

Rakkasan Raiders

This is a story about a guy who had a goal, and there was nothing that could stop him from reaching it. Private Frazier, like his father and grandfather before him, wanted nothing more than to be an infantryman in the U.S. Army. For nearly 6 months Frazier pushed himself harder than he had ever dreamed of. He was learning the art of warfare and excelling in it. He quickly became a leader among his platoon. Out on a run one morning Frazier felt his hip pop and pain shot down his leg. He found out that he had degenerative bone disease and his hips were literally disintegrating. Frazier was told that he would be kicked out of the military prior to graduation. Frazier begged the Drill Sergeants to let him finish, even though he could not officially graduate. Two weeks later Frazier had one challenge left, a 25-mile road march. One mile 17 Frazier's right

hip splintered. With help from his teammates he limped on 1 leg and tried to keep the grueling pace. During mile 22 his left hip went due to the added pressure. We carried Frazier the last 3 miles. The next day he was on a plane, dreams crushed, but he had completed his training. When the bumps & bruises of a long season get you down, remember Private Frazier. Are you willing to push yourself?

Central Nutrition

21 SUPER FOODS

The following are 21 foods that should make up the bulk of anyone's food intake. It was taken from Dr. John Berardi, one of the leading sports nutritionists in the field today. Here they are:

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| 1. Lean red meat | 11. Mixed Beans |
| 2. Salmon | 12. Quinoa |
| 3. Omega-3 Eggs | 13. Whole Oats |
| 4. Low fat, plain yogurt | 14. Mixed Nuts |
| 5. Protein supplements | 15. Avocados |
| 6. Spinach | 16. Extra Virgin Olive Oil |
| 7. Tomatoes | 17. Fish Oil |
| 8. Cruciferous Vegetables | 18. Flax Seeds (ground) |
| *broccoli, cabbage, cauliflower | 19. Green Tea |
| 9. Mixed Berries | 20. Liquid Exercise Drinks |
| 10. Oranges | 21. Greens+ supplement |

Add these to your diet and records will be sure to fall!

HARTSHORN'S HALLOW

PAL Mechanics Part 2: Lateral Speed & Change of Direction

Although linear speed is important, almost every sport relies much more heavily on lateral speed and change of direction. We use the same PAL acronym when teaching lateral speed & agility mechanics. **Lateral PAL** stands for: **Push, Athletic Base, and Low center of gravity.** You have to Push off your outside leg at all times. If you try to pull with the inside foot you cannot stop and go the other direction or you will fall on your face. Also, if you are pulling with your inside foot then it is impossible to maintain an Athletic base because your feet are too close together. Maintaining an athletic base simply means that you need to have your feet about shoulder width apart, hips low and torso upright. It is extremely important that your feet do not come any closer than shoulder width. Maintaining a Low center of gravity is accomplished by keeping your hips low. This makes changing direction easier and helps to maintain balance. Just like if you were going to tip over two refrigerators of the same weight, it is easier to tip over a 7ft tall one than it is to tip over a 4 ft tall one. Attention to details and proper mechanics can drastically increase your performance.

Foundations of the haus

The Hang Clean

Explosive power is vital. There are many ways to develop this explosive power and we feel that one of the best ways is with variations of Olympic lifts, which include the hang clean. There are four basic positions of the hang clean; the start position, power position, triple extension and the front squat catch. In a good start position the athlete's feet should be directly under the hips, knees slightly bent, hands in your pockets and your chest out with your shoulder blades pulled back tightly. Now, to move into the power position, simply push your hips back sliding the bar down the thighs to the top of the knee with your chest over the bar. From this position we move into the triple extension of the ankle, knee and hip. This can be simplified to the athlete by telling them to jump and shrug. The force you apply against the ground with your feet will cause the bar to travel up your body. As the bar travels you will drop into your front squat catch position. When we drop our hips to catch we want to be in an athletic position with the feet flat; basically a quarter squat with the elbows parallel to the floor. The most common errors of the hang clean are two-fold. One, the athlete bends the knees instead of pushing the hips back. Two, the athlete bends at the elbow while in the power position. If we do this, any force that is generated with our lower body will dissipate. The elbows must remain locked. Explosive hip power is vital in every sport. Remember, knowledge isn't power, applied knowledge is power!

Final Thought

There is power in numbers. This is true in about any facet in life. We constantly see different types of people coming to train. Some train by themselves, others train with a 2-5 of people while others train in large packs. It has been our observation that the bigger the group the more intense the training environment. Training environments are addictive and we all feed off the energy in the room. The bottom line is that you can see more in your teammate/training partner than you can see in yourself. We all need other people to challenge and motivate us and they need you as well. Don't just settle for nonchalant lifting environments. Train together and Win.

ADVERSITY CAUSES SOME MEN TO BREAK AND OTHERS TO BREAK RECORDS

CENTRAL STRENGTH-TRAINING: REDEFINED

