

# 健身健美院队计划书

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## 前言：

- 健身文化

什么是文化，文化就是一群人有一个共同的信念。健身的初衷是让我们身心愉悦和健康，虽然现在网络上有很多极端追求减肥或者形体的言论，但是我们是健康的，我们组成了一个团体，在一个健康的团体中，任何人都不会感到这种极端的自卑。所以，我们计划建立健身健美院队，以帮助其中正在经历困难的同学，也能够让我们练得好的同学分享经验，促进巴院同学的整体体育发展。

- 健身的现代意义

在古代，身体素质好的人类可以活得更好，在现代社会中，我们似乎并不需要变得强壮才能过上自己想要的生活，但是我们的身体并没有比原始社会进化很多，我们的身体并不能适应现代的‘996’，‘007’生活，正是如此，我们才会因为缺少睡眠而精力不足，会因为久坐而患上各种脊椎疾病，因为能量摄入过多而存在心血管疾病等一系列问题。不可否认，手机电脑是我们赖以生存生活的重要工具，可以为我们提供精神价值。但是，我们还是生活在原子构成的世界，‘文明其精神’仍需‘野蛮其体魄’。所以说如果我们尊重自己的身体，就要把电脑，手机等现代设备看作原始时代的一种谋生工具，不要让它占用我们的整个生活，留给自己一点与身体独处的时间。

## 活动照片



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## 解决的问题---痛点:

1. 很多同学有健身意愿，但是苦于没有健身指导，很多动作需要健身有基础的同学的帮助和演示
2. 同时，健身时为了减少受伤的风险，需要有同学辅助，我院学子休息时间较为统一，可以互相辅助
3. 其他院队有部分同学想要来健身房进行体能训练。

## 建立院队的好处:

1. 培养同学们的健身习惯，帮助打造健康的生活方式
2. 促进巴院师生，不同年级同学之间的感情

## 活动计划:

初步计划每周三crossfit 训练:  
练全身，练体能

## 院队的理念:

"Avoir faim de réussite, affamé de faire de votre marque, affamé d'être vu et d'être entendu et d'avoir un effet. Et au fur et à mesure que vous montez et réussissez, assurez-vous également d'avoir faim d'avoir aidé les autres"



--- Arnold Schwarzenegger

现有会员19余人，目前已开展日常活动2次，预计今年年底参加健美比赛。院队以服务上海交通大学巴黎卓越工程师学院学生为宗旨，以团结、互助、友爱、分享的理念为指导，采用健身的项目促进上海交通大学巴黎卓越工程师学院学生的健康水平、提升生活品味、提高生命质量，通过健身运动项目为全校师生打造一个促进沟通、包容和整合的互动交流平台，使师生以饱满的情绪、积极的态度、健康的体质，全情投入到上海交通大学巴黎卓越工程师学院的教学、科研、管理等各项事业中，为建设世界一流大学院系做应有的贡献。

## 健身健美是什么:

### 训练--workout

First, the bad news. Men tend to lose as much as 3% to 5% of their muscle mass per decade after age 30. The muscle-building hormone testosterone also drops gradually after age 40.

Now for the good news. You have the power to slow this natural decline and perhaps even reverse it. The solution is to lift weights — often enough, long enough, and heavy enough.

"Weight training is the best way to keep the muscle mass you have and even increase muscle mass you may have lost with aging," says Shawn Pedicini, a physical therapist at Harvard-affiliated Spaulding Rehabilitation Hospital.

So how should you approach weight training in your later years? Here are some strategies.

- **Invest in a trainer.** A licensed and credentialed trainer can design a personalized program. A trainer can also teach you proper form and technique. Check with your local gyms for referrals. If you're not ready for in-person sessions, many trainers now offer virtual workouts. After you learn the basics, you can work out on your own.

- **Get free.** Training with free weights, like dumbbells, kettlebells, and barbells, is often better for muscle building than machines, says Pedicini. "However, machines are ideal if you have balancing issues or other limitations that make it safer to sit during weight training," he says. You can also go back and forth between free weights and machines depending on the type of exercise and which muscles you are working on.
- **Leg up.** While you need full-body workouts that address all your major muscles, older men should pay special attention to their leg muscles: quadriceps and hamstrings (in the thighs), the gluteals (in the buttocks), and the calf muscles. "These are involved in many daily functional movements like squatting and climbing stairs," says Pedicini. Compound exercises that work different muscles in one movement — like squats, deadlifts, and lunges — are great for building leg muscles.
- **Weight, reps, and sets.** Pedicini says older men should do fewer repetitions (reps) with heavier weights to gain the most muscle. "An ideal routine would be eight repetitions for each exercise for three sets total." But you can adjust this as needed. "People with movement issues might need to use lighter weights and do more repetitions."
- **Find your tempo.** Lifting should be done at a seven-second tempo. That means three seconds to lift the weight, a one-second pause, and three seconds to lower it. You also want to use enough weight, so the last few reps are a challenge. If you can't lift the weight at least eight times, use a lighter weight. When you can comfortably perform eight reps without completely tiring the muscle, increase the weight. "Muscles grow stronger only if you keep adding resistance," says Pedicini.
- **Two days is plenty.** Ideally, you should do weight training at least twice a week. "Two days of full-body training can produce measurable changes in muscle strength," says Pedicini. You often can feel results after four to six weeks of consistent training.
- **Give it a rest.** Always allow at least 48 hours between sessions for muscle recovery. Some people prefer to break their workouts into two parts: upper body and lower body. In that case, you can perform upper-body exercises one day and lower-body the next.
- **Always raise the bar.** "Don't forget to consistently challenge yourself as you progress," says Pedicini. "It's necessary to gain the muscle and strength changes you want and need."

