

Bring on Spring!

The inversion in Utah is killing the editorial board. It's blah time in sports. After the college football bowls...yeah, sure we have the Super Bowl, but some may argue its all about the commercials...now, we are stuck with basketball. Not exactly thrilling...

When do we throw?

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**.

The Burgener Warm Up

Linc Brigham



Lincoln is an old friend to Get Up. A passionate defender of all things Olympic Lifting, Linc has supported the sport as an athlete, coach, writer, referee, and internet mentor. He is also a friend of the editor.

Mike's Gym in Bonsall, California is nominally the "training headquarters for Team Southern California" but in reality it's no more than the best two-car garage gym in this part of the state. On any given Saturday as many as dozen top lifters, throwers, jumpers and coaches vie for space on the four platforms. This is the home gym for lifters like Casey Burgener, Mike's son and former national record holder in the snatch, and Colin Ito, a 17-year old 307 lb. super and the current school-age champion and record holder. World

Masters record holder Bob Strange lifts at Mike's. Olympians like Tommy Gough and gold medalist Karch Kiraly have worked with Mike.

This is the warm-up sequence Mike Burgener teaches to all of his lifters. Even his superheavies start their workout with this drill. It reinforces good technique, gets the blood flowing and the joints loosened up. It also serves as an effective and safe drill to help learn the snatch; it can be performed several times per day if needed for additional practice.

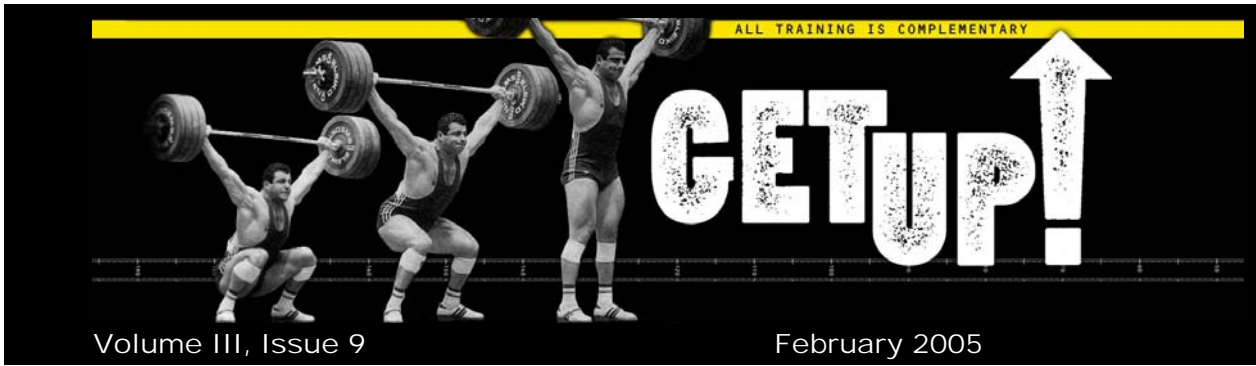
Prerequisites: you should be able to do a deep overhead squat with at least a 45 pound barbell. If you can't do that, well... the editor has written an article or two on overhead squats just for you!

<http://www.dragondoor.com/articler/mode3/295/>

"The Original:"

<http://danjohn.org/overhead.html>

To begin, check your ego at the door. Start with a five or six foot long PVC pipe (\$1.37 at the local hardware store). When I see supers like Colin and Casey start their warm-ups at Mike's with an 8-ounce PVC pipe, then I believe you should start that light too. Use a snatch grip. All steps are done for three reps.



1. Shrug.

Straight arms, hook grip, wrists cocked in, elbows rotated out, squat stance. Try to hit your ears with your shoulders.



2. Shrug + pull.

Like step 1, then pull to chest height. Don't bend arms until shoulders are fully shrugged. Keep the bar in very close to the body. This is a quick motion, with no pause between the shrug and the pull.



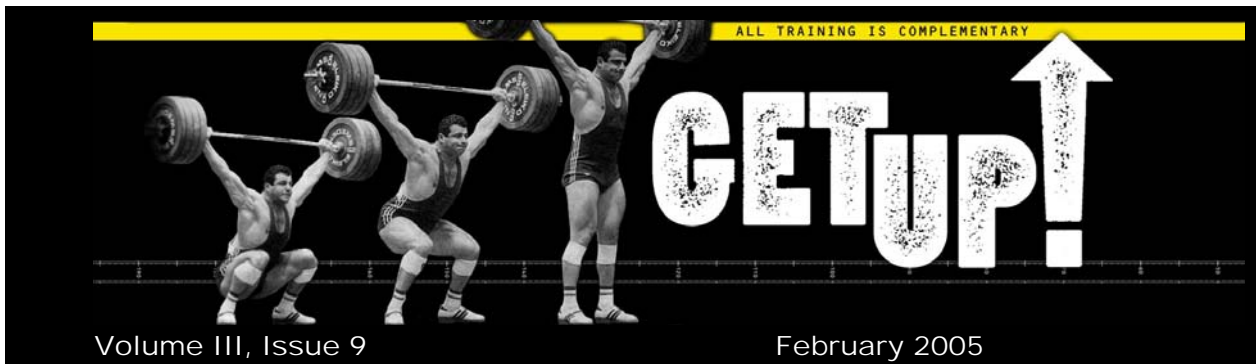
3. Muscle snatch.

