

Lifting Guide

If your summer situation does not allow you access to a weight room do not panic, there are plenty of exercises that can be accomplished without one! The following explanations of the exercises will guide you through the non-weight room program.

Lunges- The basic concept is simple, extend your leg forward in a stepping motion until the knee of your back leg is ALMOST touching the ground. If you have dumbbells, then doing these with a light weight is preferred, otherwise you can use your body's resistance.

Medicine Ball- If you own one, great, if not, no worries. You can substitute a basketball, soccer ball, volleyball, anything to mimic a throwing action. Be sure to step forward when doing the overhead toss and shift your weight to the lead leg. On the hammer turns, your back will be to the throwing sector and you pivot on the foot while extending your arms around and up to release. (Think about the release of the weight throw)

Burpees- The classic burpee has not changed, from a standing position drop to the ground and extend your legs in a rearward kicking motion, and then bring your knees back to your chest before you explode back up to a stand.

Tuck Jumps- From a standing position jump as high as possible into the air while bringing your knees up to the chest.

Wall Sits- The idea is to mimic the squat motion without using a barbell. Find a smooth wall surface and sit with your back against it at a 90 degree angle.

One-Leg jumps-For the distance ones, use a soft area (i.e., grass) and a marker. Try to beat the marker every time you jump. For height, a SHORT step is a great assister.

Russian twists- The idea is to keep your feet stable while rotating at the hips and oblique (side) muscles. Use some type of weight (heavy box, actual weight plate, medicine ball) to hold in your hands as you keep your arms extend through the twist.

Sprints- As a thrower, you need to develop power, and that can be achieved best through short sprints designed to improve your quickness. These sprints are 40 yards and under, and have a 45 second rest in between each one. The stair/hill run is to be done on an incline surface with the walk down between each rep as the rest period.

The Weight room exercises

This is the most important thing to remember when doing this workout, IF YOU HAVE NEVER DONE THESE EXERCISES BEFORE DO NOT ATTEMPT THEM NOW. Once school is in session there will be a training session where I will teach you the lifts. For now substitute **cleans** and **snatches** with **lunges**, and **front squats** with **regular ones**.

Bench- Keep your back FLAT against the bench. NO ARCHING THE BACK!

Incline Bench- Again, no arching the back!

Squat- Make sure you go down till your legs are parallel to the floor.

Clean- ONLY TO BE DONE IF YOU HAVE DONE THESE BEFORE! Make sure you are bending your knees and pulling the bar high to your chest, DO NOT REVERSE CURL THE BAR!

Snatch- DO NOT ATTEMPT IF NEW TO THIS LIFT. Make sure you are pulling with your shoulders as you drive your hips up so that the bar is pulled above your head and not curled above it.

Auxiliary lifts- These are the additional exercises (curls, extensions, pull-downs) that compliment the core lifts (bench, squat, clean) These lifts are to be done after the completion of the core lifts and are used to strengthen the major muscle groups used in the core exercises.

IN ALL LIFTS, USE PROPER FORM AND DO NOT SACRIFICE FORM FOR WEIGHT. THIS WILL LEAD TO SERIOUS INJURY. IF AT ANY POINT YOU FEEL PAIN, STOP IMMEDIATELY.

As always, any questions with a particular lift or exercise, please email me at dzierfus@knox.edu

“The will to win is everything!” – Vince Lombardi