

GET UP!

Volume II, Issue 8

December 2003

Seasons Greetings!

The special coaching edition may have generated the most positive number of emails of all time. We have an odd following here at GU, including low carb dieters, Highland Gamers, master throwers, football coaches, martial artists, climbers, soldiers, sailors, airmen (and women) and marines...as well as you!

This issue is a great mix of joint training, sled pulling, a little humor, a great challenge and a lot of hidden gems.

We will continue to provide the world with the best free advice money can buy!

Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
 - Putting weight overhead
 - Picking it off the ground
 - Carrying it for time or distance
3. All training is **complementary**.

HOW TO INCREASE PERFORMANCE WITH JOINT MOBILITY

Shawn Hanrahan



Shawn Hanrahan is the Assistant Director/Co-Owner of Advanced Athletic Performance. A sports conditioning company dedicated to developing the complete athlete. Kettlebells can be purchased from our website at www.aaptraining.net. Please feel free to contact Shawn at 480-206-4434 or at aaptraining@lycos.com with any questions. Stay tuned for additional article with advanced kettlebell training and the introduction of clubbells.

Flexibility has been one area of performance that many of you probably have overlooked, as I have. The one area that greatly decreases injuries and increases performance and efficiency of movement. Typically, stretching is used to warm up muscles for training/performance and to decrease muscle soreness. Static stretching is a very popular method of warming up and preventing injury. As many of you, my injuries have occurred at the joint. I have sprained my ankles several times and dislocated my shoulders. Stretching may have prevented my injuries or at least reduced

them. The joints and surrounding ligaments are where the majority of injuries occur and those areas can be enhanced to increase performance and efficiency with a system called Zydrove.

Zydrove or Z-Health is a Slavic system developed originally for health and mental wellness. Z-Health was first used with the physically handicapped in Russia with astounding results. Can you back this up with a citation? This is a pretty strong proclamation so make sure you can use a reference to back it up. The same system was eventually used within the sports arena and was very successful with the athletes, especially with the martial arts, wrestling and special forces. The system was first brought into the US by Scott Sonnan and has been spending the past few years refining the system. I have had the opportunity to learn the system, its origins and applications from Eric Cobb, who is Sonnan's partner.

Unlike Pilates and extreme static stretching that leaves people sore for days, Z-Health is dynamic and leaves people feeling energetic and improved mobility. It is a great warm before any physical activity and a great system to use in the beginning of the day. Unlike static stretching, the movements in Z-Health focuses upon the joints and associated ligaments. The biggest area of injury for athletes. Z-Health improves range of motion and can be used for rehabilitation and for performance. When throwing in a competition all day your muscles begin to ache and tighten up, joint mobility is perfect to keep the body flexible and warmed up to prevent injury and increase performance. We always concentrate and work the big muscle groups which are obviously very important to move the heavy weight we need to move. But we can't forget about the joints and ligaments which allow our big muscle groups to move.

If the ligaments have good flexibility, injury is greatly reduced and joint mobility is greatly increased which can, for example, enable the body to drop under the bar in a snatch without falling forward and keeping the heels on the ground. The hips are enabled to open up and

GET UP!

Volume II, Issue 8

December 2003

increase drive through the pull and the shoulders have the mobility to support the weight behind the head. The body is shown how to become more efficient with movement by increasing proprioception and decreasing tension at the joints. When throwing the Scottish hammer, what are the key components to great technique? Shoulder rotation and torso flexibility. These are even more true to the shorter athletes who can't rely on the big wind ups the taller throwers can accomplish with their long arms and torsos. Think of twirling a string, with a weight at the end, in your hand as a comparison to the body mechanics of throwing the hammer. The wrist represents your waist and where the rope is pinched between your thumb and index finger, is your shoulders. The string will not go anywhere without rotating your wrist. As the wrist starts rotating, the rope begins rotating and the bigger the circles the wrist makes, the more force is put on the weight at the end of the string. If the string is stiff and there is no mobility of it between your index finger and thumb, which represents the shoulders, it will not rotate very well if at all.

So as the wrist increases the rotational force, as does the hips work the same way for the hammer throw. Tight hips limits ones rotational and centripital force with the hammer. Z-Health is guaranteed to put distance on to your hammer throw. It will allow the hips to generate more rotational force and the arms to follow through the release. Many throwers bend their elbows and can't lean back during the rotations resulting in poor distances and sloppy releases. Z-Health will take a throwers abilities to a new level no matter if you are throwing 60 feet or 110 feet with the light hammer. Below are some examples and explanations of several Z-Health movements.



The cam shaft is like a piston in the car. Keep the arm straight and at a 45 degree angle. Rotate the shoulder up back and down to the original position. Make sure to reverse the direction after you keep good posture while performing the exercise. This will improve shoulder rotation, especially when bringing the hammer around the back of the head.



Trunk rotations are very close to the wind-up for the hammer. Make sure you keep the shoulders and neck loose. Keep a good foundation so you are only rotating at the hips. Breath out as you go forward and backwards. This will help increase range of motion which will increase rotational force.

