

# Strive Selectorized Strength Training Equipment

The East Liverpool Area YMCA recently received a new line of strength equipment in the form of a donation this past week. Pam Poling, Office manager, won the equipment on behalf of the East Liverpool Area YMCA while attending The 2006 YMCA General Assembly in Nashville, Tennessee. The new equipment stands out due to being bright yellow and immediately piques a person's interest. The selectorized plate system allows a smooth transition from starting to end point. The five pieces of equipment include a seated hamstring curl, a seated quadriceps extension, a latissimus dorsi pull-down, a shoulder press, and a chest press.

The equipment is based upon the cam system. By adjusting the cam system you change the angle of pull from the starting point, to the midpoint, to the endpoint of the range of motion. This enables the muscles to complete more repetitions with less fatigue. This process enables the user to complete their workouts faster. Implementing these machines along with a sound cardiovascular program of at least 30 minutes in duration will succeed in providing a more thorough workout regimen. Once the first set is completed, the cam is adjusted to the second level for the second set and so on for the third set. Each set should contain a total of 8 – 10 repetitions for a total of 24 – 30 repetitions per machine.

A strength circuit is being put together to enable a person to run through all the machines hitting the major muscles of the body in a thorough workout plan. Circuit training is not only a popular method of training but it is exceptionally effective, as it allows a person to complete a training session in less time. Benefits include rapid strength gains with fewer episodes of leveling off, increased explosive strength, reduced boredom as an entire workout of a smart strength training circuit only takes about 40 minutes. Other programs that have seen success and believe in these products include the Green Bay Packers, Pittsburgh Steelers, WVU, Penn State University and the Washington Redskins.

“The Smart Strength technology provides dramatic results when used as little as 2-3 times per week for 20-30 minutes. The difference of the STRIVE Smart Strength workout is felt immediately, engaging a new sense of belief ... and ... a new conviction within the user” according to Strive Smart Strength representatives.