletes had to be highly influenced by Alvin Roy and Jim Taylor. The following are excerpts from Taylor's 1961 book, which a student of history should find amazing.



All-Pro Running Back: Jim Taylor



Taylor called this a "Half Knee Bend". His Parallel Squat was only 350 pounds but in 1961 it was considered awesome.

INTRODUCTION

I have worked with barbells for the past 10 years and contribute a great share of my accomplishments in football to their use. Barbells have given me that extra strength, endurance, and stamina needed in pro football.

It is my sincere hope you may find this exercise book most useful in your training. From my own experience if you will follow the workouts with sincerity you will be amazed at the results.

Good Luck and best wishes,

Jim Taylor

THE VALUE OF MUSCLE POWER AS DEVELOPED BY WEIGHT TRAINING

Today it is common practice for athletes, irrespective of their sport, to train with weights. Coaches and trainers alike have come to realize they cannot wait for nature to produce the "one in a hundred" type athlete who inherits size and strength from his ancestors. They are too few; therefore, a means of assisting nature is necessary. Thereby evolved the process of training athletes to perform well in their activity and to supplement this training with the use of weights in progressive resistance exercises. It followed that the stronger the individual became, the more his performance improved, for the relationship between strength and athletic ability is very high.

To be a champion an athlete must be strong. Greater leg power permits faster sprints and gives added endurance for distance running. It makes for longer and higher jumps and greater thrusts in all activities. Arm, chest, and shoulder strength makes for more effective hitting and throwing, and the many other maneuvers which comprise muscular activity in every form.

Aside from performance, added muscle cuts down athletic injuries. It cushions jolts and jars, thereby protecting bones and joints. A well developed muscle is more flexible, healthier, and less prone to strains or bruises.

Strong athletes are more confident than weaker athletes; they are more self-assured and usually make better competitors.

A strong athlete is a better athlete.

The physical contributions of weightlifting to total fitness will depend on the exercises used, the frequency of workouts, and the general training procedures followed. Any intelligently planned program will, however, produce the following results: increased musculature, increased body weight for thin people and reduced body weight for obese people, improved muscular efficiency in terms of power, speed, and flexibility, improved physical appearance, and greater self-confidence, which will have many intangible results on the personality and the general poise of the weight lifter.

SPORTS PSYCHOLOGY Continued from Page 25

Have each player concentrate upon his performances and stress the fact that if all the players perform well, the outcome is incidental. Winning will occur more often if the players are not worried about it. The coach must be continually positive and reward what is being done correctly instead of reinforcing mistakes or poor performances. Reward all of the things being done right and the things being performed wrong will slowly disappear.

Positive Paul will win more than Negative Neal.

3. Work on confidence. The most crucial psychological trait displayed by successful athletes, at all levels of competition, is self-confidence. Confidence is developed best under a positive atmosphere. Almost all humans respond better to a "pat on the back" rather than a "kick in the butt." Develop a "worth chart" for game performances and recognize great effort no matter the outcome of the contest. Remember:

You can not humiliate a person into greatness.

4. Develop pride in each player and for the team as a whole. Pride is the magic word. When each player has pride in himself, then he will strive to constantly do his best. Nothing short of excellence is acceptable. Also, team pride is essential. I am not talking about doing it for "ole North Side High School," that is a little childish. The coach must instill, in the team as a whole, — the pride of association with each other, and the pride of a job well done. The team and its' accomplishments is more important than any individual.

A coach can develop pride in the team by emphasizing cooperation rather than competition.

Helping the players learn to rely on each other fosters responsibility which translates into pride in a short time.

5. Stress the concept of the team. The most important factor which will help stem the tide of a losing tradition is to have the players realize the benefits of feeling like a team. When a team becomes of "primary" importance to each individual rather than a "secondary" association, he will give a 110% to see that it is successful. Sometimes young players will have the tendency to give up on themselves, but they never give up on their peer group. When the team becomes that all important peer group, the athlete has something to hang onto and dedicate himself. This is an awesome responsibility for the coach; but remember what a team stands for:

T = Total commitment

E = Effort of excellence

A = Achieve for each other

M = Motivation for the team

Only the psychological approach will change the losing tradition.

RESEARCH HELP WANTED!

If you have used the "Legg Shoe," we would like to know in writing your experiences, either Pro or Con. We have heard some amazing claims and want to know if there is any substance to these claims.

HISTORY OF ATHLETIC

WEIGHT TRAINING Continued from Page 26

WHO CAN PROFIT FROM A WEIGHT TRAINING PROGRAM?

Virtually everyone who follows a program of weight training will profit in varying degrees. It is most advantageous to the physically weak and underdeveloped. Beyond question it affords the greatest and fastest return in physical fitness for the time and energy expended. It has recently become most popular as a supplement to training programs for all athletes.

ARE WEIGHTLIFTERS MUSCLEBOUND?

The term **musclebound**, though commonly used, is probably not understood by most who use it. It is believed by most that the word was born of envy and personal rationalization on the part of those who were anything but well muscled. It is now used to describe persons who are heavily muscled and strong but who have little skill in activities which do not require excessive strength. The explanation is quite logical. Before weight training became popular and accepted as a means of training athletes, the only people who lifted weight were those who lifted them exclusively and devoted little or no time toward the development of athletic skills. Consequently, these people had little or no talent in other sports, and when this lack of talent became apparent, they were quick to be criticised by jealous on-lookers. Perhaps the word musclebound was thus born. It is a proven psychological fact that large, well-developed muscles are more responsive, stronger, and more flexible than smaller ones. No one has ever said that large muscles are a cure all and will take the place of time and effort spent on the practicing of athletic skills. Aside from this, once a young man becomes interested in improving his body through weight training, he often practices this activity to the near exclusion of all others. This, of course, he should not do. Large muscles, though attractive, should serve many useful functions.

JIM TAYLOR'S WORKOUT SCHEDULE

Exercise	Weight	Sets	Repetitions
Press	220	2	6
Dead Lift	380	2	6
Stiff Leg Dead lift	240	2	4
Rowing	240	2	6
Bench Press	240	2	6
One Arm Press	60	2	8
Side Lateral Arm Raises	40	2	4
Half Squats	340	2	4
Calf Raises	420	2	12
Curls	180	2	4

In Jim Taylor's schedule keep in mind the poundage listed under weight is the final product of many years of hard work.

Remember beginners these charts are for comparison only. Do not try to accomplish these until you are ready for them. Your coach will know your capabilities and adjust your schedule accordingly.