

Well, what's going to happen to Harry Potter?

I was just wondering. I was reading something the other day and many people think that Harry is doomed. It's odd, but after all the excitement of "300"...and, yes, I have seen it a bunch of times...somehow dying for the right reasons doesn't seem so bad.

The other day, a guy was using my track to workout and he told a couple of my kids about his life. He looked sixty and was thirty-five. He was Mr. Somebody and did all the kinds of things that make you huge but kill you. No moral play here...just saying: is dying young worth having big arms?

You see, dying young is one thing: wasting life is another. I have no point here, this is "Get Up," for godssakes, but every so often it is fun to kick around why we do the things we do.

In this issue, we introduce two new authors who will be vying for parking spaces in front of the Get Up headquarters and enjoying the Instant Gourmet Buffet that all of our authors enjoy each day.

I think they both "get it." Enjoy!

Let's remember the mission here:

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 Quest for the Bodyweight Overhead Squat...no, not as exciting as the Holy Grail, but close...

Erik Miller
Librarian, Strength Coach, and Throws Coach at Malvern Preparatory School in Malvern, PA. PSAC discus champ in 2000 and the PSAC 35# weight champ 2002 while attending Kutztown Univ. PA State Runner up in 1998 as a senior at Boyertown High.

I began incorporating the OHS into my workouts back in January of this year. I had flirted with the exercise a bit in the past by doing reps of power snatch to an OHS with light weight, but I never did the OHS by itself or with heavy weight. In February, I came across the excellent publication known as Get UP! As a discus thrower I was intrigued by how the editor uses the OHS to get big throws out of his athletes. After reading

all the praise for this exercise I decided that I was going to get good at it and make a return to the circle.

I haven't thrown competitively for five years now because of a back injury that flares up when I do a lot of twisting or heavier lifting. I have rehabbed my self to the point where I can do most exercises but not quite at the level I used to.

In my first workout doing the OHS I went up to 70# for 12 reps. I was merely working technique and starting slowly. When I first tried 100# the exercise taught me a couple things about myself. 1) I have weak and inflexible shoulders. 2) My middle back strength SUCKS! 3) Flexibility in my posterior chain needs improving. And 4) this one is positive - the day after OHS my back pain is non-existent. On January 20th I made the decision, I was not going to do any more heavy squats or deads (which hurt my back) until I was able to do at least one rep with bodyweight/230 in the OHS. I am going on pure assumption here, but I am hoping with the added strength in my pillar I will be able to withstand heavier weight and keep better form when performing these exercises.

A month later I had reached the 150# mark and my first issue from above was beginning to show – weak shoulders. I had trouble getting the weight over my head. Once it was up there it wasn't so bad to hold, but the transition from resting it on my shoulders to getting my arms locked caused me some worry. If I was being taxed by 150# how would I get 230# up there!

I needed an exercise that was going to allow me to work with at least 230# and challenge my ability to balance that load. Enter, Hand Stand Push Ups.

Now, I know what you are thinking, how can this guy who complains about pressing 150# do a HSPU? The answer is simple, by taking small steps. The gym at my school has 6" and 2" steps that we use for various exercises. The first day I used a 12" stack and a wall for balance and did partial reps. The range of motion was very small but the effect on my shoulders and triceps was large. I couldn't do very many reps and I struggled with balancing while inverted, but I kept at it.

A week later I was able to drop to an 8" stack for partial reps. My inverted balance and awareness got better and I began doing locked out holds for time. I even began doing freestanding holds by pulling my feet off of the wall. On March 2nd my OHS went up to 160x5. No pressing issues on this day. The bar went from shoulders to lock out with ease.

As of March 19th my best OHS reached 175x5. On that same day I did HSPU's using only a 6" box for sets of 5. I even did a few reps without using the wall for balance. Once I can get sets of 10 at the 6" level I will go down to 2" and with some more hard work, the floor.

May the challenge continue!

