
TRAINING FOR YOUR FAVORITE SPORT

The RT routines in Chapters 6, 7, and 8 provide overall, balanced development and a firm foundation of muscular endurance. They are great starter routines and perfect programs for general health and fitness.

But if you have a favorite sport or recreational activity, you may want to go beyond these programs and follow a training routine that is sport specific. You can do this by emphasizing exercises that strengthen the muscles most important in your sport and by changing the focus to power or strength development if your sport demands it. So whether you're an athlete training for a competitive sport or you just want to play a more

wicked game of weekend tennis, RT can help improve your performance.

Recognizing that everyone is different, we've approached sport-specific training in two ways. The first approach, outlined in the section called "Creating Your Own Program," is for those who would like to play a part in devising their own routine. It allows you to utilize your knowledge of the sport—and of your own strengths and weaknesses—to choose the exercises, training format, and training variables that will work best for you. The second approach, covered in the section called "RT Recipes: A to Z," is for those who want to train for their sport by following step-by-step directions. This section includes structured routines for a wide variety of sports.

As a general rule, we recommend that if you're just getting into RT you do the tubing routine in Chapter 7 or one of the core routines in Chapter 8 for at least 12 weeks before pursuing a sport-specific routine.

CREATING YOUR OWN PROGRAM

With the help of Chart 10.1 on page 171, you can design your own routine for any of the sports listed. With a little more patience and ingenuity, you can do the same for virtually every sport. Sports are listed in the left-hand column; the physical requirements and the most important muscles are noted in the other two columns.

To design your program:

- Start with your current routine (from Chapter 7 or 8) and add exercises to it or replace current exercises with others that are more specific to the demands of your sport. To do this, match up the muscles listed in the "Most Important Muscles" column in the chart with the "Muscles Used" at the end of each exercise description in Chapters 6 to 9. This will help you determine the most important exercises. You can draw on any of the exercises in these four chapters to devise your own routine.
- Include 10 to (a maximum of) 15 exercises in your routine. You'll be at or near the top end of this range if muscular

Chart 10.1 Sport-Specific Training

Activity	Requirements (power or muscular endurance) ¹	Most important muscles ²
Alpine skiing	Power and muscular endurance	Quads, gluts, gastrocs, and soleus
Baseball	Power	Deltoids, wrist flexors and extensors, teres, paraspinals, lats, and obliques
Basketball	Power and muscular endurance	Quads, gluts, gastrocs, and soleus
Bicycling	Muscular endurance and power	Quads, gluts, gastrocs, and soleus
Cross-country skiing	Muscular endurance	Hamstrings, gastrocs, soleus, and hip flexors
Field hockey	Muscular endurance and power	Quads, gluts, tensor fascia latae, hip adductors, obliques, deltoids, wrist flexors, and wrist extensors
Figure skating	Muscular endurance and power	Quads, gluts, tensor fascia latae, hip adductors, and obliques
Football	Power and muscular endurance	Quads, gluts, obliques, deltoids, and traps
Golf	Power	Deltoids, wrist flexors and extensors, teres, paraspinals, lats, and obliques
Handball	Muscular endurance	Wrist flexors, wrist extensors, deltoids, pecs, lats, hip adductors, gluts, and tensor fascia latae
Ice hockey	Muscular endurance and power	Quads, gluts, tensor fascia latae, hip adductors, obliques, deltoids, wrist flexors, and wrist extensors
Paddling/rowing (canoeing, kayaking, rowing)	Muscular endurance and power	Obliques, deltoids, triceps, biceps, paraspinals, quads, hip flexors, lats, and teres

Chart 10.1 Sport-Specific Training (continued)