Thoracic (mid spine and rib cage) movements are performed by breathing deeply and jutting the chest out then exhaling and arching the mid region of the spine and collapsing the rib cage. Try to keep the shoulders parallel to the ground and the lower lumbar region from. This is a very mobile region that is always skipped and can make a

GET UP!

Volume II, Issue 8

December 2003

huge difference in the hammer throw by adding to the rotational force generated by the hips.

Between these three movements, you can see by now that you would have no other choice but improve upon your throwing techniques. There are many other Z-Health movements in the shoulder, spine and hip areas that I did not cover. But these are the three easiest movements in the three areas that I feel are the most important to a successful thrower. And remember, success is relevant to an individual's capabilities. If these movements help one to increase their throw another 10 feet, it is the same as helping one consistently throw the same mark is a success.

Finally these movements, as mentioned previously, will help you with your complicated, multi-joint movements in the weight room. As you become more proficient with Z-Health, your movements will be more smooth and fluid. This will carry over to becoming more proficient with cleans and snatches. Z-Health is a very dynamic system for all athletes and general populous and will be the next big thing in the fitness industry. But I would like to introduce it to you not as a fad or infomercial, but as a performance enhancement system that will make a big impact on the sports performance industry. Thanks to Scott Sonnan and Eric Cobb who brought this great system to the states and to those open minded to new and innovative ways to increasing performance.

Stay tuned for additional articles on kettlebells, clubbells and Z-Health.

Squatarama

Rick Ecklof, former training partner of Olympic Shot Put Champ Mike Stulce, has been a frequent contributor to Get Up Newsletter. He once again gives us some timely ideas on how to "raise the bar." Keep the trash can close!

I read about the 100 rep challenge on the Old School site and it reminded me of an old workout that

Stulce, some other throwers at A&M and I used to do, that was called Squatarama. The necessary items are squat rack (preferably 2), bars, lots of weights, a hat or cup to draw numbers from, the numbers 1,2,3,5,8,10, and 20 all written on separate piece of paper and place in the hat (or cup), knowledge of your training partner(s)'s maxes for the above mentioned reps in the squat, and a large trash can placed between both squat racks (which will be explained later). Basically after everyone is warmed up, the hat (or cup) is placed where everyone has access to it. The first lifter draws a number out of the hat and loads the bar to the corresponding weight for the number of reps. The first lifter



returns the piece of paper back to the hat and does his set while lifter number two draws his number and loads the bar. Basically the lifters follow one after another until all but one are eliminated. Methods of elimination are simple: fail to reach the appropriate number of reps in a total of 3 sets or puking (thus the trash can) whichever comes first. The winner is crowned "King of the Squatarama" and must be taken out to eat and have his meal paid for by the losers.

This should be an Olympic Event!

GET UP!

Volume II, Issue 8

December 2003

The "Gary Column"

My brother, Gary, lives in San Mateo, California and is a big fan of the newsletter. He often comments on different writers, then asks those "Million Dollar Questions." The same questions many of you may have...but are afraid to ask!

Dan,

Thank you so much for letting me test the new COREBLASTER 4001XE. I found it a little hard to set up, but the video and CD were very helpful. You wanted me to try it out in all conditions. So here are the highlights and problems.

The wireless helmet and visor was comfortable to wear, but the built-in defogger has trouble keeping up after three sets of twenty. I started to have trouble reading the G-force scale. Perhaps you could move it a little further from the heart monitor. Also, the volume to the earpiece needs to be just a little louder. I chose the female with husky voice for the narrative. The way she says, "Come on, keep going," is a great inspiration.

I never did figure out how to adjust the recoil aligner. I just stuck with the default settings. Also, I found the COREBLASTER 4001XE works better indoors. Outside, the wireless picks up a little interference. I kept getting a country station that plays way too much Garth Brooks.

All in all, I really enjoyed working out with this product. I found I lost two inches from my waistline in two weeks. It's a little pricey at \$4,800, but I think the results are worth it. I can't wait for the software upgrade package.

Gary

The "Do it yourself" Model is below...



...about ten bucks in parts. (Gary and Editor... 1961)

How good is the Coreblaster? Well, most of our readers are reporting that they have improved their overall O lifting by using this simple device...it works. See back issues for details. At the Murray Institute for Lifelong Fitness, we are currently doing sets of 30 Seconds rather than counting reps...

On Successful Failure and Failing Success

The following is from a very special book that I am writing for a very special reason for a very special person. This little entry seemed very fitting for our Newsletter audience...

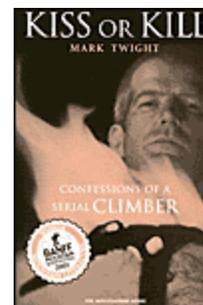
Most people are going to miss the point here, so let me start off by reminding myself that most people miss the point of anything related to success anyway, so I shouldn't worry too much about most people missing the point.

