

# HOW TO MAN UP FOR WATER SKIING

Water skiing is a physically demanding sport involving highly coordinated movements, extreme upper body torques and sustained muscular contractions. In particular, water skiers have unique strength characteristics where they are strongest in the low back extended positions, but weak in positions of flexion. M2 asked strength training authority Peter Rana to design a HIT routine, timely as the World Water Ski Racing Championship lands on New Zealand shores.

DESIGNED BY BODYTECH FOUNDER PETER RANA

## WATER SKIING

Body parts to emphasise

Back, chest, low back, waist, forearms, buttock, upper & lower legs, upper arms

### Ten HIT Training rules

- Keep the intensity high, performing each exercise until you experience momentary muscular failure (MMF) giving your best effort where no additional repetition is possible.
- Select a resistance (weight) that delivers MMF at between 8 to 12 repetitions.
- Lift & lower the weight under control (not explosively).
- Emphasise the lowering, taking twice as long as the lifting portion.
- Take each exercise through the muscle's full possible range of motion.
- Progression is key - strive to improve on your previous performance by increasing the number of repetitions, resistance used, or both.
- Keep accurate records for each workout (date, reps, resistance & total workout time).
- If possible, find a dependable training partner to supervise your workout.
- Increase resistance when 12 or more repetitions can be performed.
- To ensure metabolic conditioning, do not delay between exercise efforts.

## HIT WATER SKIING ROUTINE (ORDER OF EXERCISE ROUTINE)



### 1 LEG EXTENSION

- Sit in the machine and place feet behind shin pad making sure your knee aligns with the machine's axis of rotation.
- Keep head and shoulders against seat back.
- Grasp handles lightly.
- Straighten both legs, pausing in fully contracted position.
- Lower resistance slowly and repeat for maximum contractions.



### 2 BRAVO SQUAT

- Facing out, stand between the machine's handles.
- Place feet shoulder width or slightly wider apart.
- Squat down and grasps the handles.
- Slowly stand up to starting position making sure you maintain the natural curvature of your back.
- Repeat for maximum contractions.

### 3 SEATED CALF-RAISE

- Sit in the machine and place knees under knee pad.
- Place balls of feet on the step.
- Begin by elevating heels as high as possible, pushing on the big toes as much as possible.
- Pause and return by lowering heels slowly.
- Stretch at the bottom by lifting and spreading toes.
- Repeat for maximum contractions.

### 4 BRAVO STIFF-LEGGED DEADLIFT

- Facing out, stand between the machine's two handles.
- Place feet shoulder width apart or slightly narrower.
- Grasp the handles with arms straight with knees bent only slightly to lift the weight.
- Take care by looking up and forward throughout the lifting and lowering phases.
- Lower slowly by bending at hips and waist only. Slightly bend knees - keep them mainly stiff.
- Stretch at bottom position.
- Return slowly to standing position and repeat for maximum contractions.



# 5

## PARTIALLY STABILISED CHEST FLY

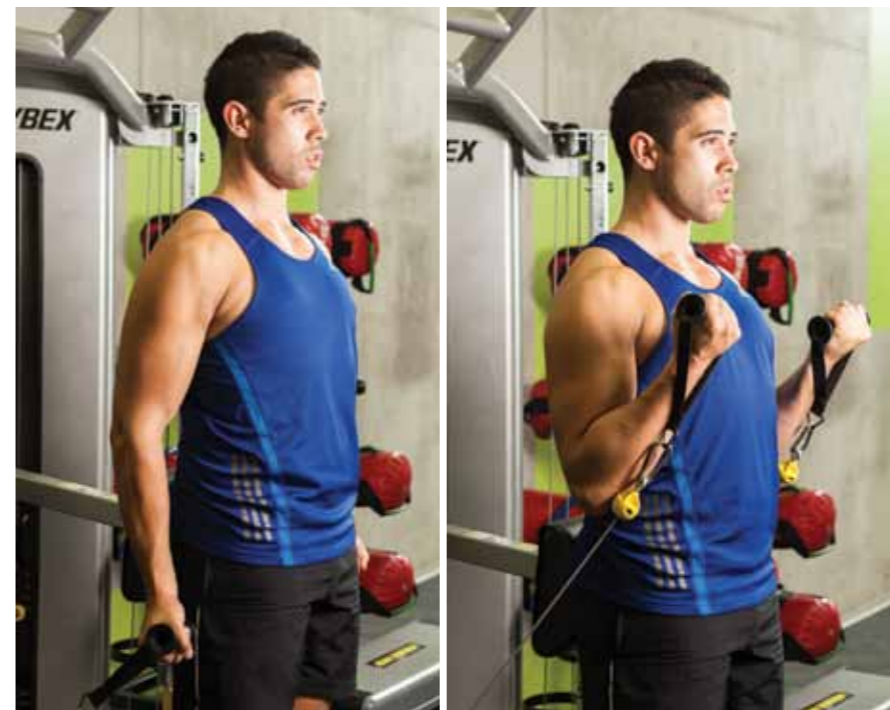
- Adjust the machine's stabilising pad at buttock level.
- Adjust the height of the pulleys slightly above shoulder height.
- Grasp the handles one at a time.
- Extend your arms with a slight bend in the elbows.
- Make sure you're standing vertical with buttocks firmly against the pad.
- Begin by pulling arms in front of chest with a slight bend in the elbows.
- Pause; lower resistance slowly and repeat for maximum contractions.