Exactly as with step 2, then finish pulling the bar to the overhead position. The bar should end up in line with the back of the ears, with the wrists bent back.



4. Behind the neck press.

Still using a snatch grip, press from the shoulders where the bar normally sits in



a back squat. This is not going to wreck your shoulders; it's only a 4-ounce PVC pipe.

5. Behind the neck push press.

Like step 4, but start with slightly bent knees and use a little knee kick to pop the bar up. Do NOT go up on toes, kick through the heels.



6. Pressing snatch balance.

Squat stance. Press the bar up as you simultaneously go down into a bottom position overhead squat. With practice, the bar doesn't really move. This is not a quick move.



7. Heaving snatch balance.

Squat stance. Like step 6, but use a little knee kick as in the push press. This is a quicker move than step 6.



8. Drop snatch.

Move the feet a little closer, into the pulling stance. Use little knee kick like step 7 but drop down into the bottom of the overhead squat position as fast as humanly possible while popping the feet into the squat stance. Minimize air time. Faster. Faster still.

You can also add a step 9 if you wish, snatches from the hang position. The whole sequence flow from one step to the next and should take no more than a minute or two. Often I'll have the lifter go through the sequence once with a PVC pipe and then again with a 15 pound exercise bar.

Once proficient with this drill, some impressive weights can be used with many of the steps when used as individual lifts. Some of Mike's lifters have put up some huge weights in the drop snatch. I won't tell you how much.



This drill is also a great drill for teaching the snatch to brand new lifters. Many poorly taught lifters may take months to learn the full squat snatch, if they ever learn it at all. Using this drill as a base, my experience has been that I can teach an athlete with decent coordination and flexibility to do full squat snatches and squat cleans in less than an hour.

The effectiveness of teaching snatches this way is in the simplicity. After running the new lifter through the drill, I have them repeat step 2, the "shrug-pull". I have the lifter notice the height of the bar, which should be mid-sternum. Next the lifter does a couple more drop snatches, which is step 8. I have them pause at the bottom position. I point out that the bar is at the same height as the shrug-pull. The athlete is still in the bottom position of the overhead squat. I say, "Remember this position, remember what it feels like."

The next step is the simplification. I tell the trainee to perform the shrug pull and then get into that bottom position of the overhead squat as quickly as possible. I don't use the "snatch" word. The stated goal is simply to get from "here" to "there". Get there Now. That's it.

This works.

Thanks to Ben Siminou (go Cornhuskers!) and Robbie Ho for demonstrating the lifts and allowing me to take their pictures.

Get OUT! A field guide to training outside...

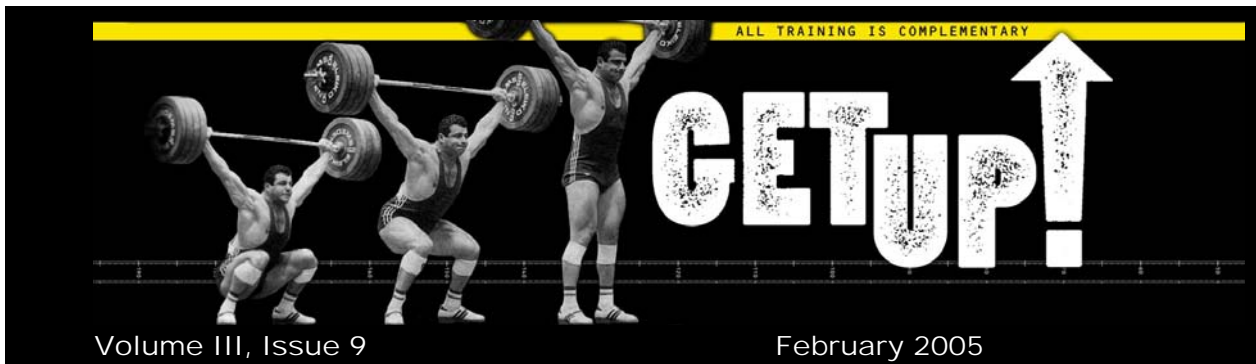


Joseph Leff lives in Brooklyn, New York and has competed in powerlifting and strongman. He is a Certified

Strength and Conditioning Specialist and has a Master of Fine Arts in Creative Writing from Columbia University. He feels this makes him qualified to someday write an epic poem about the Zercher squat. Joseph Leff can be reached at josephleff@yahoo.com.