Activity	Requirements (power or muscular endurance) ¹	Most important muscles ²
Racquet sports (badminton, squash, racquetball, tennis)	Muscular endurance	Wrist flexors, wrist extensors, deltoids, pecs, lats, hip adductors, gluts, and tensor fascia latae
Rugby	Power and muscular endurance	Quads, gluts, obliques, deltoids, and traps
Running	Muscular endurance	Hamstrings, gastrocs, soleus, and hip flexors
Soccer	Muscular endurance and power	Quads, gluts, tensor fascia latae, hip adductors, obliques, deltoids, wrist flexors, and wrist extensors
Speed skating	Power and muscular endurance	Quads, gluts, gastrocs, soleus, hip adductors, and tensor fascia latae
Swimming	Muscular endurance	Deltoids, pecs, lats, triceps and traps
Volleyball	Power and muscular endurance	Quads, gluts, gastrocs, and soleus

¹Although an activity calls for a "power" program, note that not all exercises lend themselves to a power (low rep., high weight) approach. The curl-up is a good example. This exercise should be made more demanding by increasing the sets and reps, not the weight. Sets of 40 and 50 curl-ups are not uncommon for highly fit individuals. Just be sure to work up to the high repetitions gradually.

²The abdominals and paraspinals play important stabilizing and supportive roles in all activities. Hence, exercises for these muscles should be included in all programs. (These muscles are only noted here for activities in which they play a primary role.)

performance is a dominant characteristic of your sport *and* you're prepared to devote a little more time to RT. Make sure you put your exercises in an order that follows the work-rest principle as outlined in Chapter 4. You may want to split the exercises into two, three, or more minicircuits to keep your routine as quick and convenient as possible.

- Determine the number of repetitions and sets you should do (as shown in Chart 4.2 on page 44). For some of the activities in our sport-specific training chart, both power and muscular endurance are noted. While it may oversimplify things, we can generally say that for competition, shorter distances, and stop-and-start activities, power should be emphasized; for recreation, longer distances, and sustained activities, muscular endurance should be the focus.
- If your chosen sport is not listed in the chart, first analyze the demands and movements of the sport to determine the most important muscles, then work through the process in the three points above.

RT RECIPES: A TO Z

Well, almost A to Z. Sixteen recipes are included here—from 'A' for alpine skiing to 'W' for wrestling. Some routines are suitable for more than one sport because the demands of the sports are so similar. Racquet sports are grouped together for this reason. So are canoeing, kayaking, and rowing (under the heading Paddling/Rowing.)

Exercises are included from the four routines in Chapters 6 to 8 and the catalogue in Chapter 9 (including some that appeared as variations). Page number references are provided for each exercise. If you don't have access to the equipment required for a particular exercise, substitute the equivalent exercise from one of the other routines. (Let the muscle groups listed and the joint action be your guide in choosing an alternate exercise when necessary.)

For each program:

- The primary goal—development of strength or power or muscular endurance—is noted. If there is some overlap in what the sport requires, a secondary emphasis is noted in brackets.
- The program variables—sets, reps, resistance, and rest period—relate to the primary goal. An (S) for strength, (P) for power, or (M.E.) for muscular endurance is placed beside any exercise where the *repetitions* or *resistance* should differ from those noted in the program variables. Refer to the footnote for that program to confirm the proper reps/resistance.
- For proper order, do the exercises in the left-hand column of the list, followed by those in the right-hand column.

Running, soccer, and swimming each require a combination of power and muscular endurance. Because muscular endurance is improved nicely by the activity itself, the focus of the RT program for these sports is on developing power to take advantage of the special benefits available when working with resistance equipment.

The programs follow.

ALPINE SKIING

Goal: Power (and Muscular Endurance)

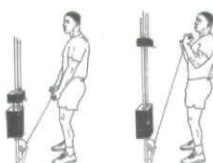
Program Variables: three to four sets, five to eight reps or more, moderate to high resistance, and short to moderate rest periods.

