

WEAKENED STRONGMAN

New research on strongman events
strengthens the weak links in your body



Original Research
McGill, S., et al.
Comparison of
different strongman
events: Trunk muscle
activation and lumbar
spine motion, load,
and stiffness. *Journal
of Strength and
Conditioning
Research* 23(4):1148-
1161, 2009.

A MYTH DIES: THE ATLAS STONE DOES *NOT* INCUR THE GREATEST SPINAL COMPRESSIVE FORCES OF STRONGMAN EVENTS.

Farmer's walk. Super yoke. Atlas stones. Suitcase carry. Keg walk. Tire flip. Log lift. If you are a strongman competitor, you know that these exercises represent the toughest of the tough, true tests of strength, endurance, and power. But strongman competition need not be your main sport for you to know what these lifts are. And more than likely, whether you're a martial arts competitor, basketball player, volleyball player, football player, powerlifter, and any other strength and power sport athlete, you might be using at least one of these exercises in your training. Why? Because these lifts are highly functional and stress nearly all the muscles in your body in a way that is difficult to achieve with a barbell, dumbbell, or machine. However, although the popularity of strongman events has spread to many gyms, we know little about the actual way in which they stress your body and what injury risks they may represent.

Power Key: strongman, farmer's walk, back injury, Atlas stones, tire flip