

## MAKE YOUR MARK

Push on from pre-season and crank up your power

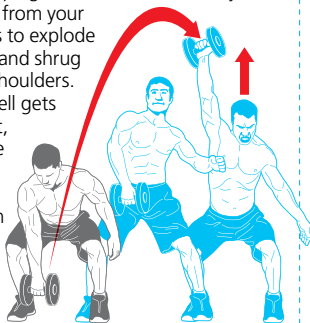
Whatever footy code you play, it's vital during a long season to maintain the gains that you built up during pre-season. Strength and conditioning coach Corey Bocking ([performancetraininginstitute.com.au](http://performancetraininginstitute.com.au)) created this booster session to top up your power levels on the pitch. Perform both exercises in each superset without resting, take a one-minute breather, and repeat three times. Then move onto the second superset.



### SUPERSET A

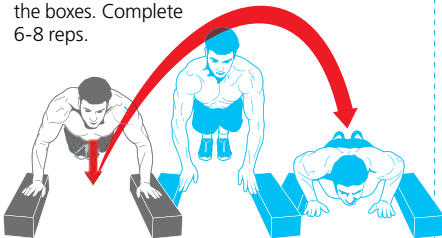
#### 1 DUMBBELL SNATCH

Hold a 15-kilogram dumbbell just below your knee. Keeping the dumbbell close to your body, drive up from your hips and knees to explode onto your toes and shrug up with your shoulders. As the dumbbell gets to chest height, drop under the weight and catch it above your head with arm locked. Complete six reps on each side.



#### 2 DEPTH DROP PUSH-UP

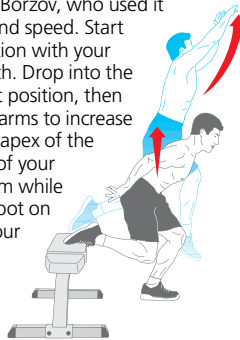
Position two boxes (about 15 centimetres high) just over shoulder-width apart. Place your hands on the boxes in the push-up position. Push yourself up off the boxes and bring your hands in under your chest, landing in the push-up position on the floor. Bend your elbows to absorb the impact, then push back up explosively to return to your starting position on the boxes. Complete 6-8 reps.



### SUPERSET B

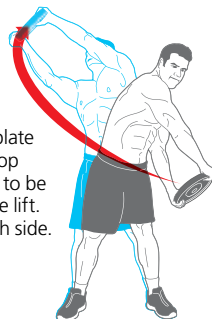
#### 1 BORZOV JUMP

This exercise was named after Russian sprint coach Valeriy Borzov, who used it to improve power and speed. Start in a split-squat position with your back foot on a bench. Drop into the bottom of the squat position, then drive up using your arms to increase momentum. At the apex of the hop, cycle the heel of your front leg to your bum while keeping the other foot on the bench. Bend your knee on landing to absorb the impact. Complete 6-8 reps each side.



#### 2 PLATE WOODCHOP

Stand with feet wider than shoulder-width apart and knees slightly bent. Bring a 10kg plate across the body, going from low (hip height) to high (above shoulder height). As you rotate your arms, your trunk must also rotate while you pivot on the foot on the side of your body you started swinging the weight from. This plate version of the woodchop will give you the ability to be more explosive with the lift. Complete 6-8 reps each side.



### THE MUSCLE GUY

Expert workout advice from sports scientist Paul Haslam

**Q** I'm 19 years old and 171 centimetres tall. Over the past six months, I've reduced my weight and body fat percentage drastically (74kg down to 61kg). I currently train five days a week but have to cut back due to study. What is the best way to maintain the lean body I've developed? —AR

**A** You are fortunate in the fact that it is far easier to maintain your body fat level than it is to reduce it. Three sessions a week using the same exercise format as you use now should allow you to achieve your goal.

But rather than trying to stay at a constant 61kg, I would recommend an undulating bodyweight. Set a floor and ceiling of, say, 60kg and 63kg respectively. Gradually increase your nutrient intake, emphasising more low-GI carbs and protein. This is essential to keep your metabolic rate elevated. Too little food for too long can result in "starvation response" whereby you will store body fat as a survival mechanism.

During this period you may find your weight creeping up. Don't panic. Once you have reached 63kg (which should include some extra muscle) reduce your food intake and you will begin to lose weight. Once you hit 60kg, repeat the process. This system works well, allowing for some guilt-free "cheat" meals on the up phase.

**Q** I can't afford a gym membership so I'm working out at home with a set of dumbbells. Given that I don't have a chin-up bar available, what exercises can I do to help build my lateral and pectoral muscles? —PG

**A** A chin-up bar that fits into a door frame can be purchased quite economically over the internet and the exercise is probably the best lat worker around. The dumbbell row is also a very effective lat exercise when done using one arm at a time. When two arms are used together, your upper back is involved more.

The pectorals are activated as the prime mover in a push-up, especially with a wide hand spacing. Try placing some weight plates on your back or elevate your feet for extra resistance. The dumbbell fly or press from the floor is also an effective pec movement.

Got a question for Paul? Log onto [yahoo7.com.au/menshealth](http://yahoo7.com.au/menshealth).