Exercise List:

Cleans
(M.E.)¹
(p. 165)



Biceps Curl
(p. 122)



Incline Press
(p. 136)



Triceps Pressdown
(p. 123)



Lat Pulldown
(p. 118)



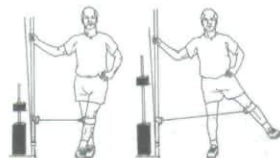
Calf Press
(p. 125)



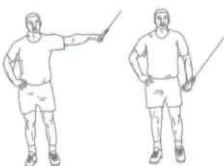
Leg Press
(p. 116)



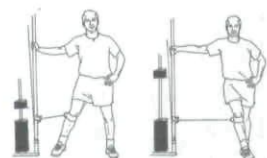
Hip Abduction
(p. 129)



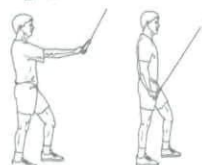
Shoulder Adduction
(p. 157)



Hip Adduction
(p. 131)



Shoulder Extension
(p. 158)



Partial Curl-up
(M.E.)¹
(p. 68)



Lunge
(p. 162)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, short rest periods.

BASEBALL

Goal: Power

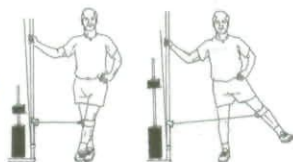
Program Variables: three to four sets, five to eight reps, moderate to heavy resistance, and moderate rest periods.

Exercise List:

Cleans
(M.E.)¹
(p. 165)



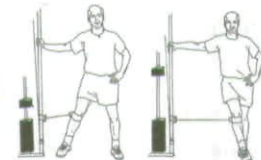
Hip Abduction
(p. 129)



Chest Press
(p. 99)



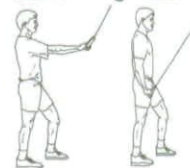
Hip Adduction
(p. 131)



Bent-Arm Pullover
(p. 138)



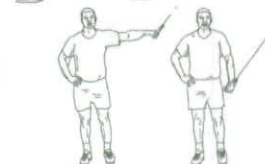
Shoulder Extension
(p. 158)



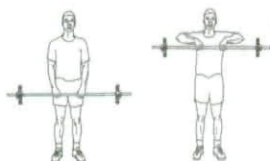
Leg Press
(p. 159)



Shoulder Adduction
(p. 157)



Upright Row
(p. 111)



Wrist Flexion
(p. 150)



Triceps Press
(p. 107)



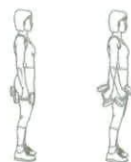
Wrist Extension
(p. 151)



Biceps Curl
(p. 122)



Wrist Adduction/Abduction
(p. 152)



Partial Curl-up
(M.E.)¹
(p. 68)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

BASKETBALL

Goal: Power (and Muscular Endurance)

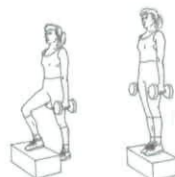
Program Variables: three to four sets, five to eight reps, moderate resistance, and short rest periods.

Exercise List:

Cleans
(M.E.)¹
(p. 165)



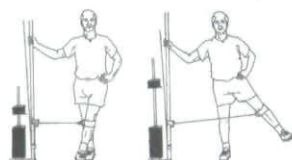
Bench Step-ups
(M.E.)¹
(p. 166)



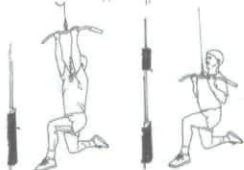
Chest Press
(p. 99)



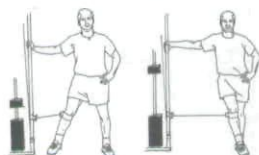
Hip Abduction
(p. 129)



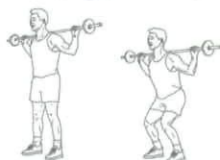
Lat Pulldown
(p. 118)



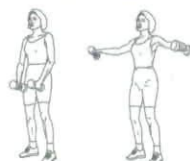
Hip Adduction
(p. 131)



Half Squat
(p. 101)



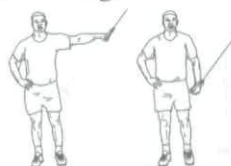
Arm Lateral Raise
(p. 135)



Calf Press
(p. 125)



Shoulder Adduction
(p. 157)



Biceps Curl
(p. 122)



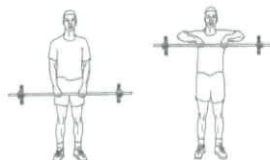
Partial Curl-up
(M.E.)¹
(p. 68)



Triceps Press
(p. 107)



Upright Row
(p. 111)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

CROSS-COUNTRY SKIING

Goal: Muscular Endurance

Program Variables: three to four sets, 15 to 20 reps or more, moderate resistance, and short rest periods.

