



Overhaul

MAINTAINING THE MIND, BODY AND SOUL

85

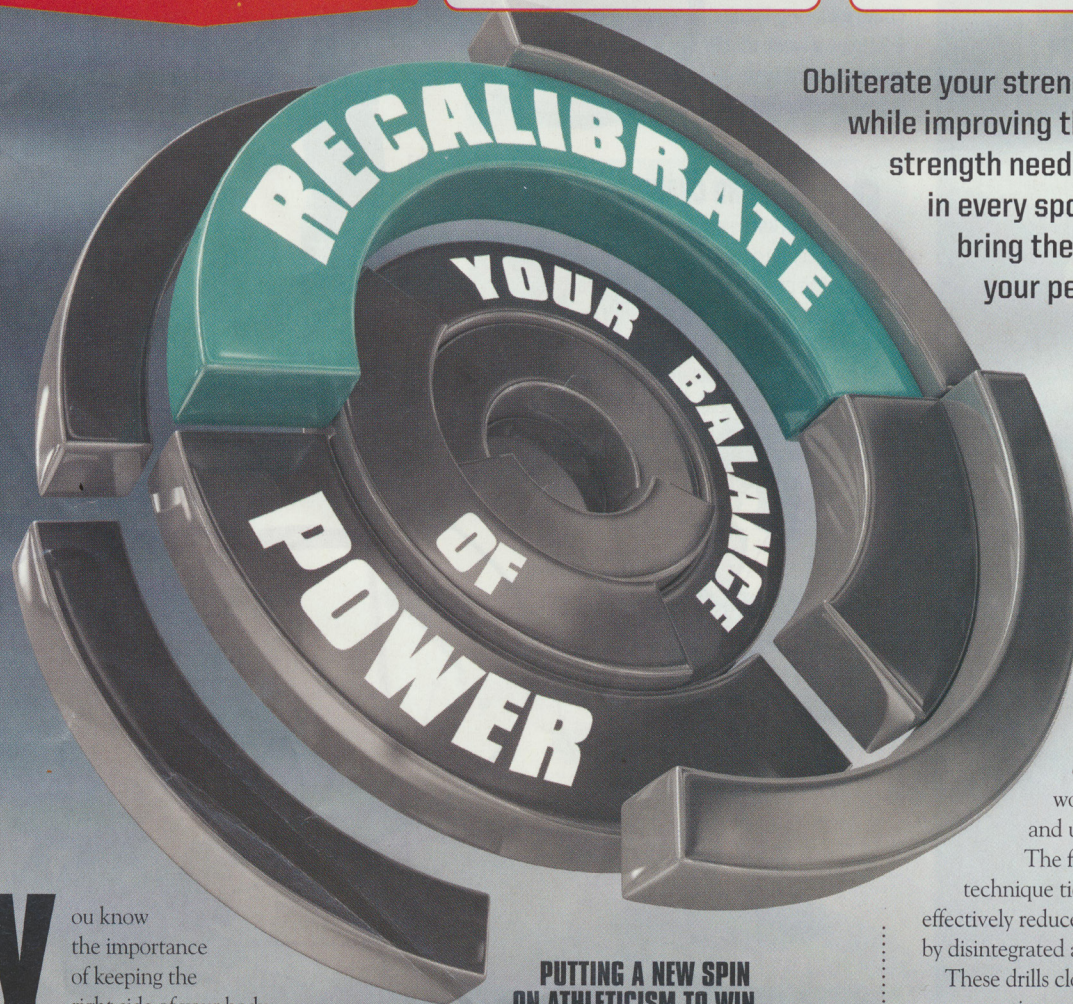
OBLITERATE STRENGTH IMBALANCES

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HEALTH CHECK: STICKS AND BONES

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PAIN BARRIER: HAMSTRINGS



You know the importance of keeping the right side of your body as strong as the left side. And even if you train more with dumbbells than you do barbells, this isn't quite enough, since movement in the human body revolves around rotation. Your non-dominant side is often weaker and less coordinated than your dominant side.

Fortunately, by adding a few moves that target these two fundamental elements of movement, you'll increase your functional strength, mobility, core strength, balance and coordination.

Here's how to make your skills better at every athletic pursuit.

PUTTING A NEW SPIN ON ATHLETICISM TO WIN

Even the slightest hiccup in your ability to rotate means you'll bleed power and become poorly balanced. Without even realizing it, the strong are left weaker and the fast are left slower.

