

Tri-Strength

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"Only the strong survive!" --Attributed to many

You know getting stronger/more powerful will help you take your racing up to the next level. But what kinds of exercises should you be doing? Machines or free weights? Upper-body or lower-body? Pilates? "Core" exercises? It's easy to be confused with the sea of information we now swim in every day. Well, today is your lucky day—we'll sort it all out for you. The only thing you ever need to know to choose the best exercises is:

Use free-standing, total-body exercises that train movements not muscles!

Free-standing means just that—you are *free* and *standing*. Free means that you are free to move naturally; you are not supported by a chair, bench, or floor as you perform the exercise. Standing means you are standing in some way; you are not sitting or maintaining a prone (laying face down) or supine (laying face up) position to execute the exercise. Sticking with this straightforward theme, total-body is not a tricky concept either. It means that the exercise requires *all* of your body (head, neck, torso, and limbs) in some way to overcome the resistance present in the exercise. Free-standing, total-body exercises help you develop strength/power that is the most usable in life, in any sport you play, and definitely in your triathlons!

Myth-Busting First, Exercises Second

1. *You should isolate individual muscles.* This is leftover from the bodybuilding culture, which still, despite many years of people lifting weights as part of athletic or fitness training, permeates people's approach to strength/power training. As a triathlete (or any athlete or any person pursuing general fitness) you should *never* do exercises that attempt to isolate individual muscles. These exercises lead to significantly less-than-optimal strength/power gains at best, muscle-imbalance injuries at worst.

2. *You should target your "core".* Yes, it is important for the muscles of your torso to be strong/powerful. But attempting to target the "core", just like any other individual muscles, is folly. You say, "But my core needs to be strong for swimming, cycling, and running." We answer, "If you need a strong core for swimming, cycling, and running, doesn't swimming, cycling, and running develop a strong core?" Think about it: If the muscles of your torso are contracting when you swim, ride, and run, aren't they working? Yes, they are! The same thing occurs when you do free-standing, total-body exercises that train movements not muscles. The muscles of your torso are activated, contracting, and being "worked" during these exercises, and they are being asked to do a real-life job, similar to what you ask them to do in

your sport. The difference/bonus is that these exercises leave you strong/powerful in an integrated, functional, usable, athletic way. The common "core" exercises cannot hold a candle to these exercises in terms of specificity of functionality. Ever stop and lay on a Swiss ball during the run in a triathlon? Ever lay on your side and brace really hard for 45 seconds during the swim in a triathlon? You get the idea—there is simply no better way to develop strong/powerful torso muscles than to do free-standing, total-body exercises.

6 Tri-Mendous Exercises

There are dozens of excellent total-body, free-standing exercises. Here are six to get you started lifting weights like a champion for you to try next time you hit the gym.

Squat & Press, Dumbbell

Overhead Single-Leg Bench Squat, Dumbbell

Lateral Step-Up & Press, Dumbbell

Turkish Get-Up, Dumbbell

Strong-Side Step & Push, Pulley or Band

Strong-Side Staggered Stance Pull, Pulley or Band

SEE THE FOLLOWING DOCUMENT FOR PICTURES AND DESCRIPTIONS OF THE EXERCISES.

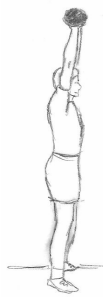
SIDEBAR

For Best Results
Add these new exercises to your current strength/power workouts gradually. Once you are accustomed to them, using all six makes for a good workout. Be sure to warm-up and cool-down first.
Do 2-3 strength/power workouts per week in your full-training weeks. Do not do any strength/power workouts during your rest weeks.
For each exercise, do 2-4 sets of 10 reps. Rest 2-3 minutes between sets.
Use enough resistance to make the last few reps of each set challenging to complete.

To learn more about Jason, Will, and Tri-Hard Endurance Sports Coaching:
www.Tri-Hard.com.

PICTURES & INSTRUCTIONS

Squat & Press, Dumbbell



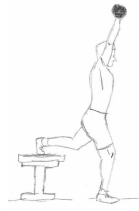
1.



2.

1. Stand with your feet slightly wider than shoulder's width and with a dumbbell held in each hand and pressed overhead as in picture 1.
2. All in one motion, lower the dumbbells to your shoulders and squat down to the position shown in picture 2. Squat down as low as you can comfortably go.
3. All in one motion, stand up and press the dumbbells back over your head, finishing where you started, as shown in picture 1.