Exercise List:

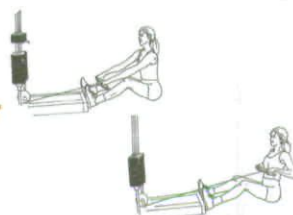
Leg Press

(p. 116)



Seated Shoulder Row

(p. 127)



Chest Press

(p. 99)



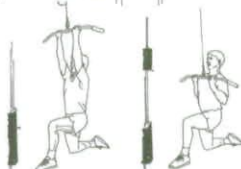
Partial Curl-up

(p. 68)



Lat Pulldown

(p. 118)



Wrist Flexion

(p. 150)



Calf Press

(p. 125)



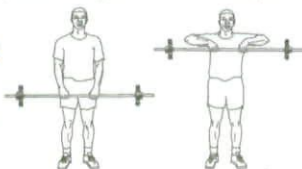
Wrist Extension

(p. 151)



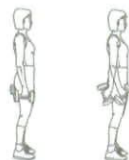
Upright Row

(p. 111)



Wrist Adduction/Abduction

(p. 152)



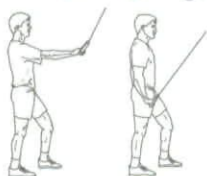
Triceps Pressdown

(p. 123)



Shoulder Extension

(p. 158)



CYCLING

Goal: Muscular Endurance (and Power)

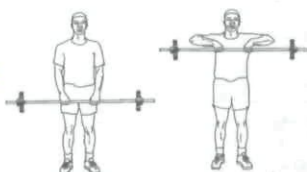
Program Variables: three to four sets, 15 to 20 reps or more, moderate resistance, and short rest periods.

Exercise List:

Cleans (P)¹
(p. 165)



Upright Row
(p. 111)



Chest Press
(p. 99)



Triceps Pressdown
(p. 123)



Seated Shoulder Row
(p. 127)



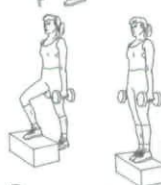
Lat Pulldown
(p. 118)



Leg Press (P)¹
(p. 116)



Bench Step-ups
(p. 166)



Calf Press (P)¹
(p. 125)



Partial Curl-up
(p. 68)



Biceps Curl
(p. 122)



Shin Pull
(p. 160)



¹ Variables for power: three to four sets, five to eight reps, moderate resistance, and short rest periods.

FOOTBALL

Goal: Strength (and Power)

Program Variables: three to four sets, one to four reps, moderate to heavy resistance, and moderate to long rest periods.

Exercise List:

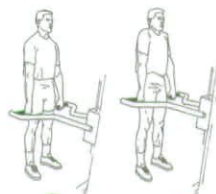
Cleans (P)¹

(p. 165)



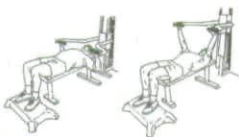
Shoulder Shrug

(p. 142)



Chest Press (P)¹

(p. 115)



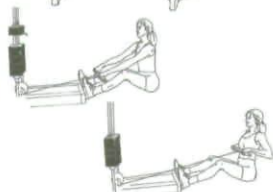
Biceps Curl

(p. 122)



Seated Shoulder Row

(p. 127)



Triceps Press

(p. 107)



Leg Press (P)¹

(p. 116)



Partial Curl-up (M.E.)²

(p. 68)



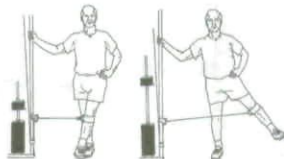
Incline Press

(p. 136)



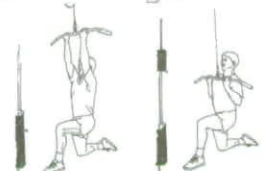
Hip Abduction

(p. 129)



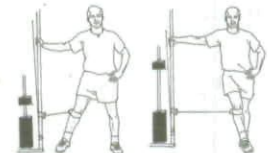
Lat Pulldown

(p. 118)



Hip Adduction

(p. 131)



Calf Press (P)¹

(p. 125)



¹ Variables for power: three to four sets, five to eight reps, moderate resistance, and short rest periods.

² Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

ICE HOCKEY

Goal: Power (and Muscular Endurance)

Program Variables: three to four sets, five to eight reps, moderate to heavy resistance, and short rest periods.

Exercise List:

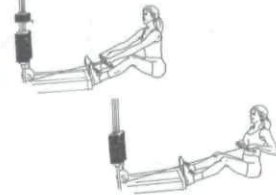
Cleans
(p. 165)



Chest Press
(p. 115)



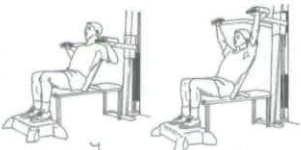
Seated Shoulder Row
(p. 127)



Leg Press
(p. 116)



Incline Press
(p. 136)



Lat Pulldown
(p. 118)



Calf Press
(p. 125)



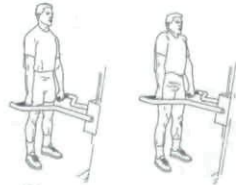
Biceps Curl
(p. 122)



Triceps Press
(p. 107)



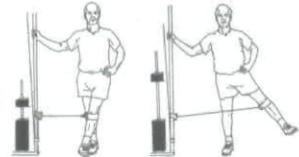
Shoulder Shrug
(p. 142)



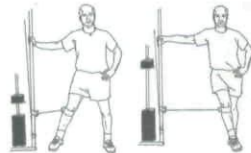
Partial Curl-up (M.E.)¹
(p. 68)



Hip Abduction
(p. 129)



Hip Adduction
(p. 131)



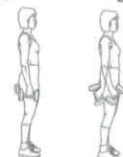
Wrist Flexion
(p. 150)



Wrist Extension
(p. 151)



Wrist Adduction/Abduction
(p. 152)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

IN-LINE ROLLER SKATING

Goal: Muscular Endurance

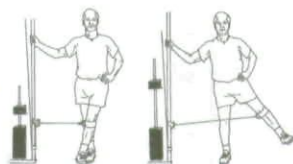
Program Variables: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

Exercise List:

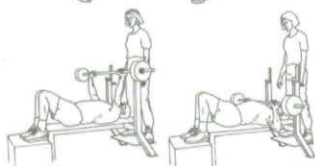
Cleans
(p. 165)



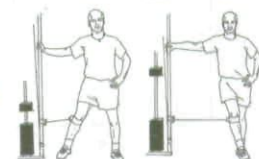
Hip Abduction
(p. 129)



Chest Press
(p. 99)



Hip Adduction
(p. 131)



Bent-Over Shoulder Row
(p. 103)



Shin Pull
(p. 160)



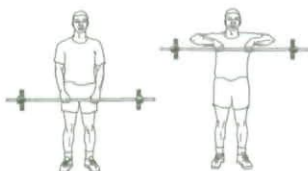
Calf Press
(p. 125)



Partial Curl-up
(p. 68)



Upright Row
(p. 111)



PADDLING/ROWING

Goal: Power (and Muscular Endurance)

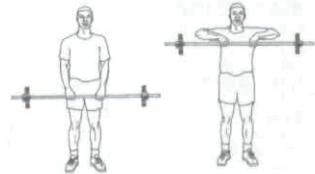
Program Variables: three to four sets, five to eight reps or more, light to moderate resistance, and short rest periods.

