

HUSKER POWER™

The goal for Nebraska Strength Coaches at the college level is to help the sports they work with to win championships. To do this they need to develop muscle for those student-athletes. To develop muscle it is essential the strength coaches are creating performance programs not fitness programs. They also need to develop correct movement patterns to improve performance. As the student-athletes gain muscle, their performance will improve and the chance of winning a championship greatly improves. Young athletes don't develop muscle until later years but they can develop proper movements at a young age. The program presented here is a balanced program not a sport specific program. The sport specific part will come from a sport coach in skill training, strategy, and technique. It is important to inhibit calves, hip flexors, and backs, so the glutes, hamstrings, and abs can be developed correctly. The basic goal of this program is to maintain a neutral posture and to do strength training exercises that support this concept rather than promote bad posture/alignment.

Why this program?

Since 1976 when Mike Arthur joined the Nebraska strength staff, he has worked to refine the exercise menu choices. If something was found to be better to improve performance, it replaced something on the menu and was not just added to the menu. Mike's program design has been greatly influenced by Ron Hruska, a physical therapist, who developed the Postural Restoration Institute in Lincoln, Nebraska. This program is a combination of some of Ron's philosophy, the Husker Power Principles and material from Boyd Epley's book *The Path to Athletic Power*. Photos are provided compliments of Volt Athletics. Nebraska is not allowed to customize a strength program for a potential recruit so this program is provided to give them an idea of what is possible at Nebraska.

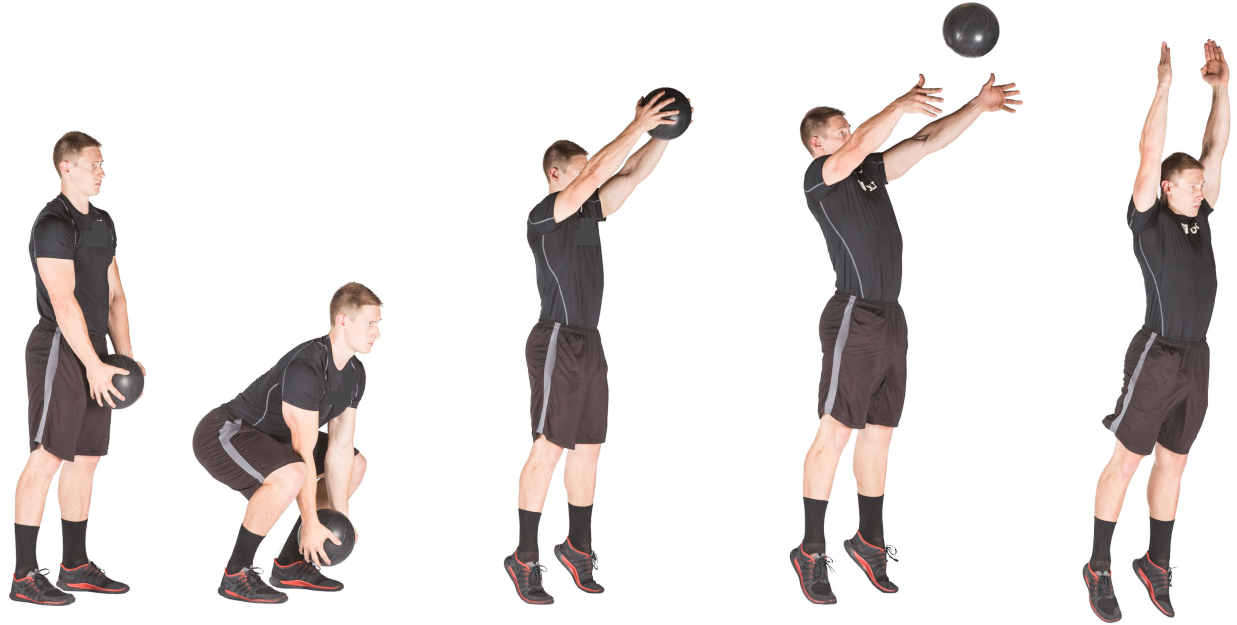
What has been learned over the years is that some muscles need to be shut off or inhibited in order for other muscles to do their job in positioning the body correctly. Some athletes have developed patterns that could lead to injuries if not corrected. This program may not be understood by some in the strength industry because some of the muscles that need to be inhibited are commonly being developed or over developed because the strength coach does not understand the result of that. This creates confusion among the profession. As a result this program requires that you first understand the "Why" in building the foundation for training before you will appreciate the "How".

Is this program exactly what Nebraska Football, Volleyball, Baseball, etc. are doing? The answer is no. The strength coach for each sport tweaks the student-athlete's program to meet their specific needs, but the program presented here should prepare an athlete physically for any power sport. If you are looking for a customized program you might try the experts at Volt (voltathletics.com).