So many people face a dilemma when the weather's beautiful about whether to go to the gym or spend time outdoors. Often, if they go to the gym, they're unhappy because they're inside and also not spending precious time with their family. Yet, if they're in the park, fishing, etc. they feel guilty about missing a workout. I have two workouts that can be done outdoors with minimal equipment that solve this problem—one can be outside, enjoying spending time with family and friends, and still get a great workout.

For the first one all you need is something to chin on. Some way to do dips is nice but not necessary. The workout consists of two supersets. The first is chins and either dips or pushups. Five sets of each works nicely but that's up to the individual. The next is hanging leg raises and "Hindu" squats. Again,



five sets of each works well. These four exercises will, together, work the entire body. Chins can be done many places, of course, at the playground or even on a tree branch. So a person can take the family fishing and, as the day's catch is being grilled, do this workout. I can't think of more enjoyable "post-workout nutrition" than this! If you want to make this workout more of a challenge and add more of an endurance aspect to it two things work well. The first is running hills or intervals after the upper-body superset. The second is to just keep doing squats after you have finished all of the planned sets. Some mixed martial artists do nothing but squats for a half hour or so, but doing far less than this would be quite a challenge after this workout.



The second workout is equally simple and effective. It involves a clean and press of some sort followed by carrying weight. If you have dumbbells you can bring along or keep outside that's great. Do a set of dumbbell clean and presses. Then, without putting down the weights,

do a farmer's walk of 25 yards or so as fast as you can. Catch your breath and repeat. Ten times is a great workout, nice and brief and intense. The whole body is trained, and the cardiovascular system is as well. If extra work is required I find that pushing a car is a great finisher to this workout. It's easy to improvise a clean and press/weight-carrying workout if no dumbbells are to be found. In the woods, clean and press a rock then carry it. Or a log and then drag it uphill. Just coached a t-ball game? Clean and press an equipment bag and then bear-hug it and carry it.

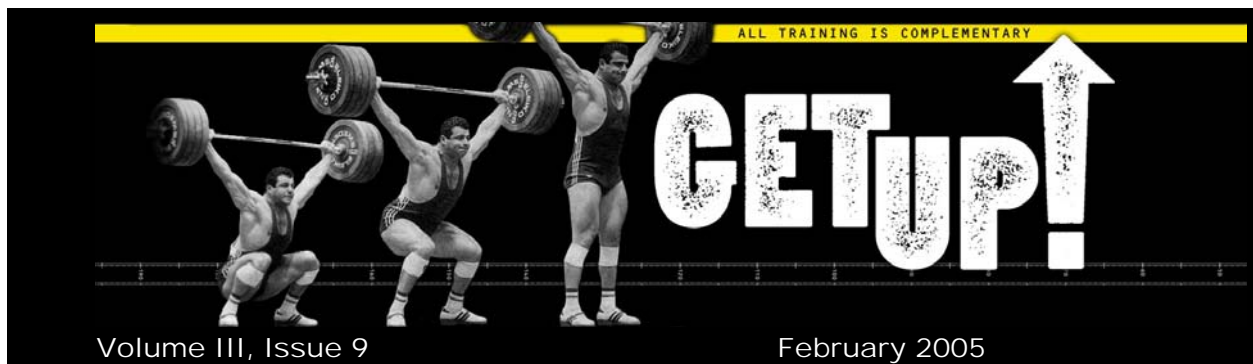
Doing each of these workouts once a week is great for someone who wants to get out of the gym for a while, They'll go back in great condition and greatly refreshed.

Welcome aboard, Joseph. I especially like the idea of training while fishing...good stuff here.

The "Forty Days" Workout

Editor in Cheap

Have you ever heard something so simple, yet so "right," that you literally can't wait to try it? My good buddy, Greg Watson...a young upcoming hammer thrower...had gone back east to the Yuri Sedyck hammer clinic. When we met up in Las Vegas, he opened my eyes to a concept that simply staggered me in its "rightness."



Last summer, as Get Up!, readers may recall, I spent a week learning the hammer from Sedyck...the world record holder. No, I'm not any good, but one thing I have learned in life should be worthy of consideration: always, always listen at the knee of a master. Any master...any field...trust me, you will learn.

The technical stuff is important, but Greg came back with a real training gem...the forty day workout. No, you don't workout for forty straight days, instead, well, let's talk.

The key is this: for the next forty days, maybe eight weeks in total if you take two days a week off, you are going to work out.

No surprises, so far. But, here is the difference...for the next forty days, you are going to do the EXACT same workout.

