

FLIPPED OVER TIRES

On physiology and technique of the tire flip

If you want to be strong and powerful, you need to lift weights. But lifting weights is not the only method you can employ to force your muscles to gain in strength, size, and power. You can also lift “odd” objects like they do in strongman competition. One of the favorites is the tire flip. In fact, this exercise has innervated many strength and conditioning programs, ranging from your local gym to university programs. The reasons seem clear: the tire flip is fun, it is challenging, and it requires strength, power, and skill. It is said to enhance your overall strength, power, and fitness, which in turn will translate to performing your primary sport with more strength and power, too. But what, exactly, are the demands of the tire flip? And how might this exercise limit or increase your performance capabilities? Without the answers to these questions, it is difficult to train with any accuracy and expect maximized gains. Researchers from the University of Auckland, New Zealand, set out to investigate, and we share their latest findings with you here.



The tire flip is an excellent exercise for improving your anaerobic conditioning and increasing your energy expenditure—and it makes you smarter, just ask lead researcher and JOPP Advisory Council member Dr. Justin Keogh.

Original Research

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Power Key: tire flip, biomechanics, strongman