



## How to Construct a Balanced Program

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### Hypothetical Situation...

Our good friend Joe is a junior varsity basketball player at the local high school. He has been reading magazines and internet articles that tell him to strength train and condition his body in the offseason so when the season comes he is strong, quick, and powerful. He already has a sweet stroke from downtown so if he can improve these other attributes, there is no way he will get cut from the varsity basketball team this season.

After consulting his doctor and finding that he is indeed prepared for physical activity, Joe cuts out the soda, potato chips, and late night Taco Shop stops. He is serious about his training and knows that a proper diet could make a big difference. He also makes it a point to get approximately 8 hours of sleep each night to ensure that his body can recover after his training session. Now that he has covered all the intangibles he can think of, it's on to the program itself.

Joe knows that his time is limited, so he has set aside 1 hour and 15 minutes on 3 days per week at the gym to work on speed and agility as well as some strength training. He can remember some of the drills that the team performed at last year's try out, so he plans to get good at those drills to ensure that he is ready to impress his coach. However, when planning his strength training program, Joe is somewhat lost and is unsure of what to do. Then he realizes that there are plenty of strong guys at the gym and that they obviously know how to get strong. Joe spends his very first day at the gym watching some of the older guys lift weights and takes very detailed notes on exercises and technique. Based on what he sees, he develops the week long workout below....



- Day 1 - Barbell Bench, Dumbbell Incline, Dumbbell Flies, Parallel Bar Dips, Seated Row, EZ Bar Curls, and Tricep Extensions.
- Day 2 - Barbell Back Squat, Leg Press, Leg Extensions, Back Extensions, Seated and Standing Calf Raises, and Leg Curls.
- Day 3 - Barbell Bench, Barbell Shoulder Presses, DB Lateral Raises, Push Ups, Dumbbell Curls, Barbell Deadlift, and Seated Calf Raises

Right off the bat Joe's program is going well. He is working his upper body as well as his lower body and the amount of weight he can lift is increasing on a regular basis. However, a little over two months into his training, he starts to run into some issues. For one, the weight he can lift is no longer increasing and in many cases is actually decreasing. Another issue is that he's starting to feel a pinch on the side of his right shoulder each time he does Bench Press or Incline Press. The final problem is that because of his pain, his shot is suffering. This is bad news since the season is about a month away and now Joe is actually worse off than he was at the beginning. What went wrong????

A glaring issue and the reason for some of his pain and lack of progress is that his program is unbalanced. He is doing so many pressing and internal rotation exercises without including a similar amount of pulling and external rotation exercises that his chest and deltoids have become overdeveloped in relationship to his upper back and external rotators. This has caused an impingement issue in his right shoulder and his decrease in weight lifted is

due to being over trained in these exercises. Unfortunately, Joe doesn't realize this problem in his programming and therefore is putting his season and overall health in jeopardy.

At Athletes' Training Center we include the following 7 movement patterns in each of our programs:

- Quad Dominant Lower Body
- Hip Dominant Lower Body
- Vertical Pull
- Vertical Push
- Horizontal Pull
- Horizontal Push
- Core Exercises

By including all of these movements into our programs, we ensure that each athlete has a well balanced base of strength and does not develop imbalances within their body that could lead to decreases in performance or health endangerment. Joe would have much more success and have a smaller chance of injury if he were to set up his strength program as follows. There are obviously more variables Joe can add into his program, but for basic strength, this would cover all of his bases.

Day 1 - Bench Press, Barbell Lunges, Pull Ups, Barbell RDL, Rotational Core

Day 2 - Barbell Back Squat, Inverted Row, Single Leg RDL, Push Ups, Core Stabilization

Day 3 - Barbell Deadlift, Chin Ups, DB Shoulder Press, Cable Row, Core Stabilization