

# AUXILIARY EXERCISES

by Greg Shepard  
First in a Series



## Leg Thrusts

The leg thrust machine, hip thrusts or hip sled can be a valuable auxiliary exercise. It is not meant to replace squats. This would be a serious mistake. Auxiliary lifts should be done after the core program. They are to be done only if time permits. The two questions that should always be asked concerning auxiliary exercises are: Will they take too much time and energy from running agility and technique work; and are they going to help my sport? Leg thrusts can help and be very worthwhile in all the major power sports. I rate leg thrusts very high on the list of auxiliary exercises.

I've seen some athletes do 2 or 3 sets of 10 and think they have really done something. They have if they have gone down to a parallel or slightly below parallel position. Most athletes don't however, since an athlete should be doing a regular squat routine anyway, I recommend a different kind of routine. Remember, your objective is to win the game, so you should always be asking yourself "How is what I'm doing going to help me win in my sport?"

Since you should be building leg, hip and buttock strength with squats, why not try to improve **Explosive Power, Technique and Reaction Time** with leg thrusts? If you are a football player, have a QB or training partner give a snap count. On ready, put pressure upward so the shoulders are tight against the pads. This would prevent a sudden jolt to the body and a possible injury. Then on the snap count drive explosively upward driving the hips through an imaginary block. It only takes two sets of

4-5 reps to get a real benefit. The QB should mix up the count so the lifter has to concentrate on the snap count. Maybe it will save a 5 yard penalty in a game. The athlete should also concentrate on a tremendous explosive fast reacting all out effort. Tremendous velocity should also be achieved at the end of the movement with the lifter finishing on his toes. A defensive player should practice reacting on a visual movement. His training partner should try to fool the lifter by getting him to react on a sound. This should help a defensive player concentrate on watching the ball. A coach can also teach blocking and tackling techniques with this method. "Hips through" "Head up" "Drive" "Explode" "Concentrate" "Your offside;" A coach can have a lot of fun with this method of leg thrusts. If you are interested in further information on this lift, it is fully shown on the video cassette program entitled cassette IV.

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