

## Train for your Sport

For over 30 years Sports scientists and trainers alike have known that the body needs to be trained for the particular stresses and strains of the individual. However, a trip down to your local gym and you may well have difficulty differentiating people's sports and activities from their training routines.

This is partly due to the fact that most equipment in the gym is very sagittal plane dominant and one-dimensional. This means that most of the movement used are forwards and back or flexion and extension e.g. bench press, squats, bicep curls etc...

There is nothing wrong with these exercises per se, but they are not very specific to many sports as they are not multi-dimensional and are generally on fixed machines, that decreases the activity of the stabilizing muscles of the body. The other area that is missed with this type of training is the proprioceptive system, which may be the most important part of human function. To affectively train this system we need to train specifically to the sport or activity that we want to improve, that means training all the specific muscles and muscle slings in all 3 planes of movement e.g. to improve your tennis forehand you may choose to do a one arm cable press instead of a bench press.

Why might this be better?

- 1) You are on your feet as opposed to lying down, not many tennis shots involve lying down!
- 2) Works your core. Your abdominal have to work in sync with your pecs to control the movement.
- 3) Proprioception. The action is similar to that of the forehand stroke (similar) therefore feeds the nervous system to the same action.

The key to sport specific training are taking a look at the actions and movements involved, breaking them down and then working on those specific elements.

References

- [www.grayinstitutue.com](http://www.grayinstitutue.com)