The point? Well, you will have to bear with me a little bit, but the basic idea is this: sometimes, NOT getting a goal or a dream spurs people into making a greater impact on the world in general than fulfilling that goal or dream. And, the reverse is true, too: getting that dream can just flatten a person out for years to come.

I have known a lot of College English Majors who spend four years writing their own work in Creative Writing and poetry classes and never write another essay as long as they live. They may spend hours red penning in semi-colons and the words "transitive verb" above a student's paper, but never again write a composition. They attained the degree...and stopped writing.

Many athletes sweat and fight for four years of high school to get a scholarship to college, then quit the first weeks of college practice often because "it doesn't mean anything" to them.

Mark Twight, the author of "Kiss or Kill," and one of the world's foremost mountain climbers, noted the same thing at my dinner table not long ago. Faced with a decision to



GET UP!

Volume II, Issue 8

December 2003

keep climbing and probably die on Mount Everest or to come back to base camp, he came back down. But, he noted, he learned far more from this failure than would have from succeeding.

In a sense, success can dilute the lessons of life. No, I am not telling you to fail, it is just that success seems to prod most people into rethinking their attempts, their journey, their path.

Joseph Campbell commented on this several times regarding the fact that the most renowned person in Comparative Religion never got his doctorate. No, Joseph Campbell chose not to do it and often encouraged his students to not go on either. He also warned them of getting buttonholed in a job that stopped them from exploring all the directions that life presented them. He noted that people who earned their terminal degree and were next appointed to their dream job often “flattened” out. Much like Earl Nightingale warned us: “A rut is a grave with the ends kicked out.”



Every four years, the world turns its attention for a few weeks to the Olympic sports. I am not exaggerating when I tell you that one of the worst kept secrets of Olympic sports is how many of the athletes quit...in fact, they can barely stomach to think about it...their sport after the Olympics. Even gold medalists abandon the pool, track, field, and court. After all the sacrifice and pain, “here is your medal, thank you very much, next!” just doesn’t seem to fulfill the athlete as much as the dreams of victory while training.

Those who fail to make their goals turn to coaching, writing or other forms to continue expressing their goals in other mediums. Or, they take those lessons learned and parlay them into a successful life...but, they don’t just drop them and walk away.

Now, I’m not encouraging failure, nor the initiating of a “culture of failure.” I coached football at Judge Memorial Catholic High School for a long time and I realized a very unsettling thing: when we began losing games, my athletes

were getting more out of losing than winners did from winning.

When you win a game, as I had the good fortune to win many playing for South San Francisco High School, the team goes into the locker room and before you untie your shoes, the coach is talking about next week. The total amount of celebration in a winning locker room...for true winners...is often not very much!

But, the losers, the losers have hugs, tears, kisses, long speeches...usually from the prettiest girls. While the victors are thinking of yet another week on the grindstone, the losers are being cuddled and caressed back to a smile. Okay, I exaggerated, but not a lot!

Don’t let success flatten you nor let failure let you join the “Loser’s Club.” Learn from failure, enjoy it if you can, but plug along into another expedition to the top.

When you win, be gracious. When you get your goals, dream of other goals.

New Sled!!!

Recently, the Fabled Sled of the Murray Institute for Lifelong Fitness was stolen...probably by hooligans bent on the destruction of humanity. Following this Felony, funds were raised for a new sled. It has been used since then.



Mark Twight, author of “Extreme Alpinism: Climbing Light, Fast and High,” (ISBN: 0898866545) a **must read** for Get Up readers, showing us the basic weighted pull.

GET UP!

Volume II, Issue 8

December 2003



Jonathan, aka "Johnny Blitz," showing us the Sled Pull with the BFR 2000, mobile granite training device.



The editor with the BFR2000, carrying Judy and dragging the sled.

Arguably, this may be the single best way to train the thrower for the total core strength needed to toss things far!

Training for the Busiest People

Saturday

Lift Day

Power Snatch

Power Clean

Front Squat

One arm lifts

Whatever reps and sets you like...I like 3 x 3 or 2 x 5 or Singles (after warm ups, these are the "meat" sets)

Sunday

Strongman or Highland Games or Whatever you like Day

Power Clean and Press (Singles up to a Max)

Sled dragging, car pushing, hill sprints

Anything else you would like to do!!!

Farmers Walk (Death March Style)

One other day a week

One lift: either Power Clean and Press, Power Snatch and Overhead Squat (might be best of the lot), Front Squat, Power Clean

Some kind of carry: Farmers Walk, maybe that "Dead lift carry" idea, sandbags.



J.B. with the Rosenberg Bars. (Note to world: climbers are scary strong in the grip!!!)



The "Jonathan." Full sled pull with the 150 pound bag lovingly known as "Judy." J.B. is trying to remember what he ate for lunch.

Published by Daniel John

Daniel John, Editor

Copyright © Daniel John, 2003

All Rights Reserved

Any unauthorized reproduction is strictly prohibited.