Exercise List:

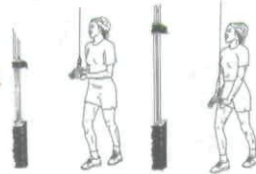
Cleans
(p. 165)



Upright Row
(p. 111)



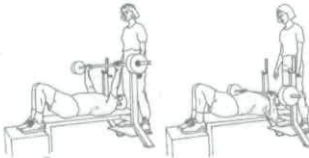
Triceps Pressdown
(p. 123)



Lat Pulldown
(p. 118)



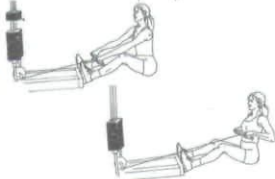
Chest Press
(p. 99)



Calf Press (M.E.)¹
(p. 125)



Seated Shoulder Row
(p. 127)



Shin Pull (M.E.)¹
(p. 160)



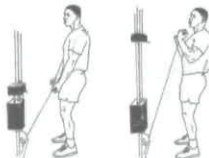
Leg Press
(p. 116)



Partial Curl-up
(p. 68)

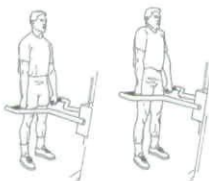


Biceps Curl (Pronated Grip)
(p. 122)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps, light to moderate resistance, and short rest periods.

Shoulder Shrug
(p. 142)



RACQUET SPORTS

Goal: Strength (and Muscular Endurance)

Program Variables: three to four sets, five to eight reps or more, light to moderate resistance, and short rest periods.

Exercise List:

**Cleans
(M.E.)¹**
(p. 165)



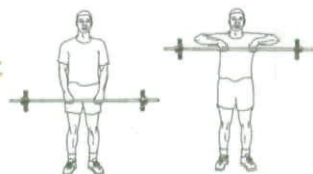
**Triceps
Press**
(p. 107)



**Incline
Press**
(p. 136)



**Upright
Row**
(p. 111)



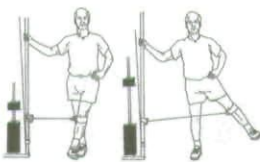
**Bent-Over
Arm Lateral
Raise**
(p. 144)



**Wrist
Flexion**
(p. 150)



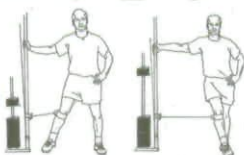
**Hip
Abduction**
(p. 129)



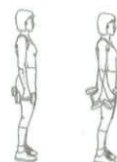
**Wrist
Extension**
(p. 151)



**Hip
Adduction**
(p. 131)



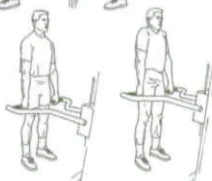
**Wrist
Adduction/
Abduction**
(p. 152)



**Biceps
Curl**
(p. 122)



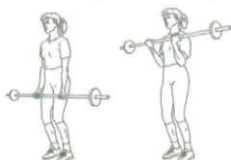
**Shoulder
Shrug**
(p. 142)



**Partial
Curl-up
(M.E.)¹**
(p. 68)



**Biceps
Curl
(Pronated
Grip)**
(p. 106)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

RUGBY

Goal: Power (and Strength)

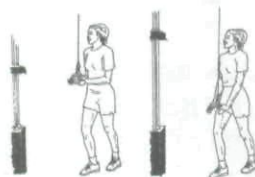
Program Variables: three to four sets, five to eight reps, moderate to heavy resistance, and moderate rest periods.

Exercise List:

Cleans
(M.E.)¹
(p. 165)



Triceps Pressdown
(S)²
(p. 123)



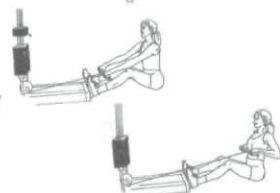
Chest Press
(p. 115)



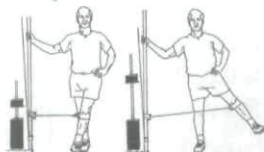
Calf Press
(p. 125)



Seated Shoulder Row
(p. 127)



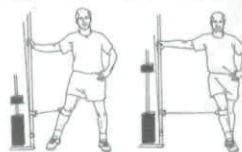
Hip Abduction
(p. 129)



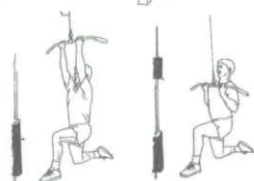
Incline Press
(p. 136)



Hip Adduction
(p. 131)



Lat Pulldown
(p. 118)



Partial Curl-up
(M.E.)¹
(p. 68)



Leg Press
(p. 116)



Biceps Curl (S)²
(p. 122)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps, light to moderate resistance, and short rest periods.

