IN PURSUIT OF TOTAL FITNESS

SPECIAL NEW YEAR'S NEW YEAR'S NEW YEAR'S NEW YEAR'S NEW YEAR'S

56 AWESOME

AB

EXERCISES!

- Lose Your Love Handles
- Get Cut With Cables
- Blast Away Your Gut
- Martial Arts For A Six-Pack

Superhero Shoulders! Make Them A Reality

Medicine Ball Power!
Build Strength & Speed

Upper Body Size Made E-Z!

Mold A Muscular Chest! TIPS TO LIVE TO 100!

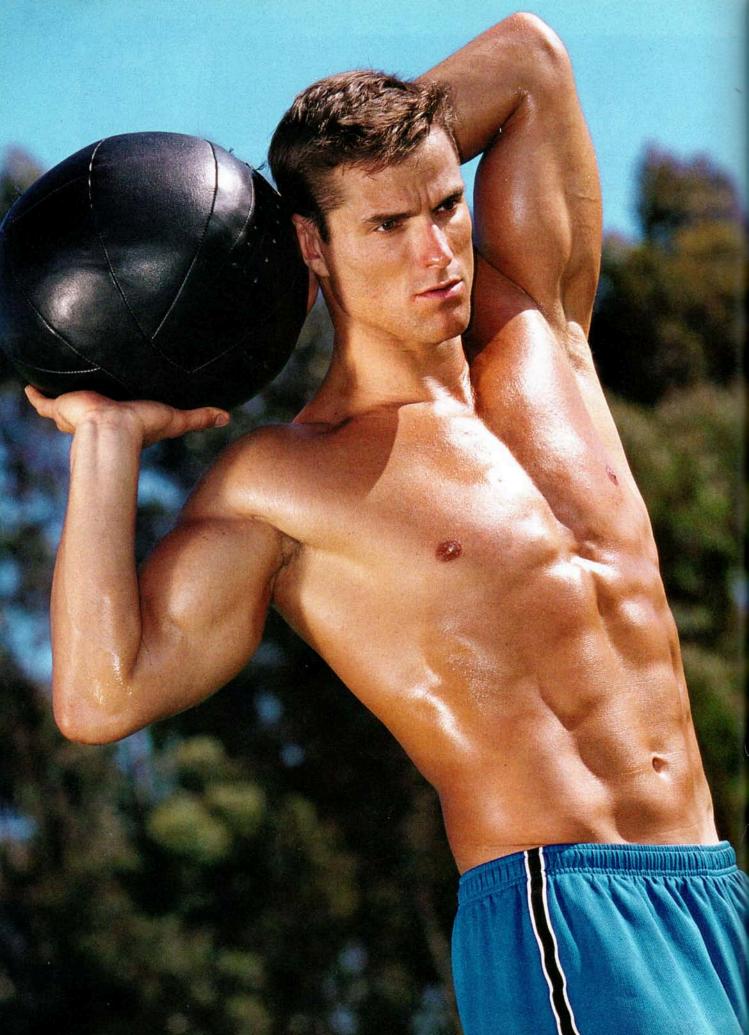
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MEDICINE BAL POWER PLAY

Exercise For Men

Medicine Ball Power Play is an efficient and challenging way to add sports-specificity to a power athlete's offseason training regimen. Power sports - such as sprinting, football, basketball, volleyball, hockey and skiing - predominately use the ATP-PC energy system, which fuels short bursts of high energy output. The muscle actions in these sports demand ballistic, multijoint muscular movements.

Power athletes utilize muscular movements that involve a high level of force development executed at high velocities. This routine will prepare an athlete for these demands as it enhances upper and lower body power, maximizes motor unit recruitment, and activates dynamic sportsspecific motions.

The Medicine Ball Power Play program utilizes explosive muscular contractions. This method of training is effective because it engages two systems vital for enhancing athletic performance: The biomechanical and physiologic systems.

From a biomechanical standpoint, medicine ball (MB) training emphasizes movement patterns on multiple planes of motion and uses specific muscle actions that are found in power sports. Physiologically, medicine ball training utilizes the "plyometric effect," which activates a muscle's reflexive potential to exert more force under a stretch load. Additionally, this type of explosive training promotes dynamic flexibility, kinesthetic awareness, core strength and power endurance.