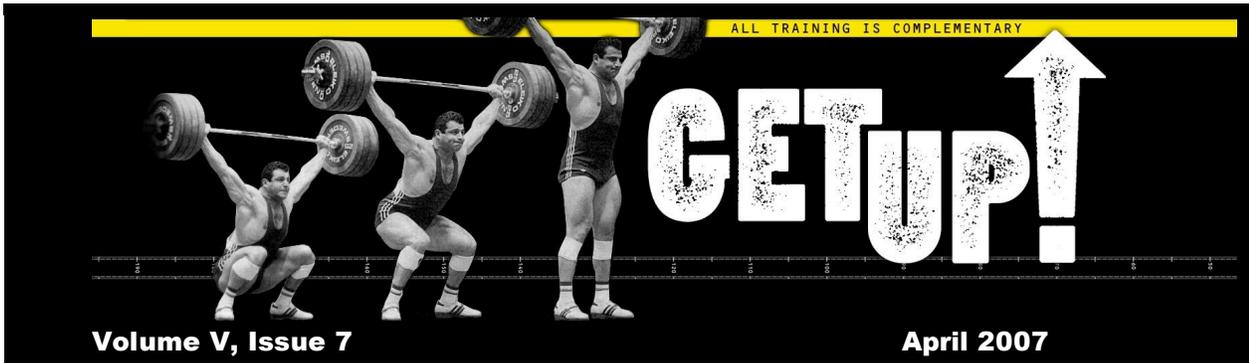
ONLY 55# TO GO!

Good job here...the interesting thing is how the Overhead Squat seems to instantly teach you what you have been missing...

Functional Strength for First Responders

Rick Samples

Rick Samples is a lifetime drug-free strength athlete who has broken several records in the sport of powerlifting since he started competing in 1985. He is the founder of Silverback Strength Systems, LLC, a strength and conditioning company based in the



Golden Isles area of southeast Georgia, He is the powerlifting technical advisor for Crossfit East (www.crossfiteast.com) and is available for consultation and customized Industrial Strength™ training programs. Send correspondence to Rick@SilverbackStrength.com.

anaerobic events.

The purpose of this article is to provide some suggestions for personnel who may be called upon to rescue an individual by dragging them out of

Every day thousands of police officers and emergency services personnel perform pressing, pulling, twisting and lifting movements that would fit into anyone's definition of "athletic". Unfortunately, these brave men and women are rarely given any specialized strength training related to their duties. Standard police academy physical training normally entails slow runs in formation and calisthenics. Police and Fire academies often have first class weight rooms but rarely have anyone on staff that is qualified to show recruits specific techniques that will enhance their



harm's way. The technique to be discussed involves bringing a prone suspect to a seated position (Figure 1), lifting them from behind by reaching through their arms (Figure 2), and pulling them backward to a place of



performance and reduce their chance of injury. Too often, trainers use aerobic training to prepare their recruits for



safety.

To prepare for this event three exercises will be used. The first is the deadlift, a lift that some call the most functional lift of all. Training the deadlift properly will hopefully prevent personnel from damaging their backs by lifting with rounded backs. To perform the deadlift grasp the bar with a shoulder width grip. Keep the back flat, or slightly arched, inhale deeply through the nose and tighten the core (Figure 3). Next, drive the weight up with the quads by driving the heels into the floor. Once the bar clears the knees drive the hips forward to complete the lift. Perform three to five sets of three to five repetitions.

The second phase of the rescue requires the officer or fire-fighter to lift the individual so that only their feet touch the ground. To train for this the Zercher squat will be used. The Zercher squat is performed by performing a front squat with the barbell cradled in the crook of the arms. Begin by placing a barbell on pins at thigh height inside a squat rack.



Assume the Zercher squat position (Figure 4) and maintain a flat, or slightly arched back. Now, stand up by driving the heels into the ground and by keeping

the chest high. Use the same set and rep scheme as with the deadlift.