² Variables for strength: three to four sets, one to four reps, moderate to heavy resistance, and moderate to long rest periods.

RUNNING (DISTANCE)

Goal: Muscular Endurance

Program Variables: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

Exercise List:

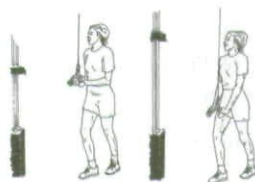
Cleans

(p. 165)



Triceps Pressdown

(p. 123)



Chest Press

(p. 115)



Calf Press

(p. 125)



Bent-Over One-Arm Row

(p. 86)



Shin Pull

(p. 160)



Leg Press

(p. 116)



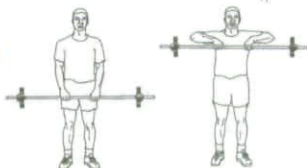
Partial Curl-up

(p. 68)



Upright Row

(p. 111)



SOCCER

Goal: Power (and Muscular Endurance)

Program Variables: three to four sets, five to eight reps or more, moderate to heavy resistance, and short to moderate rest periods.

Exercise List:

Cleans (M.E.)¹

(p. 165)



Calf Press

(p. 125)



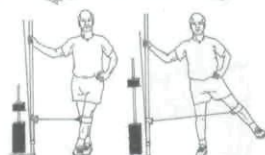
Incline Press

(p. 136)



Hip Abduction

(p. 129)



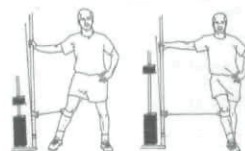
Bent-Arm Pullover

(p. 138)



Hip Adduction

(p. 131)



Leg Press

(p. 116)



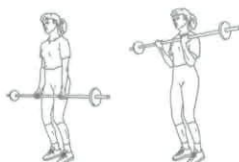
Partial Curl-up (M.E.)¹

(p. 68)



Biceps Curl

(p. 106)



Shin Pull

(M.E.)¹

(p. 160)



Triceps Press

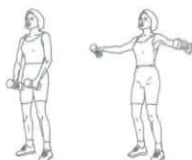
(p. 107)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps, light to moderate resistance, and short rest periods.

Arm Lateral Raise

(p. 135)



SWIMMING

Goal: Power (and Muscular Endurance)

Program Variables: three to four sets, five to eight reps or more, light to moderate resistance, and short rest periods.

Exercise List:

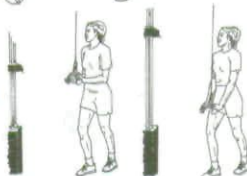
Cleans
(M.E.)¹
(p. 165)



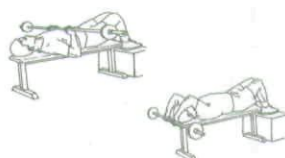
Leg Press
(M.E.)¹
(p. 116)



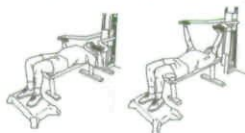
Triceps Pressdown
(p. 123)



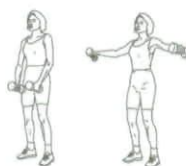
Bent-Arm Pullover
(p. 138)



Chest Press
(p. 115)



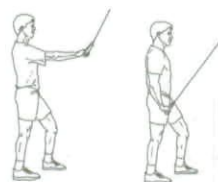
Arm Lateral Raise
(p. 135)



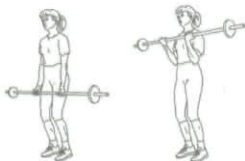
Bent-Over Arm Lateral Raise
(p. 144)



Shoulder Extension
(p. 144)



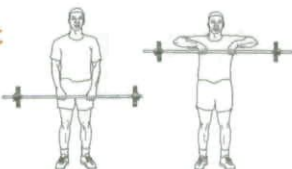
Biceps Curl
(p. 106)



Partial Curl-up
(M.E.)¹
(p. 68)



Upright Row
(p. 111)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

VOLLEYBALL

Goal: Power (and Muscular Endurance)

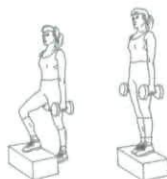
Program Variables: three to four sets, five to eight reps, moderate resistance, and short rest periods.

