

SPORTS

Part two, Averalo's results

New concept in weight training

by Ashley Prest

Lou Averalo's ten week weight training results are in. Through his program Averalo hoped to prove his hypothesis: that performing one set of repetitions of a specified exercise was equal to doing three sets of the same exercise. What he found was that by pushing the muscle to exhaustion in one set brought about better results.

Fifty-five women, between the ages of 19 and 35, with no fitness background participated in the experiment. Prior to the program, the women underwent a fitness test, which involved body measurements and strength/endurance evaluation, and were given instruction in the use of Nautilus and Universal machines, free weights, warm-up routines and technique.

The experiment consisted of eight exercises in which the

women "pushed" as much as they could eight times.

Motivation is a key factor in weight training, this is why Averalo did not interfere.

"It's the idea of 'Ecological Validity'. Research in a lab setting is not valid or applicable in the real world of a weight room."

If the women were doing three times the work then why was the improvement not three times as much?

Averalo explained, "Motivation to endure muscle exhaustion is the key. This is more easily done when you know you've only got to do it once rather than three times."

He also found that the women working on Nautilus equipment showed a greater improvement than those working with free weights.

The amount of time spent working-out was considerably less; a total of 50 minutes divided into three work-outs a week, with the results being greater.

Averalo proved that when "weight training for fitness," a person can perform one set of each exercise, pushing as heavy a weight as possible, have a shorter work-out time and show greater improvement than he/she would by doing three times the work.

Averalo is currently in the planning stages of forming his own Nautilus Fitness Centre. He hopes to involve more people and give them greater opportunity to benefit from what he has learned.

Averalo's next step? "I'm beginning another study in January."

If you are interested, look for posters around campus. Forty new subjects will be needed.



Lou Averalo puts Ashley Prest through his exercises. Averalo's experiment revealed one set is better than three.

Photo: Tim Kubash

PANDAS BASKETBALL

vs

BRANDON BOBCATS

Thursday, December 6 • 7:00 pm

Varsity Gym

Tickets: Adults \$4.00; students \$2.00



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Intramurals

Round up

by Dave Boyd

Although overshadowed by the recent announcement awarding the Briar to Edmonton, this week-end's Co-Rec Mixed Curling Bonspiel was highly successful. The 'A' event title was captured by the Lucas Gang. They knocked over Ken Rondeau's Fearless Foursome. The MacDougall squad won the 'B' event by defeating the Dowler team. 'C' event champions were Dickinson's curlers who managed to get past the Duce quartet.

Meanwhile, over in the pool, Men's Waterpolo action wrapped up on Tuesday. In a very thrilling finale to the double-knockout tourney, Med 88 came from the B-side (having lost an earlier game) to knock off D.U.'s powerful squad in a thrilling 3-2 sudden-death overtime win, thus forcing a second game. The D.U.'s however, managed to come back and win a tightly contested battle 4-2 and took the championship.

The Men's Squash Tournament was also held this week-end. Dale Cunningham (P.E. graduate) captured the 'A' event title by defeating B. Woudstra (Law) in three straight games (9-4, 9-4, 9-5). The 'B' event final saw two men from Wrecking Crew matched up. Perry Fedun overpowered S. White (9-6, 9-6, 9-4). 'C' event champion was D. Voaklander (P.E.). He defeated Ron Kee (Wrecking Crew) who, incidentally, was named intramural participant of the week.

Tuesday night was also a busy one in the gym as Division I and II basketball finals were played. In Division I, Law 'A' avenged a regular season defeat (60-49) by annihilating the previously unbeaten D.U.'s 69-37. In Division II, two teams from Zeta Psi battled it out for the crown; Purple Reign outscored Diduch's team 39-22.