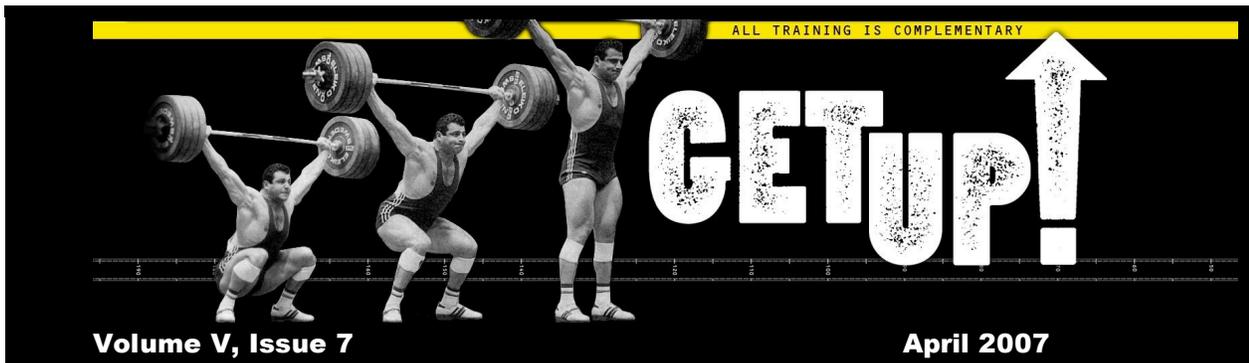
The final exercise will prepare rescuers to move the individual once they have



lifted them from the ground. The safest way to practice moving a load backwards is the dragging sled. Load the sled to a weight that can be pulled at least fifty feet. Hook the handles in the crooks of the arms (Figure 5). Lean back slightly and pull. Use toe to heel steps and focus on maintaining balance and steady movement. Do not attempt to run while moving backward with the sled. Complete four to five fifty foot pulls.

This method of analyzing a strength event can be used for any tactical challenge by breaking the event into its beginning, middle, and end. The reader should recognize that these lifts are all multi-joint compound movements that require superior posterior chain strength. Since real life events do not call for single muscle isolation neither does the training of the tactical athlete.

Excellent, excellent stuff here...far too good for this newsletter...



Just One Thing...

David Witt

You don't know David Witt? What do you read? Certainly not Get Up...

"I would only do one exercise, if I could do it all over again." "Really? Which one?" "Over Head Squats."

This now classic exchange got me thinking. It's almost time for my first highland games experience of the year, and I need to start doing some highland stuff in my training. If I took only one implement to work with, what would I take? The answer for me, my kettlebell.

This winter I procured my first kettlebell, 20-kilo model with a stylish black finish. Being now a master's athlete, it is just a little heavier than the heavy weight that we use in highland games. But it's versatility is what draws me to it.

It has a handle, so it makes for a good HWFD implement. The handle is thick, so I'm working on hand strength at the same time I'm working on my footwork. In the same light, it makes a good WOB training tool. I'll usually throw it as a WFD, and then as soon as I pick it up I'll toss it overhead as a WOB exercise.

You can hold the handle in both hands and wind it over your head and work on your hammer muscles. You can even hold it against your neck with the handle pointing away from your body and do some braemer stone throws with one heck of a heavy weight, it really forces me to use my legs on that one.

Then of course it is ideal as just a general throwing pud. Forward between the leg throws, one arm back over the shoulder throws, or around the shoulder hammer style, whatever you can dream up. You'll be huffing and puffing in no time if you just keep tossing it around with little rest.

So if you want to practice highland events and are on a limited budget, I suggest getting a kettlebell. Or, if you only have room for one item to train with on vacation, again, the kettlebell fits the bill. Ask for it by name.

As always, David...great work here.

Closing Rant

As I go to put this on the web, a whole bunch is coming out about the Virginia Tech massacre. I would hope that people would not turn this into a political debate. But, alas, too late.

I got nothing to add...save that sometimes my old field...Theology...has a lot to offer.

I am working on a number of articles right now. I will try to keep you posted.

Published by Daniel John

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