

**SPORTS PERFORMANCE**

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**Nationwide Children’s Hospital – Sports Medicine**

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**WEIGHT ROOM NEWS**



**Exercise of the month**

Bench Press

 **Objective**: Develop strength in the muscles of the pectorals, shoulders, and triceps

 **Start Position**

 1. Lie flat on the bench in a five-point body contact position with eyes directly under the bar

2. Grasp the bar evenly with a closed, pronated grip with hands slightly wider than shoulder-width

3. Lift the bar from the hooks and position it directly above shoulders with elbows fully extended

**Procedure**

 1. Take a deep breath to fill the chest with air and engage the core to prevent the back from arching

2. Lower the bar slowly and under control, allowing it to touch the chest

3. Keep wrists rigid and directly above elbows

4. Drive the weight explosively off the chest by extending elbows

 5. Exhale as you near the top of the lift

**Coaching Points**

 • The movement of the bar should be down and slightly forward, and up and slightly back

 • The most common error is to let the bar come off the chest moving toward the legs (the bar must come straight up and back off the chest for maximum force)

• Wrists should be in line with elbows with thumbs wrapped around the bar throughout the entire lift

• The lower back should remain in contact with the bench throughout the entire lift (do not arch the back or raise the chest to meet the bar)

• Avoid bouncing the bar off the chest

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**ATHLETE OF THE MONTH AWARD**

**Tommy Bloebaum** (December Winner)

Tommy has been putting in a lot of effort in the weight room and has been a great example of hard work and dedication. Tommy has made great strides in a very short amount of time, all due to his consistent effort and work ethic.





**Nutrition tip**

Quick Breakfast Ideas:

* Yogurt mixed with whole grain cereal
* Banana with peanut butter
* Parfait with yogurt, granola, and fruit
* Waffle with peanut butter or yogurt and fruit
* Muffin with a piece of fruit
* Trail mix with nuts and dried fruit

**SCHEDULE CHANGES**

Martin Luther King Jr. Day

9:00AM-12:00PM Monday, January 20, 2020

Resume Normal Weight Room Hours on Tuesday, January 21, 2020