# 6

## BRAVO SEATED LAT-PULLDOWN

- Place a bench or suitable seat under the dual-pulley's above.
- Grasp the overhead handles with a parallel grip.
- Pull handles leading with your elbows down toward your sides.
- Return slowly to starting position and repeat for maximum contractions.



# 8

## PARTIALLY STABILIZED BICEPS CURL

- Adjust the machines stabilising pad at buttock level.
- Adjust pulleys in a low position.
- Grasp the handles one at a time.
- Make sure you're standing vertical with buttocks firmly against the pad.
- Curl hands to fully contracted position before returning to starting position.
- Repeat for maximum contractions.

# 9

## STANDING BARBELL REVERSE CURL

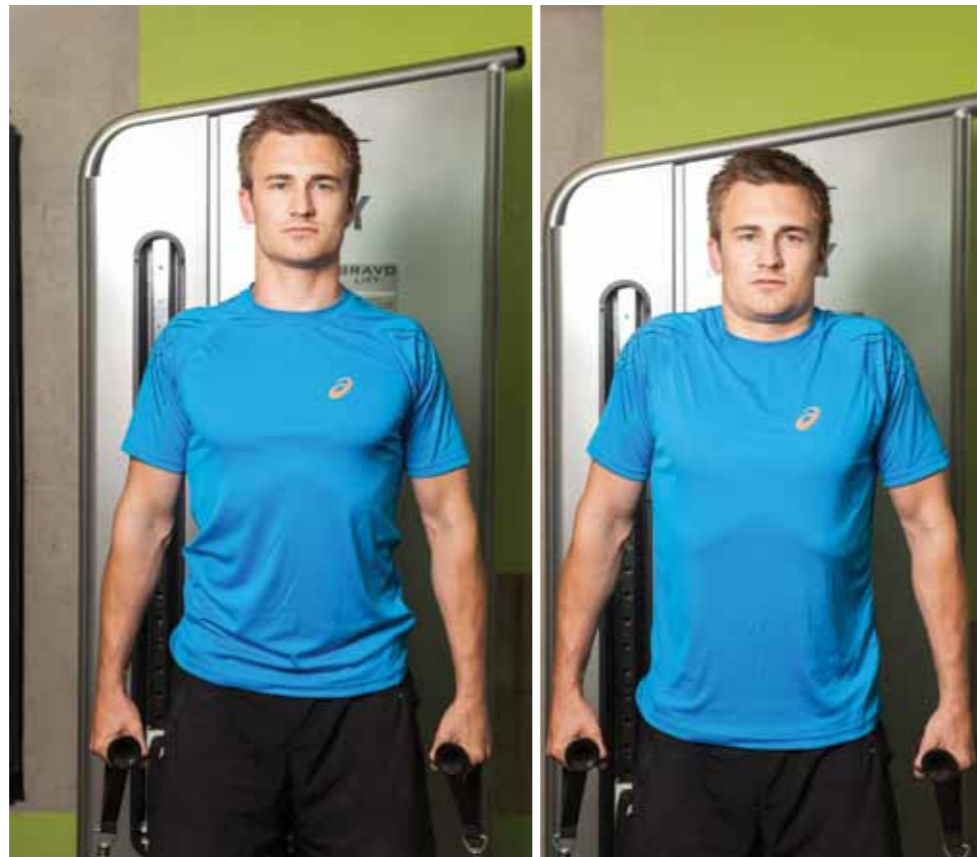
- Grasp a barbell with palms down.
- Stand erect.
- Curl barbell smoothly toward shoulders.
- Pause in fully contracted position before lowering slowly.
- Repeat for maximum contractions.



# 7

## BRAVO SHRUG

- Facing out, grasp the handles and stand.
- Keeps arms straight and do not lean back.
- Shrug (elevate) shoulders as high as possible.
- Pause in top position.
- Pause. Lower slowly to starting position.
- Repeat for maximum contractions.



## ISOLATED FULL-RANGE BACK EXTENSIONS

- Position and secure yourself in the machine.
- Begin exercise in the flex position.
- Keeping your eyes looking up and outward, slowly extend your back to the fully contracted position.
- Pause. Lower slowly to starting position.
- Repeat for maximum contractions.

# 10

## BRAVO LEG RAISE

- Adjust the stabilising pad at a height so that when you flex your hips, the top of your buttocks rotates over it.
- Use an appropriate step to get yourself in position.
- Grasp the handles on the pull up bar above.
- Begin by flexing the hips smoothly by drawing knees to chest.
- Pause. Lower slowly to starting position.
- Repeat for maximum contractions.

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