If you are not a competitive athlete, fear not: Medicine ball training offers a unique alternative to weight training that can boost muscular power and balance, helpful in traditional iron pumping. Better yet, this type of workout tightens and shapes muscles even as it builds explosive power. And it's a great mental break from the weights that will help you from getting stale.

Simply stated, medicine ball training is quick and effective and requires a small investment in resources and space to get started. It is a unique training experience that can be performed outside with a leather or rubber medicine ball (12-20 lbs.). This program can be performed with partners and can be implemented with the whole sports team, either in the gym or on the field.

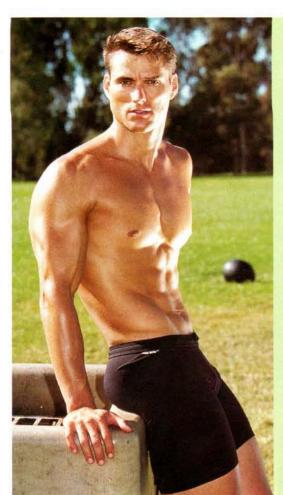
CYCLING MB TRAINING FOR SPORTS PERFORMANCE

Serious athletes are constantly seeking ways to more effectively prepare for their upcoming seasons. They understand the role of periodization, which is the systematic variation placed upon such training parameters as volume, intensity, muscular angles, muscular contraction speed and their specific sports-related skills.

Medicine ball training can be used in conjunction with a program that incorporates strength training, agility, flexibility, motor skills, balance and injury prevention. Because this training uses large muscle groups in an explosive fashion, these workouts require 2-3 days of recovery time between training sessions. Rest intervals, rep ranges and load (medicine ball weight) can be modified to match the skills, metabolic requirements, and aerobic/anaerobic nature of each individual power sport.

Remember, an explosively powerful athlete is a better athlete, no matter what the sport. To improve your own athletic prowess, give the Medicine Ball Power Play a try!

Eric Minkwitz is an ISSA-Certified Fitness Trainer who heads Mink Training Systems, a sports performance group in Redondo Beach, Calif., specializing in power training, neuromuscular programming, sports injury rehabilitation and speed improvement. He is the author of U.S. Nutritional Supplement Market: Key Players And Trends and Changing Attitudes Towards The Low Fat Diet. To contact Eric, send e-mail to eminkwitz@hotmail.com.



PERIODIZING MB TRAINING

The following is a sample offseason training week incorporating MB training:

MONDAY

(Strength – Legs and Shoulders)
Squats
Push Press
Romanian Deadlifts
Single Leg Jumps

Lateral Shoulder Raises Lower Abdominals: Leg Raise Variations

TUESDAY

(Strength - Chest, Back, Arms)

Bench Press
Barbell Low Rows
Dips
Dumbbell Biceps Curls
Rotator Cuff Injury Prevention
Rotational Abdominals

WEDNESDAY

(Power, Speed - Total Body Power)

Sprint Training Drills
High Knees
Cariocas
Bounders
Striders
Sprinting – 5 x 50 yards
MB Trunk Rotation

MB Lateral Hamstrings Stretch
Walking Lunges With MB Overhead
Reach
Power Grass Drills
Squat Throws
Push Press

THURSDAY

(Strength - Total Body)

Power Cleans Snatch Pulls Pull-Ups Close-Grip Bench Press Physio Ball Knee Drives

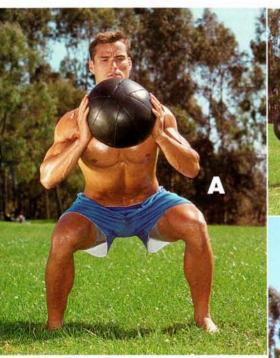
FRIDAY

(Power - Upper Body and Torso)

Warm-Up: Dynamic Stretches and Footwork MB Trunk Rotations MB Wood Choppers MB Lateral Hamstrings Stretch Plyometric Push-Ups

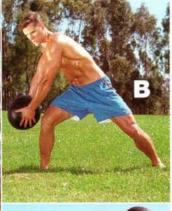
Seated Russian Press With Rotation Rotational Abdominals Torso Throw Downs

