



Introduction to Muscle Endurance Training for IIDX Players

~Stay One Steap Ahead of Your Rivals~

Translated from Japanese version:

https://drive.google.com/open?id=1VtdB6kC3yWJ4FA_qvn4KDq08jN999a2aY4ycOT3xxj4

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335 NAUT

Do you know who I am (^_^;)



- FUSEI3 (Europe)
 - 0210-5553
 - SP – Kaiden
 - DP – Kaiden
- Playstyle
 - Mainly rely on fitness performance
 - No home setup
 - Little song analysis experience
 - Freeform hand position

Summary

- By doing a training focusing on muscle endurance, your rhythm game performance would be drastically improved.
- Forearms are quite important for IIDX players, which especially require finger movements.
- Strengthening upper arms and shoulders is effective for dealing with scratches.
- You can train those body parts in just 10 minutes a day, and no equipment is required. You can do it in your everyday life.

Topics

- Why Muscles?
- Basics of Muscle Abilities
- Important Muscle Groups
- Sample Forearm Workout (in 5 minutes)
- Sample Upper Arm and Shoulder Workout (in 5 minutes)
- Tips for Workouts
- Additional Information
- Conclusion

Why Muscles?

Have you experienced the following?

- The buttons are too hard for you to play
- Getting exhausted within just 30 minutes of playing
- Got a cramp in your arm
- Cannot control your fingers in latter part of the song
- Severe muscle ache that lasts several days after playing

Have you experienced the following?

- The buttons are too hard for you to play
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Muscles can solve them all.

By improving muscle abilities, you...

- Have no problem with super hard buttons
- Can continue playing IIDX for hours, without feeling tirement
- Start feeling that you can control your fingers smoothly
- Can finish songs with more than 2000notes
- Have less chances to experience severe muscle aches



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It's awesome. Start training.

Basics of Muscle Abilities

Defining “Muscle Abilites”

Roughly divided into three parts:

- Musclar Endurance
 - An ability to exert sub-maximum force against resistance for a extended period of time. Swimming and cycling are examples that need endurance.
- Power
 - An ability to move weights with speed. Top power sports include 100m run.
- Strength
 - An ability to exert maximum force against resistance. Weightlifting requires strength.

Defining “Muscle Abilites”

- **Muscler Endurance**

- Extremely important for not only songs that need strength endurance, but also maintaining your playing conditions in the long run

- **Power**

- Effective for niche situations, like aiming for higher scores for low level songs, dealing 1/32 trills and super-condensed sections

- **Strength**

- You don't need to have a serious strength to break a cabinet

Endurance is the key.

Ways for improving muscle endurance

Several methods available

- Bodyweight training with amounts of repetitions
 - No need to add a weight
 - Focus on technique, keep up the rhythm
 - Take a break between each set as less as possible
- Heavy-weighted lifting, 2–3 reps for 1 set, taking break for ~10sec, multiple sets
 - More like “Tabata Training”. Very effective, but often requires equipments and skills
 - Deadly exhausting IMO

Ways for improving muscle endurance

Several methods available

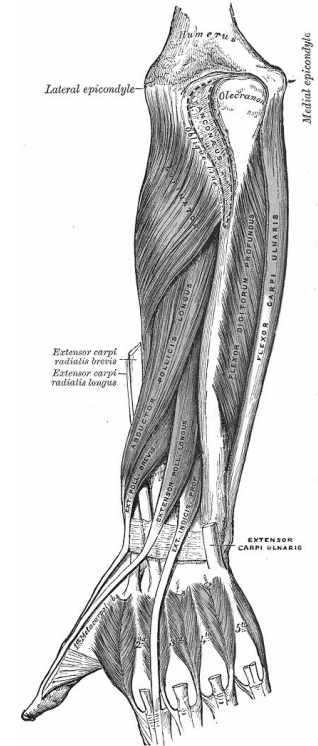
- Bodyweight training with amounts of repetitions
 - No need to add a weight
 - Focus on technique, keep up the rhythm
 - Take a break between each set as less as possible