To overcome this it's crucial to include rotational movement patterns in your daily routine so they're ingrained into your muscle memory. The essential elements needed for rotational power include, rotation and counter rotation around your vertical axis, aka your spine. If you consider your sagittal plane or frontal plane movement, your joints articulate with

Obliterate your strength imbalances while improving the rotational strength needed to excel in every sport. Use it to bring the BOOM to your performance

rotation, rather than linear movement because there are no straight lines in your body.

Complex? Yeah! But to understand it you can look at an example of the squat. Your hips, knees and ankles are all in concert, so rotating without correct rotation ratios will result in stress on the joints because you won't have full continuity and unity through your body. The following training

technique ties everything together and effectively reduces power leakages caused by disintegrated and inefficient movement.

These drills closely relate to those you'll use every time you train, get sweating on a sports pitch or just pick up your washing basket. In other words, they'll make you better at everything.



YOUR TRAINER
MARTY SHANNON



CEO at WeckMethod who works with elite trainers and designs programs for a variety of products including the Rotational Movement Training (RMT) club, BOSU Elite and to enhance athletic performance and functional strength.

FIXING YOUR WEAK AREAS

When you're doing anything athletic, the dominant side of your body works overtime to compensate for the deficiencies in your weaker side. Just try throwing a ball using your unfavored hand and you'll notice how weak and awkward it feels. That's because the stronger, more coordinated side of your body has had years to establish its dominance.

Not only do you walk around with these divergences on a daily basis, your athletic pursuits also suffer, so limiting these deficiencies will enhance your overall performance. It does this by programming the intelligence of the dominant side into your inferior side. So if you perform at an 8/10 on your dominant side and 4/10 on your non-dominant side, your total performance rate is 12/20. But if you improve your non-dominant side to 7/10 and raise your dominant side to a 9.5/10 you will be performing at 16.5/20 making you a much better athlete.

The left side of your brain controls the right side of the body and vice versa, so improving your non-dominant side's capacity will also result in better balance in the brain and improved mental function. So if you want the winning edge, this is how to get it.

GO CLUBBING FOR MORE POWER

The rotational movement training (RMT) club (\$99.95, wreckmethod.com) is a great tool for applying non-dominant side training and RMT into your routine.

With a durable, flexible club head and strong handle, it can absorb high-impact strikes and high-intensity swings in all directions. The internal shifting weight provides dynamic resistance and delivers audible feedback that'll let you time, synchronize and compare movements on both sides of the body.

If you don't feel like shelling out for one you can do the exercises in this routine using a weighted baseball club, a dumbbell loaded with weights on one side or a sledgehammer. Just go slowly and be careful when you first start out - nobody ever made gains while knocked out.



WHAT TO DO

The following exercises and movement patterns use the principles of RMT and non-dominant side exercise and can be seamlessly incorporated into your current training program.

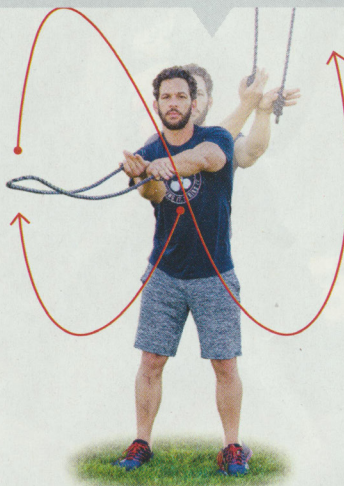
Simply do them as a warm-up once or twice a week at the start of your session or as a stand-alone workout 2-3 times a week that'll make you stronger, leaner and suppler.

Do eight reps on each side, rest 30 seconds then do it on the opposite side. Rest for two minutes after each set.

06 RACE AND CHASE

Works: coordination, symmetry, core, traps, biceps, triceps

A) Holding one end of a jump rope in each hand, stand with your feet shoulder-width apart in a neutral stance. Stack your right hand over left. **B)** Make figure-eight motions, leading with your right thumb open (race) and then cross (chase) your arms. Do for one minute, then switch and repeat.



