

Auxiliary Exercises

Auxiliary lifts should be done after the Core Program. They are to be done if time permits. Care should be taken in selecting which auxiliary lifts to add to the program. Are they going to help my sport? Will they take away too much of my time and energy for running, agility and technique work? These are two questions that should always be asked. I will discuss two auxiliary exercises which will assist each core lift.

Squat Auxiliary Exercises

Step-ups: The exercise is done with the weight placed on the shoulders as in the squat. A 12" platform or box is an ideal height for step-ups. It's great for all sports as this builds power balance.

Leg Thrust Machines: Where this can be of great value is to thrust upward on a verbal or visual cue. Offensive People go on the QB's signal and defensive personnel move on the ball. The coach can work on proper hip drive technique, explosive power and reaction time. I did my master's thesis with the 1967 University of Oregon football team and found reaction time can be improved by this method. It is important to put some pressure upward on the command of 'ready'. This prevents jamming the shoulders and spine.

Bench Auxiliary Exercises

Incline Press: Many strength coaches use this lift instead of the bench press. Many shot putters also use this instead of the bench press.

Dips: One of the top two auxiliary exercises, dips can be done on parallel bars, a dip rack or a Universal Gym. At least five heavy sets of 5 to 10 repetitions twice a week is recommended. A rope or preferably a dip belt can be used to strap weights around the waist with the legs crossed to help stability. Dips build tremendous tricep power: extremely important for linebackers, defensive linemen, wrestlers and throwing. I have a formula: bodyweight plus a 5 rep dip max = bench press maximum. Therefore, if I weigh 200 pounds and want a 400 pound bench, then I'll need to do 5 dips with 200 pounds.

Deadlift Auxiliary Exercises

Stiff Leg Dead Lifts: This exercise develops lower back strength and it will prevent lower back pain and injury which can occur after heavy dead lifts or lifting incorrectly. Very light weight should be used at first, and then gradually more weight can be used. An athlete with a lot of training can do stiff leg dead lifts within 100 pounds of a normal competitive lift.

Partial Dead Lifts: This lift is usually done by those desiring to compete in a meet. This lift allows the athlete to experience a very heavy weight without great fatigue or unnecessary back strain. The bar is set up on blocks or in a power rack at a height just above the knees. About 100 pounds more than a normal dead lift can be used for training purposes.

Clean Auxiliary Exercises

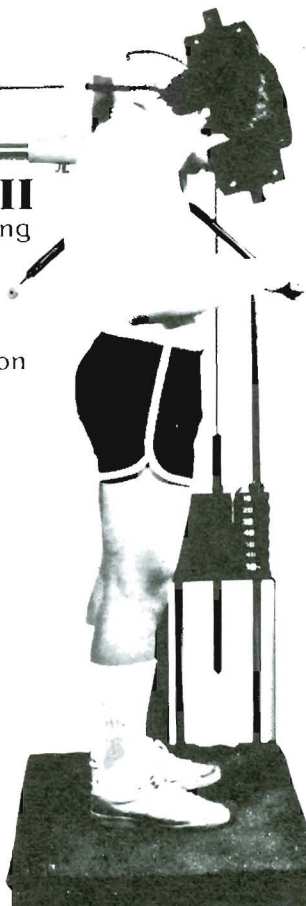
The Hang Clean: This is an excellent lift to do instead of cleans. It takes quite a lot of pressure off the lower back. It is excellent to do in-season. You may do this exercise from blocks. They can also be done by standing with the weight in a completed dead lift position. Then bend down until the bar is at about knee level and begin the hang cleans.

Power Snatch: This is an advanced lift done mostly by track athletes. An extremely wide grip is used and the weight is snapped explosively from the floor to an overhead position in one continuous movement. I recommend this lift only for individuals and not to be introduced to a football team as a group exercise. It's too dangerous to have groups doing it at the same time.

Neck Exercises

This is probably the most important auxiliary exercise for football and very important in wrestling. A neck machine like Roughneck II can be used. Neck exercises with movement are superior to isometrics. Keeping track of neck measurements is a valuable motivational tool.

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