**Let's start with
bodyweight training.**

Important Muscle Groups

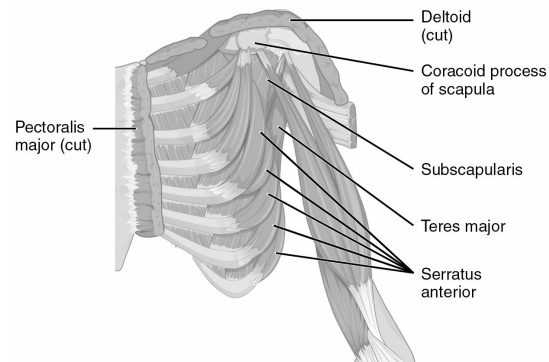
Forearms are the most important

- Fingers don't have a muscle
 - Fingers have tendons
 - Those tendons are controlled by forearm muscles
 - Thus training forearm muscles is recommended
 - Forearms have many muscles
 - Combining several exercises is important as well



Upper arms and shoulders as well

- those muscle groups require scratch-related movements
 - Turning scratches and positioning between scratches and buttons requires them
 - like dealing with Beach Side Bunny
 - Combining multiple exercises is important
(since those have many muscles)



Sample Forearm Workout (in 5 Minutes)

Forearm workout in 5 minutes

Frequency: Once in 1–2 days

Warmup: Recommended (but not necessary)

Rest between exercises: None

1. Apple Pickers – 1 min
2. Wrist Curl – 1 min
3. Reverse Wrist Curl – 1 min
4. 180 Degree Rotations – 1 min
5. Front Rotations – 1 min

This menu is quoted by Mike Rosa's forearm workout. It's very effective!
Intense 5 Minute At Home Forearm Workout – Youtube <https://youtu.be/P5SKBRXAR1Q>

Author: [@nin_iwsk](#)

1. Apple Pickers

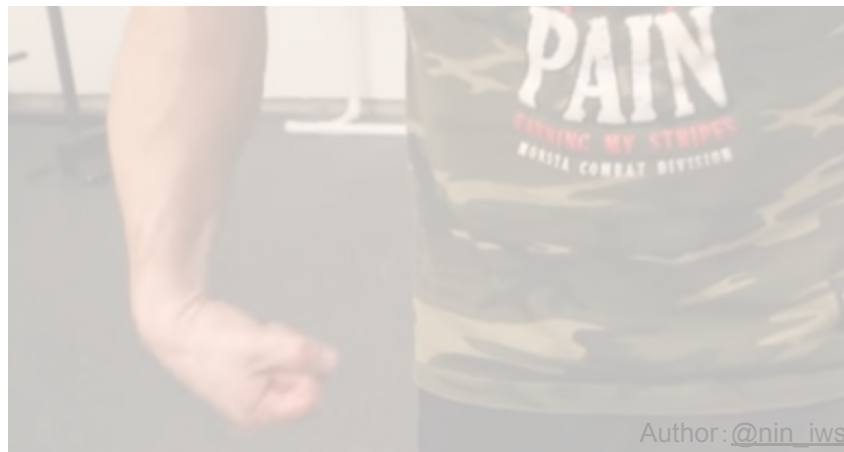
- Extend your arms
- Squeeze your hands as quick and tight as possible
- Open and stretch your fingers as quick and far as possible

- Continue for 1 minute



2. Wrist Curls

- Arms alongside your body, palms facing towards your body
 - Squeeze your hands as tight as possible
 - Bend your wrists towards the body as quick and deep as possible, while keeping your hands squeezed
-
- Continue for 1 minute



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3. Reverse Wrist Curls

- Arms alongside your body, back of hands facing upwards
- Squeeze your hands as tight as possible
- Bend your wrists upwards as quick and far as possible, while keeping your hands squeezed
 - Try not to move your elbows
- Continue for 1 minute



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4. 180 Degree Rotations

- Bend your forearms to the front, palms facing down
 - Squeeze your hands as tight as possible
 - Rotate your wrists as quick and deep as possible
-
- Continue for 1 minute



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5. Front Rotations

- Bend your forearms to front, palms facing each other
 - Squeeze your hands as tight as possible
 - Lift your wrists as quick and deep as possible, while keeping your hands squeezed
-
- Continue for 1 minute



Author: [@nin_iwsk](#)

Sample Upper Arm and Shoulder Workout (in 5 Minutes)

Upper arm and shoulder workout in 5 minutes

Frequency: Once in 1–2 days

Warmup: Recommended (but not necessary)

