

STRENGTH & POWER

TRY THIS SPORTS SPECIFIC WORKOUT DESIGNED TO GIVE YOU IMPROVED BALANCE AND TOTAL BODY STRENGTH AND POWER

Strength and power are vital weapons in every athlete's arsenal – regardless of the sport. By training the way you play, you can prime your body to perform the way you've always dreamt of playing. But you wouldn't sport dungarees to close a business deal. If you're not wearing the correct training kit that moves in conjunction with your body, you won't earn that extra 10%. Nike Pro is skin-tight to hold your muscles in their correct alignment, but pliable enough to give World Cup champions like Josh Lewsey enough flexibility to perform multi-jointed power moves like the ones here. Use it and you'll feel the extra edge that'll have you brushing off defenders and exploding through gaps, leaving the opposition choking on your dust.



Bent-over lateral raises to rows

Works: Upper back and shoulders
Stand with your feet shoulder-width apart holding a dumb-bell in each hand. Bend over at the hips so your upper body is parallel to the ground. Keep a slight arc in your elbows and raise the dumb-bells horizontally out to your sides. Pause for a second when the weights are level with your shoulders then lower them to the start position. Now perform a bent-over row by keeping your palms facing each other and elbows tucked in. Pull the weights towards you by bending your elbows so they end up on either side of your chest. Pause then lower to the start position. This is one repetition.



Single arm flys

Works: Chest and triceps
Lie on a flat bench or Swiss ball holding a dumb-bell in each hand. Raise them both directly above your chest. Keep your left arm in the same position and while keeping a slight arc in your right elbow, lower your arm out to your side – as low as you can without your lower back rising off the bench. Raise the weight back to the start position, the way you would give someone a bear hug, in an exaggerated semi-circle. Repeat with your left arm.



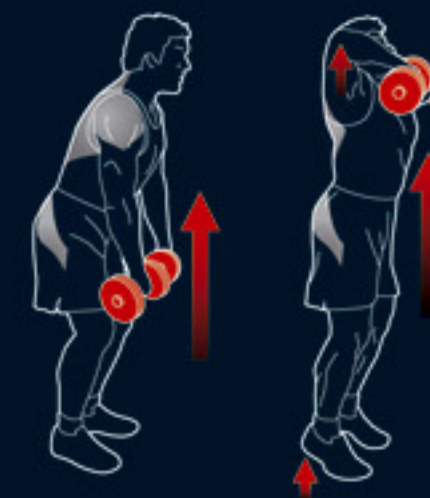
Pendulum kick-ups

Works: abs and obliques
Lie on your back with your hands at your sides, palms flat on the floor. Bend at the hips to raise your legs so they're perpendicular to the floor and are at a 90-degree angle to the body. Keep your back on the floor and with a slight bend in your knees, lower your feet to the right until they're two inches above the ground. Raise them to the start position; bend your knees till they touch your chest then straighten them to the start position and repeat on the left side. Hold a dumb-bell between your feet to increase the difficulty.



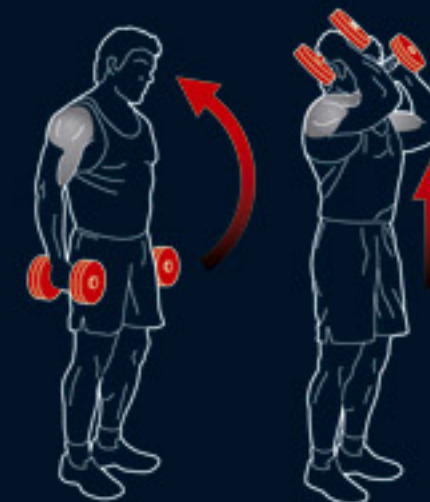
High dumb-bell pulls

Works: Glutes, shoulders and upper back
Stand with your feet shoulder-width apart with a dumb-bell in each hand resting against the front of your thighs. Bend forward at with your knees and hips while keeping a straight back and letting your arms hang in front of you. Quickly straighten your hips and knees and rise up onto your toes. As your body moves into an upright position shrug and pull the weights upwards and in front of you until they are at shoulder height. Keep pulling until your upper arms are parallel to the ground. Lower them to the start position slowly and with control.



Exaggerated bicep curls

Works: biceps and shoulders
Stand with your feet shoulder-width apart holding a dumb-bell in each hand. Keep a straight back and ensure your palms are facing your body. Both bend and raise your elbows to bring the weights to a point where they are above your shoulders so your upper arms are parallel to the ground. Pause, tense your biceps then lower the weights to the start position.



Single leg deadlift

Works: Lower back and hamstrings
Stand with your feet shoulder-width apart holding a dumb-bell in each hand. Raise your right leg off the ground – tuck it behind your left ankle. Keep a straight back and a slight bend in your right knee. Bend forward at the hips to lower the dumb-bells to the floor, letting the weights hang in front of you. Pause then flex your lower back to raise your upper body back to the start position. Repeat with the other leg.

