

## **We Don't Make The Athlete, We Make The Athlete Better!**



### **Monthly Training Myth Exposed Part II: Strength Training Will Make You Tight...FALSE!**

Basketball and baseball players shouldn't lift weights because it'll make them tight. This will ruin a basketball player's ability to shoot and baseball player's ability to hit and throw.

It's amazing this myth is still around. After all, check out the success of Michael Jordan, Shaquille O'neal, Albert Pujols and Derek Jeter to name a few! Did the added muscle on their frames ruin their careers?? I don't think so!

First of all, we must not forget that research has shown that full range of resistance training is still one of the best ways to develop functional flexibility. A properly designed strength training program, (like we do at Premier Athlete Training!) in conjunction with playing your sport, is the best way to make your strength and flexibility gains "sport specific."

In other words, one of the reasons that Mr. Olympia, Ronnie Coleman, can't shoot a basketball like an NBA star is because he doesn't play basketball as much as they do! It's that simple.

Let's also not forget about injury prevention. Basketball is a much more physical game than it used to be. And although baseball isn't considered a "physical" sport, it's one of the most stressful sports on your shoulders and lumbar spine. Strength training is imperative to staying healthy and overcoming the muscular imbalances created by playing these sports.

Finally, hitting a baseball, stealing second base and jumping up for a rebound are some of the most explosive activities in all of sport. Without a strong and powerful lower body, you'll never reach your full potential in these activities.

In short, baseball and basketball players CAN, and SHOULD lift weights!

Premier Athlete Training  
Shane Burnison  
Director of Athlete Recruiting  
Premier Athlete Training  
sburnison@premierATHLETetraining.com  
www.premierATHLETetraining.com  
508 543 1903 ext 23

