

with good form in a variety of exercises. Some basic resistance exercises include body weight movements like pull-ups, push-ups and an array of core exercises, such as the plank. Exercises such as squats, lunges and step-ups are also important.

Fleschler also says the concept of power has to do with developing large forces at high rates of speed. One can divide power into two areas of move-

ments. The first is speed-strength, where the importance is on speed of movement against a relatively small resistance, such as plyometric or ballistic training.

The second case is strength-speed, where there is a quick application of force against a large resistance, such

as Olympic lifting movements. As we consider the multijoint Olympic movements, it becomes obvious that we must have precisely timed contraction and relation of opposing muscle groups to provide smooth, fluid movement and force application.

Examples of speed-strength training

could include plyometric or ballistics training. Ballistic training represents a training situation where the athlete is overcoming a small resistance at a high speed of movement. The emphasis is on dynamic movements with continuous acceleration throughout the

See **TRAINING** on 7B

You should feel

Fatigue in oblique muscles, hips

You should feel

Everywhere – this is a total body exercise

You should feel

Quads, glutes, hamstrings

TRAINING

Continued from 6B

range of motion. Common examples involve the use of medicine balls or kettle bells. Here the work is in the range of three to five sets of four to seven repetitions with an emphasis on fast and explosive speeds of movement.

The washer machine exercise demonstrates this type of action (see box).

Another ballistic exercise is the lunge runner. Starting position: lunge position. Movement: (1) Push off rear foot to single leg stance with knee up. (2) Complete Step 1 on ball of foot; hold two seconds. (3) Return to starting position. (4) Repeat for prescribed number of repetitions and switch legs. Considerations: Drive off rear

leg quickly. Arms swing during Steps 1 and 3. You should feel your quads, glutes and hamstrings.

Plyometric training is a method of training used to improve explosive strength and reactive ability. It utilizes a rapid stretching or loading of the muscles followed immediately by a maximal voluntary contraction of same muscles. The most common applications of this method are in the use of depth jumps or body weight jumps. Because this type of training is taxing on the neuromuscular system, sets and repetitions vary upon level of training.

An example would include the squat down thrust or burpees. Starting position: standing. Movement: (1) Quickly crouch down where hands touch floor. (2) Push feet backwards to end up in

push up position. (3) Quickly spring back to crouch position. (4) Return to starting position using legs only. (5) Repeat for prescribed number of repetitions. Considerations: Avoid lower back sagging during Step 2. Always use your legs to stand up in Step 4, not lower back. You should feel it everywhere – this is a total body exercise.

Olympic lifts are extremely effective but highly technique-dependant. Ensure that help from a professional – not someone who reads articles in attempts to use new exercises from a magazine or book – understands and knows technique and can instruct you before attempting. Olympic lifts are done standing, and involve the majority of the body's musculature with

each repetition. These closed-kinetic-chain (feet contacting the floor) exercises make them functional and sport specific. Develop the synergist muscles focusing on timing, coordination and balance with each repetition and stress ground-based action/reaction principles as in sports such as soccer, basketball, skiing or running.

Explore new ideas this upcoming spring/summer season. Most individuals know how to get strong, but once that is established, they should work on power development to make those climbs up hill easier. ... so to speak.

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