05 HIP HINGE

Works: balance, core, hip mobility, lower back, forearms

A) Stand on your left foot with its knee slightly bent. Hold the club in your right hand behind your head. **B)** Keeping your right foot on the ground, hinge forward through the hip while casting the club forward, drawing it down to the floor with control. Meanwhile, kick the right leg straight behind you and keep the low back and pelvis flat and parallel to the ground. Do eight reps on each side.

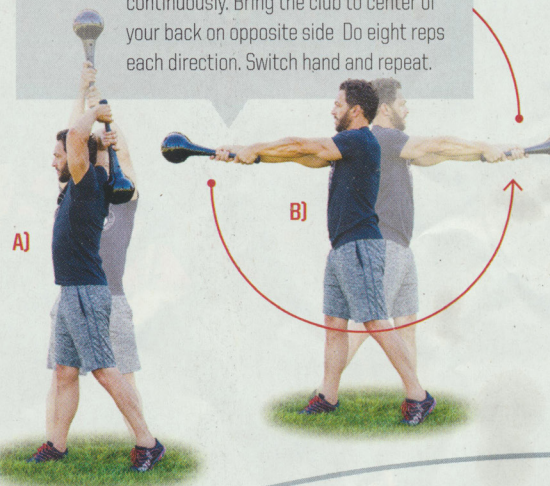


01 WINDMILL

Works: shoulder mobility, core, rotational power

A) Stand with your feet apart and rotate your body to 90° and place the club head on your back.

B) Swing the club in a 360° circle. Do four circles continuously. Bring the club to center of your back on opposite side. Do eight reps each direction. Switch hand and repeat.



SPORTS TRAINING

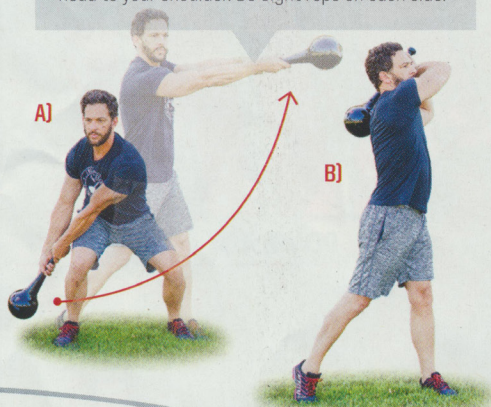


02 BAILER

Works: rotational power, hip mobility, core, quads, lats, biceps

A) Keep your back straight and bend your knees and hips. Bring the club head just outside your foot.

B) Swing the club up in a diagonal motion to your opposite shoulder and finish by touching the club head to your shoulder. Do eight reps on each side.

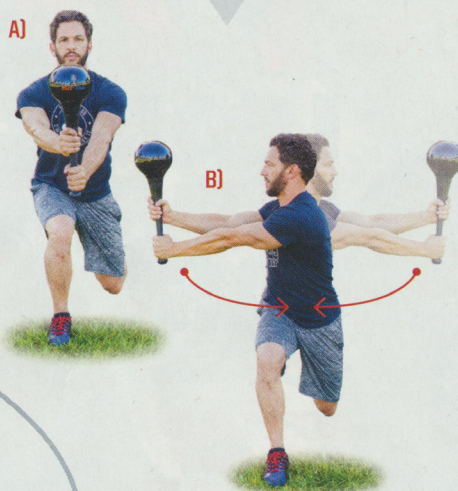


03 TRAVELING ROTATIONAL LUNGE

Works: balance, rotational strength, mobility, core, quads, glutes, hamstrings

A) Stand with your feet hip-width apart and hold a club overhead with your right hand on top. Lunge forward with your right foot, bringing the club out front and upright.

B) Keeping the club upright, rotate to the right, back to the center, rotate to the left and back to the center. Bring your left foot to meet your right while returning the club overhead. Do eight reps on each side, repeating on your opposite leg.



04 SINGLE-HAND THROW

Works: balance, mobility, shoulders, core

A) Stand with your left foot forward and club held in your right hand in an overhand throwing position with the club head facing down behind your right shoulder.

B) Swing the club forward and down diagonally to the outside of your left leg. Rotate your hand and wrist as the club moves diagonally. Bring the club back through to the start. Do eight reps on each side.



YOUR PERFORMANCE REWARDS

1. Enhanced coordination
2. Badass balance
3. Better dexterity with both limbs
4. Extreme core strength
5. Improved sports performance
6. Injury resistance •



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MATCH YOUR
POWER**

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