Explosive Exercise Day

1. MB Overhead Throw

1. Stand holding a medicine ball with feet shoulder width apart and toes straight ahead
2. Aggressively squat down with ball between legs
3. Forcefully extend legs and attempt to throw the ball as high as possible
4. Repeat for prescribed number of reps



2. Clean RDL (rack)

1. Stand with bar against thighs, and feet under hips with toes pointed straight ahead
2. Slightly bend knees and push hips back to lower hands to the bar
3. Grab the bar at the knurling
4. Exhale forcefully, pushing hips forward to stand back up
5. Maintaining contact with the thigh, push hips backward again to lower bar to just above the knee
6. Rest the bar and reset



Explosive Exercise Day

3. Rack Pull

1. Stand with bar against thighs, and feet under hips with toes pointed straight ahead
2. Slightly bend knees and push hips back to lower hands to the bar
3. Grab the bar at the knurling
4. Keeping your arms straight, exhale forcefully and explosively lift bar while pushing from heels to your toes
5. Reset and repeat for prescribed reps



4. Box Landing

1. Stand on a box or bench, don't choose a box higher than 30"
2. Ensure your feet are directly under your hips and your toes are pointed straight ahead
3. Step (don't jump) off the box or bench, landing with your feet still directly under your hips and toes pointed straight ahead
4. Land with your weight centered on the arches of your feet, exhaling to brace your abs and bending your knees to absorb the landing
5. Attempt to land as quietly as possible



Explosive Exercise Day

5. Lateral Broad Jump

1. Stand with feet parallel about hip-width apart.
2. Explosively jump up and laterally by simultaneously swinging the arms forward and extending the legs.
3. While in the air, pull knees up toward the body.
4. Jump for as much distance as possible.
5. Land as softly as possible.



6. Broad Jump

1. Stand with feet parallel about hip-width apart.
2. Swing arms backward and bend at knees and hips.
3. Explosively jump up and forward (45 degree angle) by simultaneously swinging the arms forward and extending the legs.
4. While in the air, pull knees up toward the body.
5. Jump for as much distance as possible.
6. Land as softly as possible.



Explosive Exercise Day

7. All 4 Cross Connects

1. Position yourself on your hands and knees.
2. Maximally round your spine upward.
3. Tuck your hips under, feel abs engage.
4. Raise knees off floor until they are straight and your heels are on the floor.

5. Shift your bodyweight so your nose is over your fingertips
6. Lift your left hand and right foot off the ground, maintaining balance.
7. Exhale and touch your left elbow to your right knee
8. Place your hand and foot back on the floor into original all four position
9. Repeat with opposite limbs.
10. Alternate sides and perform prescribed number of reps



Explosive Exercise Day

8. Rack Clean

1. Stand with bar against thighs, and feet under hips with toes pointed straight ahead
2. Slightly bend knees and push hips back to lower hands to the bar

3. Grab the bar at the knurling
4. Forcefully drive your hips forward, pushing off your heels to straighten your legs and allow the bar raise straight up in front of the body
5. Pull yourself under the bar and let it rest on your collarbones with elbows in front of you
6. Repeat for prescribed number of reps



Explosive Exercise Day

9. Hang Clean

1. Lower the bar to the top of the knees by flexing the hips.
2. Extend the hips explosively in a scooping action.
3. Simultaneously push from your heels up on to the balls of your feet, bringing the bar straight up your body, while shrugging the shoulders.
4. Pull yourself down and under the bar, leading with elbows pointed up.
5. Rotate elbows down and then up ahead of the bar.
6. Elevate the feet and move them out into a squatting stance.
7. Catch the bar on the front part of the shoulders.

8. Flex the knees and hips to absorb the weight of the bar.
9. Stand upright.

Key Points

1. When the bar is lowered, don't hesitate at the top of the knees; extend the hips immediately. This lets you take advantage of the stretch-shortening cycle.
2. The scooping action or a re-bending of the legs can be compromised in two ways:
 - By bending the arms at the elbows before the hips can be fully extended to the position shown.
 - By swinging the bar away from the body.



Explosive Exercise Day

10. MB Front Toss

1. Stand facing a wall, a few feet away
2. Hold a medicine ball with toes pointed straight ahead and feet hip width apart
3. Bend knees and flex abs
4. Rotate to side, and forcefully throw the medicine ball against the wall and across your body
5. Catch the ball turning the opposite way, and repeat



11. Skater Jumps

1. Stand with feet parallel about hip-width apart.
2. Load up weight onto outside foot
3. Explosively jump up and laterally by simultaneously swinging the arms with your body.
4. Jump for as much distance as possible.
5. Land as softly as possible on your other leg.
6. Repeat with the leg you just landed on, load up weight onto that foot which is now the outside foot.



Explosive Exercise Day

12. Bounding

1. Stand on a line with toes ahead and feet shoulder width apart
2. Forcefully jump forward as far as possible
3. Jump explosively leg to leg for the prescribed reps/distance