[Building better muscle - Harvard Health](https://www.harvard.edu/health/building-better-muscle)

<https://www.muscleandfitness.com/flexonline/training/sleep-program-bodybuilders/>

## 饮食--diet

- The power of protein  
Does consuming more protein help you make more muscle? The answer is yes for younger people, and some evidence suggests that the combination of higher protein intake plus resistance training also can build muscle mass in older men.

How much extra protein is enough? A sedentary adult needs only 0.8 grams per kilogram of body weight per day. However, if you want to build muscle, the goal of daily protein intake should be 50% higher, or 1.2 grams. So, a 175-pound man doing weight training should aim for about 95 grams a day.

If possible, divide your protein intake equally among your daily meals to maximize the body's ability to create muscle. Also, consume about 20 to 40 of those daily grams within an hour after a workout to help with muscle repair. An easy way to meet your daily protein quota is to mix 1 to 2 scoops of whey- or plant-based protein powder to into oatmeal, a smoothie, yogurt, or a glass of water. (Check the label for specific protein amounts.). Other good protein sources: 3 ounces lean chicken (24 grams), 8

ounces plain Greek yogurt (23 grams), 1 cup cooked lentils (18 grams), 3 ounces salmon (17 grams), 2 eggs (13 grams), and 1 ounce (28) peanuts (7 grams).

[Building better muscle - Harvard Health](#)

## 睡眠--sleep

[The 12-Step Sleep Program for Bodybuilders | Muscle & Fitness \(muscleandfitness.com\)](#)

## 心态--mindset

- Develop a 'becoming the best of you' mindset

"Devenir plus que ce que tu étais ."



--- Lee Labrada

- Develop a ' Growing mindset'

"N'ayez pas peur d'échouer. Tout ce que j'ai jamais essayé, j'étais toujours prêt à échouer. Vous ne pouvez pas toujours gagner, mais n'ayez pas peur de prendre des décisions ."



--- Arnold Schwarzenegger

- Develop a 'Nothing is impossible' mindset

"Je n'ai pas dérangé la formation de base. Cela m'a appris que quelque chose qui semble impossible au début peut être atteint ."



--- Arnold Schwarzenegger

## 伤病--injury

- Cause of injuries:
  - The greatest risk of technique-related injuries occur during aggressive use of free weights in such exercises as the dead lift and bench Pressure
  - Injuries also occur with weight room accidents, when participants trip over equipment on the floor, or are struck by falling weights
- Prevention of injuries
  - An important safety issue is the age at which young athletes can begin lifting maximal amounts of weight during strength training, and competing in the sports of weightlifting, powerlifting and bodybuilding. ----- 找到你的边界, Find sup{ WEIGHT(age, sex, bodycondition, otherfactors) }
  - Having training and supervision from a coach. For some exercises with free weights, for example the bench press, it is essential that a trained and attentive spotter assist the lifter.---- -----我们院队同学可以互相辅助。
  - During training

- Weight users should wear shoes with soles that will not skid easily.
- Warmup, with jogging and calisthenics, and stretching, is advocated.
- When an athlete is going to attempt to lift maximal or near maximal amounts of weight for only a few repetitions, they should start with smaller amounts of weight and progress to those they will use for their maximal training effort.
- Stretching at the end of the lifting session is also recommended.
- Good technique is essential not only when performing a specific exercise but also when moving weights from place to place around the weight room.
  - Proper technique requires the use of a good grip
  - a stable lifting position, with the weight kept close to the body
  - the use of the legs, not the back, to do the lifting
  - a flat Back
  - good control of the movement of the bar
  - breathe out during the exertion phase and inhale during the relaxation phase.
- During the lifting of large amounts of free weights, athletes often wear a weight belt.
- Pains : If athletes have pain when performing an exercise, they must be sure that their form is correct. If pain persists, even with proper technique, they should decrease the amount of weight, or stop that particular exercise for several days.

Mazur, L.J., Yetman, R.J. & Risser, W.L. Weight-Training Injuries. *Sports Medicine* **16**, 57–63 (1993).  
<https://doi.org/10.2165/00007256-199316010-00005>

## 造型--posing

A quick tutorial to your first posing

[Posing Like A Pro by Lee Labrada – LABRADA](#)