Exercise List:

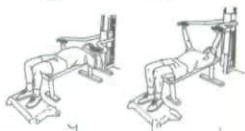
Cleans
(M.E.)¹
(p. 165)



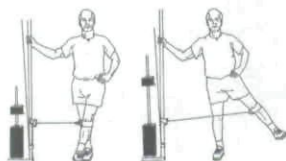
Bench Step-ups
(M.E.)¹
(p. 166)



Chest Press
(p. 115)



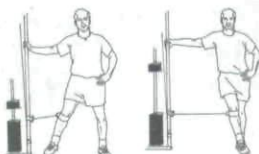
Hip Abduction
(p. 129)



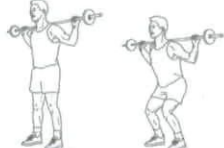
Lat Pulldown
(p. 118)



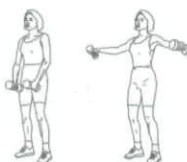
Hip Adduction
(p. 131)



Half Squat
(p. 101)



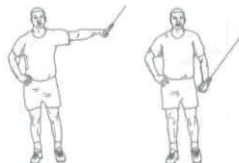
Arm Lateral Raise
(p. 135)



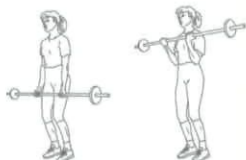
Calf Press
(p. 125)



Shoulder Adduction
(p. 157)



Biceps Curl
(p. 106)



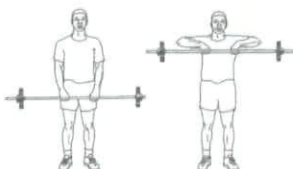
Partial Curl-up
(M.E.)¹
(p. 68)



Triceps Press
(p. 107)



Upright Row
(p. 111)



¹ Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

WRESTLING

Goal: Strength (and Power)

Program Variables: three to four sets, one to four reps, moderate to high resistance, and moderate to long rest periods.

Exercise List:

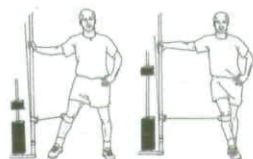
Cleans (P)¹

(p. 165)



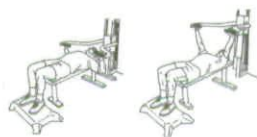
Hip Adduction

(p. 131)



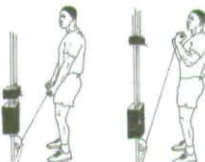
Chest Press (P)¹

(p. 115)



Biceps Curl

(p. 122)



Bent-Over One-Arm Row (P)¹

(p. 86)



Triceps Pressdown

(p. 123)



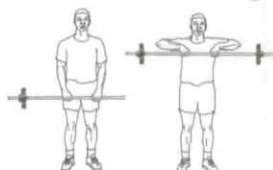
Leg Press (P)¹

(p. 116)



Upright Row

(p. 111)



Incline Press

(p. 136)



Partial Curl-up (M.E.)²

(p. 68)



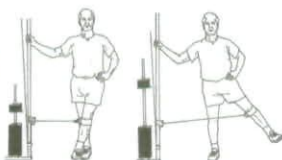
Lat Pulldown

(p. 118)



Hip Abduction

(p. 129)



¹ Variables for power: three to four sets, five to eight reps, moderate resistance, and short rest periods.

² Variables for muscular endurance: three to four sets, 15 to 20 reps or more, light to moderate resistance, and short rest periods.

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