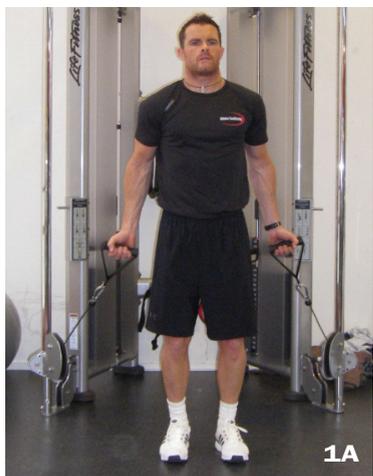


SQUASH PLAYER

STRENGTH TRAINING

Take your performance to the next level with these



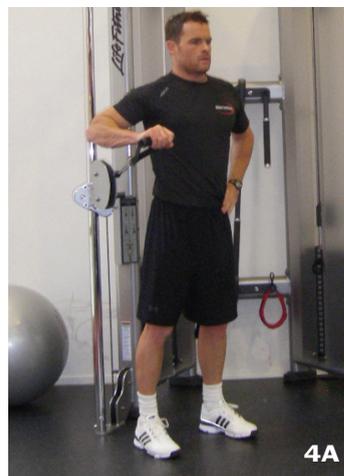
1A



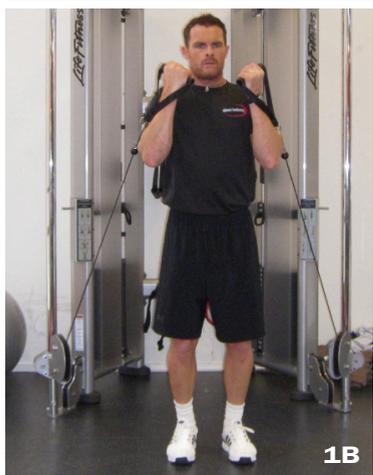
2A



3A



4A



1B



2B



3B



4B



1 BICEP CURL

Muscle group: biceps.

Recreational level: 1–2 sets of 20 reps.

Advanced level: 2–3 sets of 15 reps.

2 CHEST PRESS (on swiss ball)

Muscle groups: chest and upper shoulders.

Recreational level: 1–2 sets of 15 reps.

Advanced level: 3 sets of 15 reps.

3 LAT PULL-DOWN

Muscle groups: upper back and shoulders.

Recreational level: 1–2 sets of 15 reps.

Advanced level: 3 sets of 15 reps.

4 LUNGE & PRESS

Muscle groups: quads, glutes, arms and chest.

Recreational level: 2 set of 10 per side.

Advanced level: 2 sets of 15 per side

5 ROTATOR CUFF

Muscle groups: rotator shoulders.

Recreational level: 1 s

Advanced level: 2 sets



ALLISTAIR MCCAW

is the founder of Athletes' Conditioning, which specialises in athletic performance enhancement through sport-specific conditioning.

He has worked with many world-class athletes including top-ten tennis players Jelena Dokic and Dinara Safina. In squash he has trained one of the world's top female players, Natalie Grinham.

Visit his homepage at www.AthletesConditioning.com

Any squash player, at any level,

who is serious about taking their performance to the next level and avoiding injuries should consider implementing some kind of strength training alongside their squash practice.

When working with athletes I tend to stay away from gym machines, preferring to adopt a functional approach to training programs – i.e. training movement specific to the sport they play. Functional training involves conditioning the brain to produce movements with similar coordination, range of motion, type

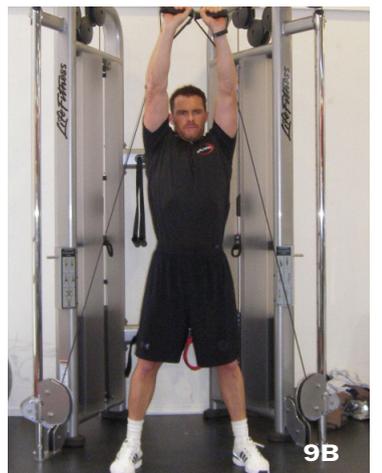
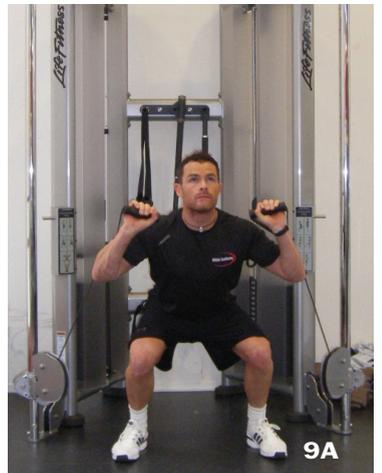
of muscle contraction (eccentric, isometric, concentric) and speed of movement to those required in a specific sport.

When designing a strength program for an athlete, however, I always like to include cable machine exercises. Along with equipment such as dumbbells, swiss balls and medicine balls, cable training is in my opinion one of the most important pieces of strength training equipment for the tennis or squash player.

Those of you who are regular (or even occasional) gym-goers, I am sure, have come across a cable

ING FOR SQUASH

These simple cable exercises, says Allistair McCaw



CUFF
rotators and

el: 1 set of 15 reps.
2 sets of 15 reps.

6 SHOULDER FORWARD RAISE

Muscle group: shoulders.
Recreational level: 1 set of 15 reps.
Advanced level: 2 sets of 15 reps.

7 SHOULDER PRESS (on swiss ball)

Muscle groups: upper back, deltoids and shoulders.
Recreational level: 1 set of 15 reps.
Advanced level: 2 sets of 15 reps.

8 SHOULDER SIDE PULL-DOWN

Muscle groups: rotator and shoulders.
Recreational level: 1 set of 15 reps.
Advanced level: 2 sets of 15 reps.

9 SQUAT & PRESS

Muscle groups: legs (glutes and quads), upper back and shoulders.
Recreational level: 1 set of 15 reps.
Advanced level: 2-3 sets of 15 reps.

machine, also known as a pulley machine. For those who are less familiar with them, they are usually large, upright machines, with either a single pulley or a pulley attached to both sides. They are extremely useful for functional training as they allow an athlete to recruit all major muscle groups while moving in multiple planes.

Besides increasing muscular strength, exercises on a cable machine help to improve balance and co-ordination skills as well as joint stability. This type of training also decreases the number of injuries sustained.

Here I outline nine exercises suitable for any level of squash ability and guaranteed to dramatically enhance your on-court performance.

For the recreational player I recommend incorporating a program like this into your training schedule once a week – another day being devoted to core strength training, for example using a swiss ball (see SP Issue 2008/6).

For the more serious player, following this program twice a week is recommended, preferably with at least two days between each session.

IMPORTANT NOTES:

- Heavier is not necessarily better. Find a weight that challenges you but also allows you to maintain balance and poise.
- Increase weight gradually as your strength improves.
- Rest for one minute between exercises or between pairs of exercises using different muscle groups (e.g. bicep curl and chest press).