

4.2 Role of weight training in games and sports

Weight Training

1. "It is a physical training that involves lifting of weight."
2. "A system of conditioning involving lifting weights especially for strength and endurance".
3. "Weight training is a type of strength training for developing the strength and size of skeletal muscles."
4. "Weight training is a kind of physical exercise in which people lift or push heavy weights with their arms and legs in order to strengthen their muscles."

Weight training is one of the very important part of any sports training program especially for strength training program. Sports like body building, weight lifting, power lifting, hammer throw, shot put, discus throw, javelin throw, boxing, wrestling are fully depend on the weight training program. Other activity like football, basketball, baseball, hockey, cricket, racket games, gymnastic, track and field, swimming, kabaddi, kho kho and other games and sports weight training play an important role and vital role for development of strength.