Hang on...didn't Pavel just finish telling us that we should also adjust our training with the variation mantra of "same, but different." Yes, but didn't he also tell us to "Grease the Groove?"

Here is the program:

- Pick four to six exercises in the weightroom.
- Pick a "couple" of drills, if you are a thrower or other athlete.

- Pick a throwing routine.

Now, each and every day: do it. Start light, light, light and simply add weight whenever the bar starts feeling too easy. Each day, tick off one more off of the total count of forty workouts. Think "Day One of Forty" or "Day Fourteen of Forty." No single workout is the end all or be all of training. At the end, test yourself by competing. If you improved, you "chose wisely."



Examples? Sure, here is "part" of what I am doing:

Lifting

Romanian Deadlifts:

3 sets of 3 or 2 sets of 5

Incline Bench Press:

3 sets of 3 or 2 sets of 5

Chin ups:

3-5 sets of a few reps less than failure

"Isometric Abs" L-Sits or Hanging Raises

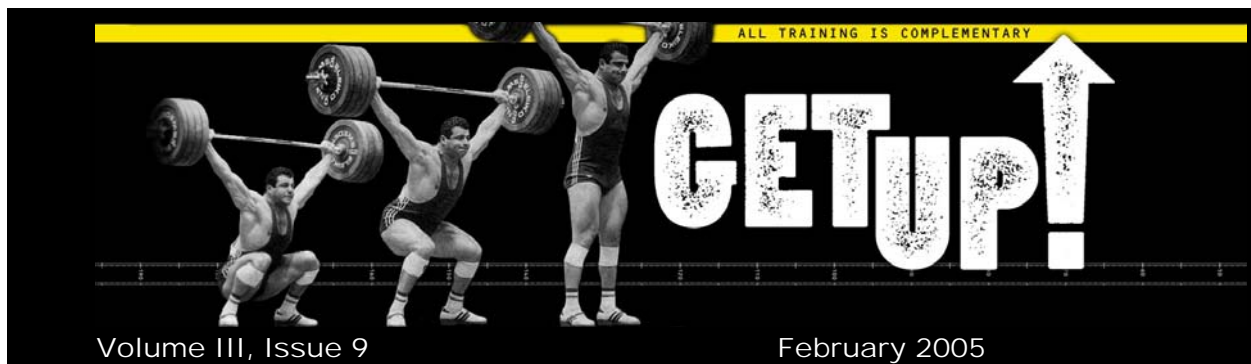
Sneak these up to a minute...

In addition, I do the Ab Wheel and Kettlebell Snatches in the mornings.

Throwing

Discus Drills...Nickersons, One Ball Drill, Tech work

Snow is an issue, so I do break from the perfect system because of weather. If I can, I try to follow a simple



scheme of throws, but...until the weather breaks and the sun is out when I get home...this isn't perfect.

The upside of this training idea is that there is no single great workout or lousy workout. It is simply "one" of forty.

Is it working? Well, Paul Northway donated an Incline Bench to the Institute this last autumn and I began this experiment. I decided that a 300 pound Incline Bench...with no spotters and no lift off...would be a worthy goal. Every day, for about eight weeks, I did "around" ten reps. I started with some ugly reps with 165 pounds and only raised the weights on the bar when it felt "light." On December 14, by myself in freezing temperatures, I benched 300 for a double...easy.

All I did for eight weeks is gently add weight when I felt like it. My goal had been reached about six months early. The other "members" of the Forty Day Club are reporting similar results.

What if you don't have Forty Days. Try the idea with simply Ten or Twenty Days. Mentally, this is a rather refreshing workout...no one day is good or bad, it is simply one more brick on the building.

An Old Post from "Old School"

I gave blood yesterday, and thought this post from 2000 worth repeating:

"On another note: I gave blood yesterday. As you guys who have been around know, I give blood as often as I can, four or five times a year. I usually pass out, but I have been giving blood since 1978 and I keep coming back. I had a great talk with all the nice gals at the Red Cross, believe it or not, I usually get into conversations about health, lifting and theology. Well, the research is getting clearer and clearer (of course, the Red Cross would push this point anyway) that giving blood is one of the healthiest things a man can do! It lowers the blood iron levels, a good thing: you don't want "rust," and it helps the blood flow "easier" through the system. The nice young girls (don't tell my wife about my "nurse problem") also sang the praises of high protein diets for health and the evils of sugar, simple carbs, and, one even included, starches. My point: for long term health benefits and free drinks, give blood. I feel great after I do it because it is over, plus it is good for the community. I figure when I die, I will stand before "The ONE who made all" and I will hear a litany of all the great sins I have done. A long litany. I am hoping someone will yell from the back: "Hey, I got some of his blood." And I will hear: "Okay, whatever, come on in.""

Published by Daniel John

Daniel John, Editor

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