



Q

What can I do to target the lower part of the hamstrings?

A

Well, first, there technically isn't lower hamstring function, per se. However, many times if someone has not been performing movements for the knee flexion action of the hamstrings, they report an increased degree of fatigue/soreness in the inferior fibers of the hamstrings. Therefore, you probably need to incorporate a variation of the leg curl, or GHR's into your routine. The hamstring has two functions: Hip extension and knee flexion.....it's silly not to work both of these functions for optimal hamstring development.

Q

What should I focus on to increase my vertical jump?

A

Depends on a bunch of factors. One guy can lose some weight and improve his vertical jump by 6 inches. Another guy can put 100 pounds on his squat and increase it by 10 inches. The biggest mistake is making that the sole and only goal of your training for an entire off-season.

Now let's look at twins and have one continuously trying to improve his vertical. Let's say he gains 8 inches in 36 off-season weeks of training. I would take his brother, and over those 36 weeks train virtually every strength quality, and only prioritize the vertical the last 8 weeks and increase it 12 inches. Assuming it wasn't already really high. As a general rule, if the guy is fast and can jump, increase his strength. If the guy is slow and can't jump (but fairly strong, or a fairly decent athlete), increase his speed.

Now if the guy is slow and weak, you have to get him strong first and then fast, that will be the step-wise process of increasing his vertical. But if he's weak and slow, he has less potential to increase his vertical.

Q

My physical therapist says that deadlifts are bad for my back?

A

Based on her logic, the back is not designed to support any load. The opposite is true. Supporting a load is what it does, all day, everyday.

Deadlifting is one of the best things you can do in order to strengthen the back and therefore prevent injury. Not the only thing, but one of the best. In addition, there are plenty of Dr.'s, therapists, as well as knowledgeable trainers and coaches, who disagree with her.

Q

I have been doing full high bar squats and have noticed that my butt seems to tuck under toward the bottom of the squat. This happens when I do front squats and overhead squats too.

Is this a strength issue, flexibility issue, or form issue? What can I do to correct it?

A

If it's not severe or anything, your probably just noticing the slight pelvic nutation that occurs. Nothing wrong with it, it doesn't increase lumbar stress, it's just how the body operates. In the Supertraining archives, there's a very, lengthy, informative and biomechanically oriented series of post on this nutation that occurs. It is not very pronounced however, and should be distinguished from rounding of the low back – two very different things.

TODD WILSON

ToddWilson.Diesel@Gmail.com

ToddWilson3@Email.com