Overhead Single-Leg Bench Squat, Dumbbell



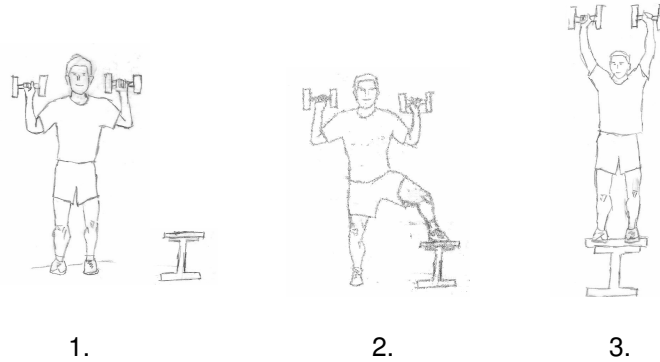
1.



2.

1. Stand on one leg as shown in picture 1, with your other leg resting behind you on a bench. Hold a dumbbell in each hand pressed overhead as shown in picture 1. This is the starting position.
2. Holding the dumbbells pressed over your head the whole time, squat down as far as you can comfortably go as shown in picture 2.
3. Stand back up, keeping the dumbbells pressed over your head the whole time, finishing back in the starting position as shown in picture 1.
4. When doing this exercise in a workout, be sure to alternate sides on each set.

Lateral Step-Up and Press



1. Stand with your feet slightly wider than shoulder's width and with a dumbbell held in each hand at your shoulders as in picture 1 with a bench to your side.
2. As shown in picture 2, step up onto the bench with one leg.
3. Next, step up onto the bench fully, and in the same motion, press the dumbbells over your head, finishing as shown in picture 3.
4. Step back down, and in the same motion, lower the dumbbells, returning to the starting position shown in picture 1.
5. When doing this exercise in a workout, be sure to alternate sides on each set.

Turkish Get-Up, Dumbbell



1.



2.



3.



4.



5.



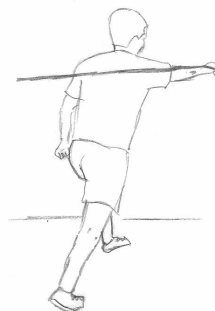
6.

1. Lay on your back with a dumbbell in one hand held straight out in front of you as shown in picture 1.
2. As shown in pictures 2-6 stand up, keeping the dumbbell held over your head at all times. Finish standing straight up with the dumbbell pressed over your head as shown in picture 6.
3. Reverse the process, easing yourself back to the starting position, always keeping the dumbbell over your head.
4. When doing this exercise in a workout, be sure to alternate sides on each set.

Step & Push, Pulley or Band



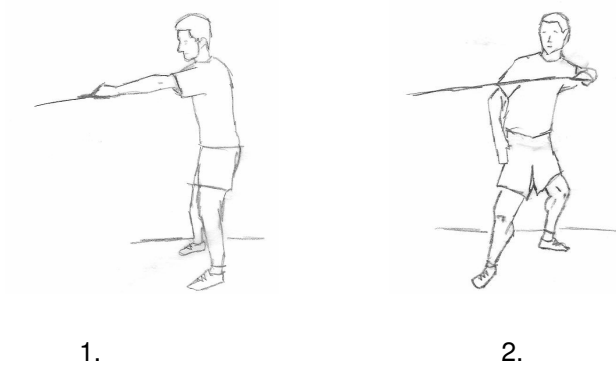
1.



2.

1. Stand with your feet slightly wider than shoulder's width and with the handle of a pulley machine or workout band on one hand as shown in picture 1. Make sure there is tension in the pulley/band.
2. Step forward with your opposite foot, and as your foot plants, rotate your hips and forcefully push or punch forward against the resistance of the pulley/band as shown in picture 2.
3. Bring the pulley/band handle back as you step back to the starting position shown in picture 1.
4. When doing this exercise in a workout, be sure to alternate sides on each set.

Step & Pull, Pulley or Band



1. Stand with your feet slightly wider than shoulder's width and with the handle of a pulley machine or workout band on one hand as shown in picture 1. Make sure there is tension in the pulley/band.
2. Step back with the same leg and as your foot touches down, pull against the resistance in the pulley/band as shown in picture 2.
3. Step forward and allow the pulley/band handle to extend back to the starting position shown in picture 1.
4. When doing this exercise in a workout, be sure to alternate sides on each set.