

SPORTS FITNESS



Sports Specific Training - Part 2

By David Hansey, 404-514-1896, NASM-PES Certified Sports Fitness Specialist. NASM-PES Certified Personal Trainer. www.4fitbodies.com.

This is part two of my feature on Sports Specific Training. Last month, I gave some details on why everyone who participates in a sport needs to review their physical needs and what Sports Specific Training can do for every athlete and how it can prevent injury. This month I will go into some details on how sports specific training can dramatically improve your game.

Do you ever wonder why professional athletes train so hard? Many of them are naturally talented. Their training may in fact be the difference between being a professional athlete and being a minor league athlete. Look at how many young men are drafted in the baseball draft that you NEVER see play in the major league. They had enough talent to get the attention of the scouts but they did not have what it took to progress to the major league. A necessary part of becoming an elite athlete is training in a way that is specific to your sport.

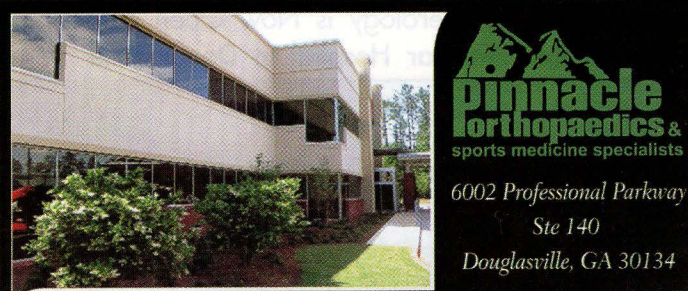
Sports Specific Training is not just working out. It means doing training that emulates and supports movements that your sport requires. It is NOT doing a cookie cutter routine that is made for anyone. A tennis player spends more than 50% of their game moving laterally so doing a workout on machines or in a class where you perform exercises that are not meant for lateral strength and stabilization is really a futile use of your time. Many machine based workouts and classes are not meant for athletes. Machine based workouts are built for the use of many different kinds of people so they are for general fitness at best. Classes are mostly cardiovascular routines and even the ones using weights are not classified as strength training and they certainly are not meant for athletes looking to improve their game.

I see many people spinning their wheels when it comes to sports performance because they have never had the opportunity to work with a specialist in Sports Fitness. A few sessions with a trainer who has sports training experience and certifications to back it up is a good idea for any athlete because it streamlines your training needs. For example, a football player may need to work on their bench press and squats for explosive power and strength off the line of scrimmage but these moves do not do much for golfers and tennis players who need exercises specific to their sport such as torso cable twist and high pull cable twist.

In addition to working on things that are specific to your sport, it is important for every athlete to also understand their personal weaknesses and strengths. If you have amazingly strong arms, you may be an exceptional batter in baseball who can hit home runs but you may have weak or tight shoulders or wrists that can still cause you problems with repetitive use injuries and lack of control when throwing. Or you have strong legs, but you may have very weak or tight hips that make you unable to react quickly on a direction change on the tennis court not to mention making you prone to knee injuries.

Ruth is back at Gold's Gym

If you are one of the hundreds of Douglasville women who successfully worked with Ruth Mabry on your fitness program, she's back! Ruth, formerly with Gold's Gym, Jenny Craig and Healthy Inspirations, recently moved back to her hometown of Douglasville with her husband David after several years in Texas. "My passion has always been helping people to be healthy and happy. Gold's Gym has been a staple in our community for twenty-two years, and I am grateful to be 'back home' with this great team." Ruth can be reached at 770-949-1116 at Gold's Gym on Chapel Hill Road.



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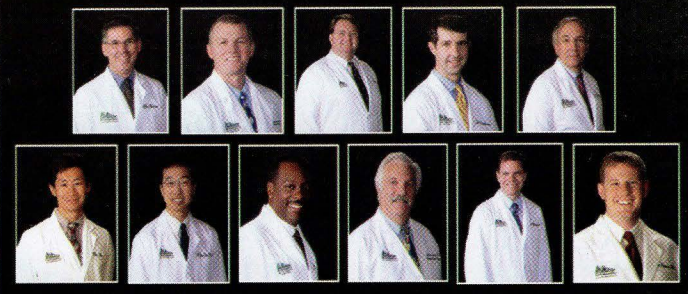
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