SATURDAY & SUNDAY (Off)

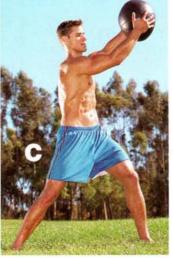


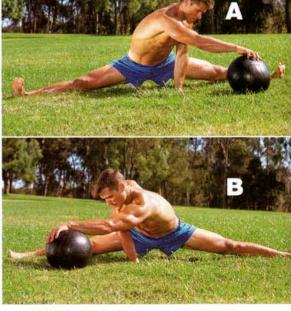
WOOD CHOPPERS

Establish a stable athletic stance and squat through the hips. Pull your lower abdominals in as you reach the medicine ball toward your right knee. Forcefully drive the ball across your body on a diagonal plane toward your left shoulder, utilizing your oblique and transversus abdominus musculature.



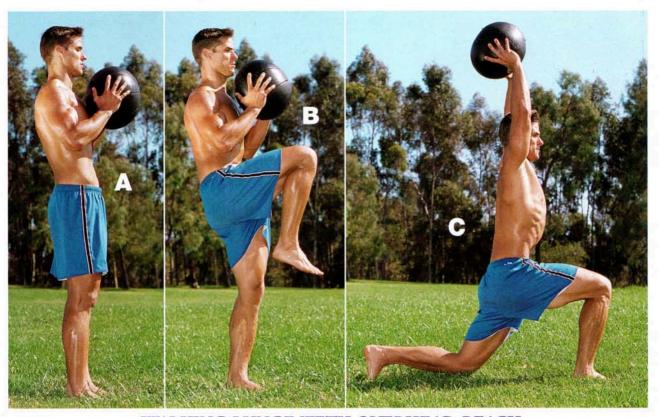
MB Wood Choppers





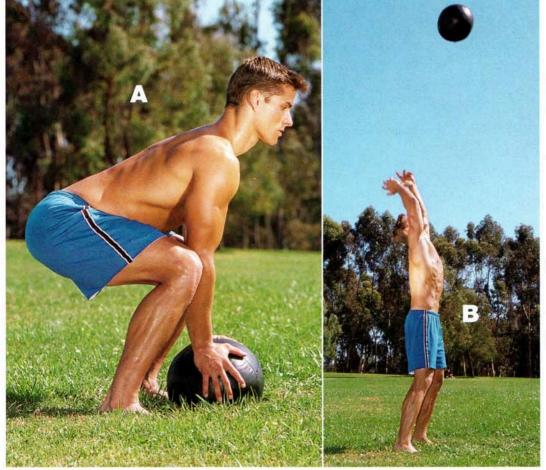
LATERAL HAMSTRINGS STRETCH

Laterally open your legs and tighten your abdominals as you reach the medicine ball to your left foot. Gradually roll the ball toward your opposite leg, stretching your hamstrings and lats throughout the movement.



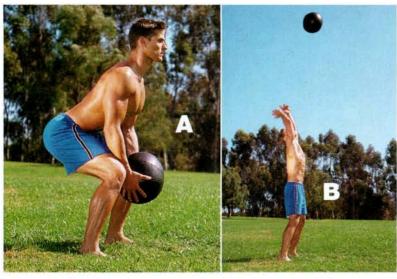
WALKING LUNGE WITH OVERHEAD REACH

Establish a neutral stance with the medicine ball pulled to your chest. Step with your right leg as if doing a slow sprinter stride. Neutralize your lower back by pulling your abdominals tight and press the medicine ball toward the sky. With one full step, drive your left leg to your chest and pull the medicine ball in. Stride fully with your left leg and press the medicine ball once again as your leading left leg is planted.



