STRONGMAN TRAINING

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Top 10 Strongman Fitness World Ranking

Are Strongman events for GIANTS only?

• Do Strongman events have a place in the strength and conditioning world?
• If they do, how would they be best incorporated?
• What are the coaching cues for these events?
• What are the techniques used by the best strongmen?
• What are the risks of this type of training?
Some of the more popular events are:
- Tire Flip
- Yoke Walk
- Farmers Carry
- Atlas Stone
- Kegs
- Truck Pull/Push
- Axle Bar
- Log Lift

THE 6 STAR METHOD FOR EXERCISE ORDER
- Most Sport Specific / Technical (practice)
- Most Intense
- Multi-Joint
- Largest Muscle group
- On your feet
- Most Life Related

Who has ever programmed the partner clean and press for their athlete?
630 lb Yoke Walk

• Extreme compressive loads on the spine
• Requires trunk support to help compensate for the body’s lack of hip abduction strength
• Quads and Abdominal muscles are key to this event

YOKE WALK

• No more than 5 runs at moderate to heavy loads
• No more than 10 runs with less than 50% 1RM
• No more than 100 ft
• 2-3 times per month for strongman athletes
• Mistakes here are costly NEVER do under great fatigue like that associated with a metabolic circuit
**Some Inside Knowledge**

- Shrug shoulders up to ears
- Grab the sides of the yoke (NOT THE CROSS BAR)
- Eyes on the prize!
- Continuously Accelerate
- Feet under hips
- Fast=Easier   Slow=Harder
- Snatch grip BTN Push Press helps with the yoke
- Shoot out and “ride the wave” “Catch up to it” “paddle that sh#5%! son”

**ATLAS STONE**

- Only the competitive Strongman athlete should use “tacky”
- Avoid “cradling” the stone
- Avoid loading the stone higher than the belly button without a spotter to reduce the risk of falling backward

**Guidelines**

- Light weight in a non competitive situation
- Novices should load no higher than belly button height
- Load height for practical purposes should be between the belly button and the nipple
- Increase the height of load before the weight of the stone
- Avoid whenever possible the eccentric lowering of the stone back down to the lap
- A total stone workout should not exceed 30 reps
- Sandbags are better for heavier loading situations
- Stones are not ideal for large group situations
FARMERS WALK

250 lbs Each Hand

- Start with farmers stand
- Too heavy or too long and tares in the hands are common
- End your Farmers training when you are no longer able to complete a carry with 60% of your 1RM
- Turns are not for novices
- Dumbbells are less likely to tear your hands
• Forward tilt
• Constantly accelerate
• Head and Hammer Down!
• Bend the wrist
• Frames are easier
• Allow shoulders to sag
• Short walks are best <75ft
• Strengthens the groin
• Ankle mobility leads to a “quick pick”
• Shoot hips forward (start)

TIRE FLIP
• Not a beginners exercise
• More difficult for someone who scores a 1 on the FMS hurdle step test
• Avoid multiple people on 1 tire
• Exercise is safest when done explosively (10 flips max set)
• Front squats and Zercher squats are good prerequisites
• Biceps are the muscle in danger
Knee should contact the tire right after full triple extension
Pull yourself under the tire much like a clean
Knee up and step forward
Hands inside of knees
Chest on tire
Feet flat
Your center of mass as close to the tire as possible
10 flips is max (bicep compensation)

LOG LIFT
- Hard on the elbows (a good creator of tendonitis)
- Bigger log makes an easier roll
- Bigger the log the more risk on the elbow
- One log does not fit all
- Could tear Brachioradialis if upper errector spinae are weak
- Tilt handles down, when “lapping”

Some Areas of Emphasis
1. Kneeling T-spine
2. Squat reach/rotate
3. Kettlebell or cable
   Squat/forward pressouts
4. FMS
5. Ankle mobility for “lapping” implements
   - Light weight until proper mobility is achieved
   - Best to introduce
     Strongman Implements on an “Active Recovery” day
   - Reps before weight, weight before speed
   - Yoke and atlas stone are more of an “event” than a training exercise
SUMMARY

- Great to add variety
- Great to teach agility under load
- Great for enhancing an understanding of different body leverages
- Helps to free up weight room space
- Best to enhance overall body work capacity

- Takes time to learn the techniques
- Great strength and low skill equals high injury potential
- Can potentially accelerate over-training syndrome
- Sets and reps are lower than conventional weight training
- Research is limited