Rest between exercises: 30–60 seconds

1. Narrow Pushups: 20–30 repetitions
2. Reverse Snow Angels: 20–30 repetitions
3. Pike Pushups: 20–30 repetitions
4. Plank Ups: 20–30 repetitions
5. Palm Curls: 10–15 repetitions for each side

1. Narrow Pushups

- Start on the floor and place your hands directly under your chest, closer than shoulder-width apart
- Begin lowering your body by bending your elbows, keeping your core tight and your back flat
- Effective for triceps
- Do 20–30 times
 - If that's too difficult for you, here are easier alternatives:
 - Knee Pushups – Touch your knees to the ground
 - Wall Pushups – Use wall instead of floor
 - Movement sample: <https://youtu.be/40LMvyHkUKw?t=12s>



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2. Reverse Snow Angels

- Lay your front side on the floor
 - Stretch out your arms to the front
 - Your Palms facing to the floor
 - Lift your chest, arms and slightly
 - Move your arms horizontally to the legs, then move back to the starting position
-
- Effective for shoulders and lower back
 - Do 20–30 times
 - Movement sample: <https://youtu.be/ZYIHJ3m6UCo>



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3. Pike Pushups

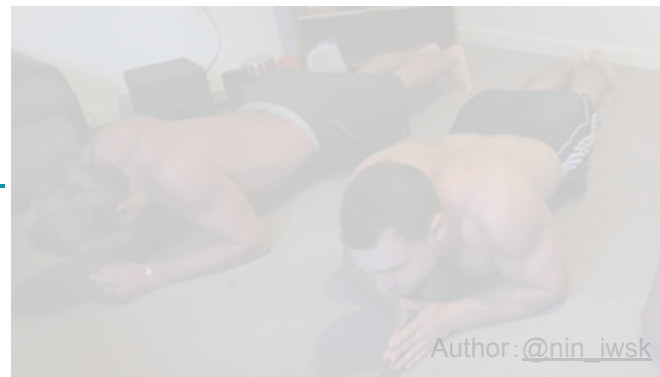
- Lift up your hips so the your body forms an upside down V shape.
 - Begin lowering your body by bending your elbows, keeping your core tight
-
- Effective for triceps and shoulders
 - Do 20–30 times
 - Movement sample: <https://youtu.be/1Jjyp4uhks?t=50s>



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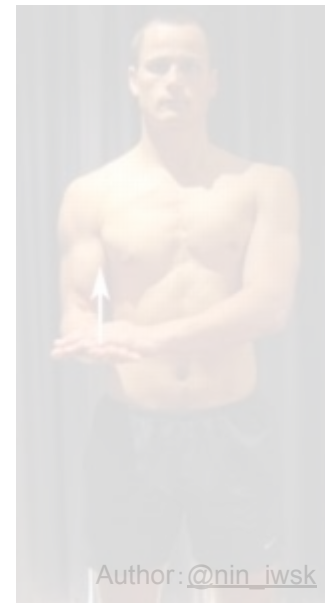
4. Plank Ups

- Lay your front side on the floor, place your elbows directly under your chest, keep your core tight and back flat
 - In short, get to a plank position
- Use your shoulders to lift up your body
- Effective for shoulders and core
- Do 20–30 times
 - Movement sample: <https://youtu.be/GXk1GgvhyF8?t=34s>



5. Palm Curls

- Stand with your hands in front of you
 - Your right should be palm up
 - Place your left hand palm down into your right palm
- Curl your right arm across your body toward your chest
 - Use your left arms to provide resistance.
- Effective for biceps
- Do 10–15 times for each side
 - Movement sample: <https://youtu.be/CzXKh80lhjQ?t=4s>



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Tips for Workouts

Tips for Workouts

- Focus on techniques, don't cut corners
 - It might be exhausting during your workout, but a reward awaits you. You gotta believe this.
- Find out which muscle is moving
 - Try to place your hand to your forearm and do an exercise, and find out which part of forearm is moving. Thinking of which muscles are moving makes a better form.
- Continue for months
 - These workouts doesn't make drastic changes in a short period of time
 - [Shoji Nakayama, a famous Japanese comedian who earns a kinesiology degree from Santa Monica College says.](#)
 - Each training makes you effective in the beginning just because you're starting to control your muscle movements much easily
 - You're going to have another significant result after three months

