

DIESEL CREW

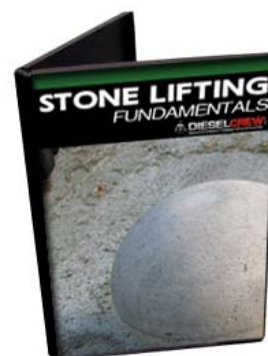
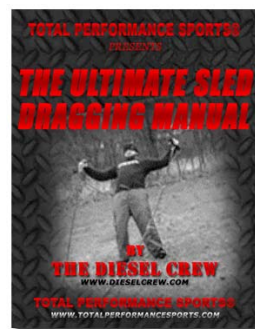
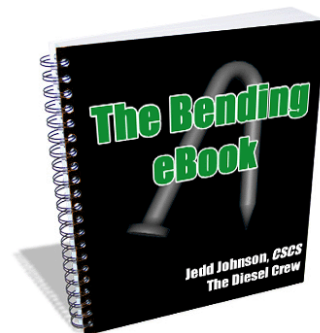


Offset Training Joe Hashey, CSCS

<http://www.Synergy-Athletics.com>

Benefits: Increased strength, stability, body control, flexibility and muscular hypertrophy.

Many people have watched the videos of people performing one armed chin-ups or push-ups. Unfortunately people just assume the lifts are too hard to accomplish and forget about them. However there are ways to set yourself up to achieve these feats of strength and incorporate them successfully into your training program as a supplemental exercise.



It is important to complete a full warm-up before attempting these exercises for the first time. If your body is not used to this style of training, then it will be seemingly difficult on the first few days. The warm-up will prepare all your muscles and joints to take on the increased load and flexibility demands. Also, these exercises should be used as supplemental exercises to some serious primary lifts!

The concept behind offset training is to load one side of the body greater than the other by placing hands at offset positions on the apparatus used. The idea is to put more pressure on one muscle group, while using the other as a sort of “spotter” during your exercise. Attempt to put as much strain on the pulling or pushing arm as possible throughout. Make sure the movement is done in a controlled manner. Here are some examples of offset training.

Exercise 1 – Offset Pull-Ups

Form Instructions: Grip two offset hanging objects. The easiest place to put them is on a power rack. Another option that I prefer is to hang them from the ceiling since it is higher and allows for more hang room. Some suggested objects are gymnastic rings, ropes, towels, and D handles on chains. The distance to offset the objects depends on your abilities. Start with a small difference, then increase the distance as your skill level improves. Also, control the descent so you do not overstretch your shoulders and latimus dorsi. During the upward portion of the movement, you should attempt to do the majority of the pulling with the higher hand. Use the lower hand as a guide. Make sure to switch the guide and the pulling hand to equally train the musculature.

Start Position



Lift Position



Offset Pull-ups with a Towel Grip

Start Position



Lift Position



Exercise 2 – Offset Supine Rows

Form Instructions: Again, grip two objects that are offset in the supine row position. All the above objects still work: gymnastic rings, ropes, towels, and D handles on chains. Pull with the higher hand and use the lower hand as the guide or support hand. Perform 4-6 reps, then immediately switch which hand is higher and perform 4-6 more reps. This is a great alternative to cable low rows for those who do not have the equipment.

Start Position



Lift Position



Exercise 3 – Chest Step-Ups

Form Instructions: Think of a traditional lower body step-up, just done with your arms. Place one hand on an object and the other on the floor. Lower yourself until the higher arm is at a proper push-up angle. Push off of the floor and box (attempting to use the hand on elevated object as the primary mover). Finish the movement by reaching full extension on the higher arm, which will take the lower hand off the floor (as seen in the start position picture, the hand is up on the finger tips as I shift the weight to the working arm. Start small with this one!

Objects include: steps, cinder blocks, a stack of plates, short plyometric boxes, or just a couple pieces of wood.

Start Position



Bottom Position



Exercise 4 – Offset Ring Push-Ups

Form Instructions: This is another chest exercise that requires some serious stability. Similar to the step-ups, start by offsetting the gymnastic rings. Perform a push-up movement using the higher hand as the primary mover. Attempt to reach full extension of the upper arm. Perform the exercise equally on both sides.

Start Position



Bottom Position



Exercise 5 – Offset Hamstring Raises

Form Instructions: Place one foot on the floor and the other on an object similar to the one used when completing the chest step-ups. Perform a hip raise by using the higher foot as the primary mover. At the completion of the movement, lift the lower foot off of the ground. Extend that leg straight, if possible, and then replace it back on the ground for the descent.

Start Position



Bottom Position



Additional Information



Joe Hashey Guest Speaking at a Football Banquet

Joe Hashey is a Certified Strength and Conditioning Specialist through the NSCA. Joe is a former D1AA college football player and the owner of Synergy Athletics in Endicott, New York.

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