

Increase Power Tips

Sports such as basketball, athletics and rock climbing require bursts of power. One way to train for these dynamic movements is with explosive exercise training.

Step One

- Increase your overall strength over a five to six week period. This important stage also reduces the risk of injury during the second part of your power training.
- Create a strength training workout that utilizes large muscle groups such as deadlifts, squats, lunges, pull ups, push ups, squats and vertical jumps.

Step Two

For the next five weeks alternate your workouts between moving heavy weights as fast as possible and moving light weights at your maximum speed.

How to be successful:

- **Perform the sport that you are training for:**
 - Weight training will make you stronger and increase your endurance. If your goal is to increase endurance for a particular sport then you must continue to perform the sport in order to maximize the neurological changes.

Ensure you are using good form:

Due to the speed nature of the second stage of this training, it is easy to start lifting the weights in bad form. This can lead to injury and reduce the effectiveness of this training. Ensure that you are lifting the weight correctly as well as quickly.

Get support:

It is a lot easier to quit an exercise programme if you are alone. Team up with a friend or family member who has similar goals. You may want to be competitive and see how is improving faster.

Do not forget step 1:

It is easy to bypass step 1 and just try step 2. Only do this if you have been in a strength training program for the last 5 to 6 weeks.

Medical advice:

If you have not exercised in a while or have suffered an injury then get medical advice before starting an exercise program.