Additional Information

Nutrition and resting is important as well

- Consume more protein, eat snacks
- I summarized nutrition tips in tweets (in Japanese language though)
 - https://twitter.com/nin_iwsk/status/865209341392990208
 - https://twitter.com/nin_iwsk/status/868794791668006915
 - https://twitter.com/nin_iwsk/status/852532707187871745

基礎のおさらい

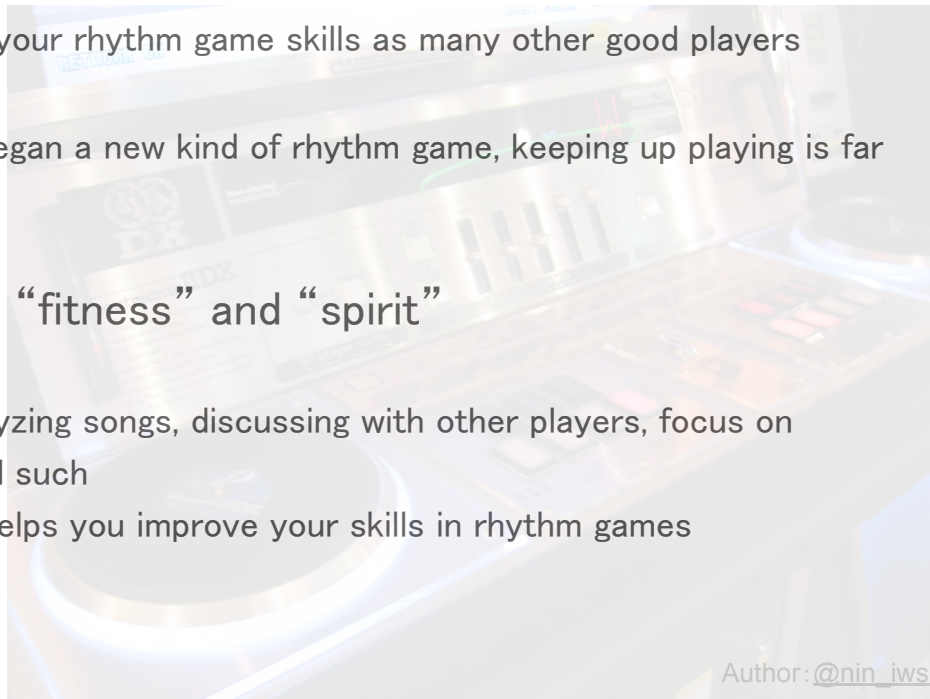
- 音ゲーと筋トレをしていて、更に筋肉をつけたい人の食事の基礎
 - 1. 『+1品』でタンパク質を多めに摂る
 - 2. おやつもふくめてしっかり食べる
 - 3. 『タンパク質・脂肪・炭水化物』以外の各種栄養素を気にしすぎない

食事例



It's not the only way to become a better player

- This is just an physical approach
 - There are many methods for improving your rhythm game skills as many other good players mention
 - If you're highly motivated or you just began a new kind of rhythm game, keeping up playing is far more effective than doing training
- Rhythm games require “technique”, “fitness” and “spirit”
 - As sports do
 - Skill-improving approaches include analyzing songs, discussing with other players, focus on S-Random options, try other games and such
 - I'd be happy if this physical approach helps you improve your skills in rhythm games



Summary

By doing a training focusing on muscle endurance, the performance of playing rhythm games could be improved. For IIDX players, training forearms is a top priority; Upper arms and shoulders come next.

Sample Forearm Workout

Frequency: Once in 1–2 days

Warmup: Recommended

Rest between exercises: None

1. Apple Pickers – 1 min
2. Wrist Curls – 1 min
3. Reverse Wrist Curls – 1 min
4. 180 Degree Rotations – 1 min
5. Front Rotations – 1 min

Sample Upper Arm and Shoulder Workout

Frequency: Once in 1–2 days

Warmup: Recommended

Rest between exercises: 30–60 seconds

1. Narrow Pushups: 20–30 repetitions
2. Reverse Snow Angels: 20–30 repetitions
3. Pike Pushups: 20–30 repetitions
4. Plank Ups: 20–30 repetitions
5. Palm Curls: 10–15 repetitions for each side

Thanks for reading this to the end!

I sometimes tweet tips about fitness, mind and games (mostly in Japanese but can answer in other languages)

Follow me if you're interested in :)

Twitter: [@nin_iwsk](https://twitter.com/nin_iwsk)

