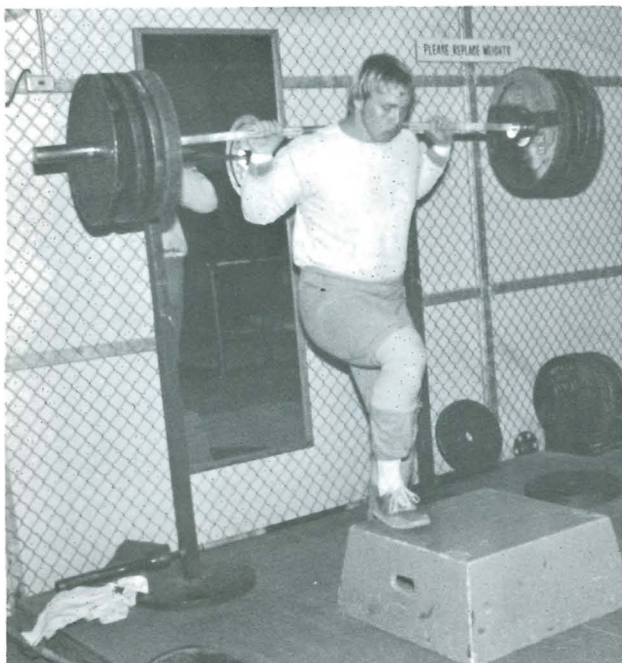


AUXILIARY EXERCISES

Part 2 in a Series
by Dr. Greg Shepard



Step-Ups

Step-ups develop what I call "Power Balance." They should be very high on the list of auxiliary exercises for all sports. Step-ups are particularly great for the discus, hammer, shot, hurdles, jumpers, running backs, receivers and basketball players. They, of course, are not meant to replace squats. They are to be done 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?

The weight is placed on the shoulders as in the squat. A 12" platform or box is an ideal height for step-ups. Stepping up on a box one leg at a time puts the body in a stretched position. This is very good. This is why it helps "Power Balance." Any time an athlete extends himself maximally in his particular sport from one leg like the above sports, "Power Balance" is critical to success. As the resistance is shifted from one leg to another on the execution of the step-up, this transfer helps build power during this complete movement. Since free weights are being used, the body learns to balance this resistance while building power. During a discus, hammer and shot put; or during a long jump and high jump; or during a run and catch in football; or during a drive towards the basket and rebound, THE BODY IS CONSTANTLY SHIFTING MAXIMALLY FROM ONE LEG THEN TO THE OTHER LEG. Step-ups will build great strength for this transfer of power.

A good starting weight is 145 pounds. This can be increased fairly rapidly. Some discus throwers I know

can perform step-ups with nearly 500 pounds. Two to three sets of 5-10 reps can be used while training one to two times per week on this lift. For those of you who follow the BFS set-rep system, this may be one of the two auxiliary exercises you choose to do to complete the BFS rotational cycle. If you are doing the M-W-F BFS system workout, do step-ups between the clean and dead lift on Wednesday or if you want an additional workout, do them after the core lifts on Monday.

Lifting techniques to consider: lower back in, chest out as in the squat; and once the upward thrust and shift to the lead leg has begun, continue accelerating explosively to the completed position. Lead with the right leg, come back down and then alternate by next leading with the left leg. Naturally, when you take the bar off the rack, you'll move forward to the platform, do the lift and then walk backwards to "rack" the bar. If you are interested in further information on this lift, it is shown on our BFS video programs entitled Cassette IV.

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