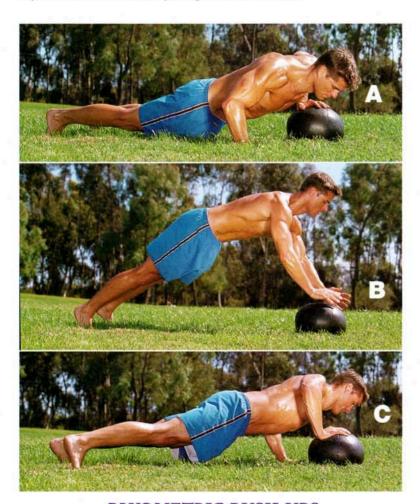
POWER GRASS **DRILLS**

Begin in a deep squat position with your hands on the medicine ball as it rests on the ground. Drop your chest to the ball as your feet drive backward. Forcefully drive your knees to your chest and position your upper body over the ball, as in a deep squat position. Scoop the medicine ball and maximally drive your hip musculature to propel the ball through the air.



SQUAT THROWS

Begin in a deep squat position with both hands on the medicine ball between your knees. Squat through your hips, keeping your chest open and utilizing an abdominal and lumbar co-contraction. Explode through your hips, quads and calves as your upper body launches the ball toward the sky. Prepare to catch the ball at its highest point on its way down and cradle the ball as your hip musculature descends.

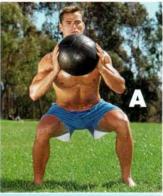


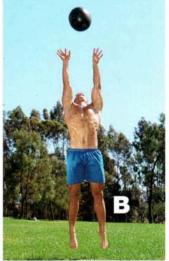
PLYOMETRIC PUSH-UPS

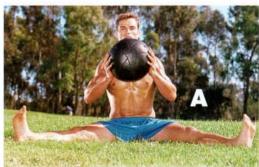
Begin in a prone position and place the medicine ball under your left hand. Explosively drive with both arms and pecs as you push your body upward, then exchange arms and land with your right hand on the ball, ensuring proper abdominal and lower back co-contraction. Rapidly drive from a full push-up position and exchange back to the opposite hand.

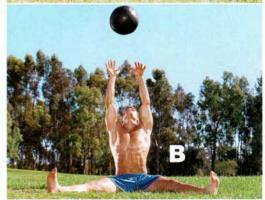
PUSH PRESS

Establish a stable athletic stance and squat through your hips, with the medicine pulled tight to your chest. Squat through your hips until your knees are positioned at 90 degrees. Exthrough your hips, quadriceps and calves as your upper body launches the ball toward the sky. Catch the ball at its highest point and pull the medicine ball toward your chest as your hip musculature descends.



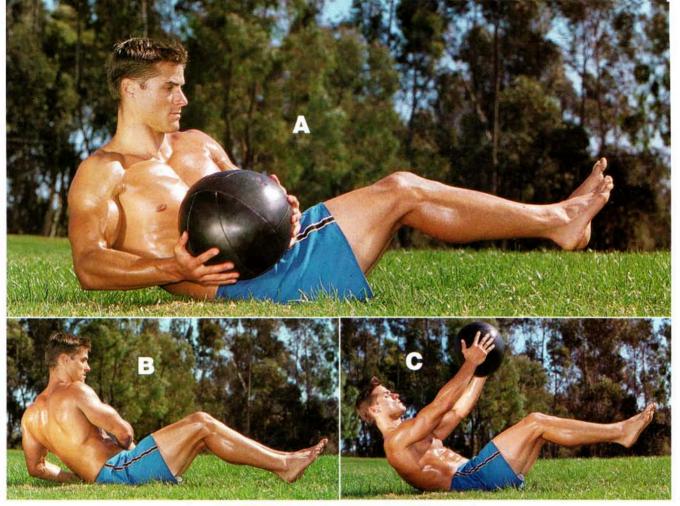






SEATED RUSSIAN PRESS

Sit with your legs open and pull the medicine ball to your chest, utilizing an abdominal and lumbar co-contraction. Retract your shoulder blades as you pull the ball to your chest, keeping an erect posture. Rapidly drive the medicine ball skyward, then reach up to catch it at its highest point as it falls toward you.



ROTATIONAL ABDOMINALS

Grasp the medicine ball and sit with your torso leaning back and your feet off the ground. Tighten your stomach and retract your shoulder blades as the your abs rotate the medicine ball to the left. Rotate the ball to the right, keeping it close to your belly. Return the ball to your chest and then drive it skyward.

