

FILEX 2012

Indian Clubs and the Reduction of Shoulder Injuries.



These notes are an extract of my book & significantly reduced for FILEX:

SWINGING

The Lost Art of Indian Club Exercises

Exemplar Conditioning™

Introduction

If like me you have sustained a shoulder injury through “over use” (so the doctor said), or you have a weak shoulder girdle, maybe Indian Clubs can help you get better like they did for me. They can also help if you haven’t yet developed a shoulder problem and want to ensure you lower the risks of getting one.

In my career I have seen more and more people sustaining shoulder injuries. There could be any number of reasons for this: perhaps its because we now live in a technological world where our kids play on computer games rather than climb trees, or because the industrial revolution made our work so much easier that our lifestyles are weakening our bodies, or maybe because gyms purchase machines that force us to work in unnatural movement patterns, we are getting more shoulder injures.

In your gym you have machines that stop you using your shoulders in their full Range of Motion (RoM) under resistance. Consequently, we have limited strength and flexibility in our shoulder girdle and backs ensuring we retain weakness in these very important parts of the body. The information in my book will help you improve in these areas quickly AND safely due to three decades of practicing, researching and teaching that I now want to share with you.

Indian Clubs enable a large number of exercises to be performed. This variety of movement strengthens the shoulder complex because it allows the shoulder to move under resistance in ALL its RoM, something that modern day machines do not allow so freely. The exercises also place the ‘core’ of the body under great pressure, strengthening it and in turn protecting and strengthening the back.

Not only have Indian Clubs played a significant part in my re-habilitation from shoulder injury, but they have now formed part of my highly effective training programmes. As I just turn 40, I am still able to compete in athletic lifting events such as Strongman against guys almost half my age and WIN!! I’ve been lucky enough to be a strength coach for the Sydney Swans, assisting in the design phase of their 2011 season programme, which saw only one player receive a shoulder injury.

This book is made up of three courses that Exemplar Conditioning run: the Foundation Course, Senior Course and the Advance Course. The Foundation part gives you enough of the easier movements to get yourself started with Club swinging that are easier to master and really set the scene for the Senior and Advance Course moves. It is strongly advised that you master the Foundation exercises first as they will really help you in the longer term. You may get frustrated if you go straight to the Senior or Advance course moves, which will in turn make Clubs your enemy, which is not my aim!

Each exercise has full written descriptions that are supported by numerous colour photos. You will also get some information about what muscles are being used during that movement and indeed some top tips to get you performing them well. I really hope that you’ll find this book immensely helpful and it will serve as an introduction to these wonderful pieces of functional fitness equipment.

So get out there and start swinging and see how much better your life can be.

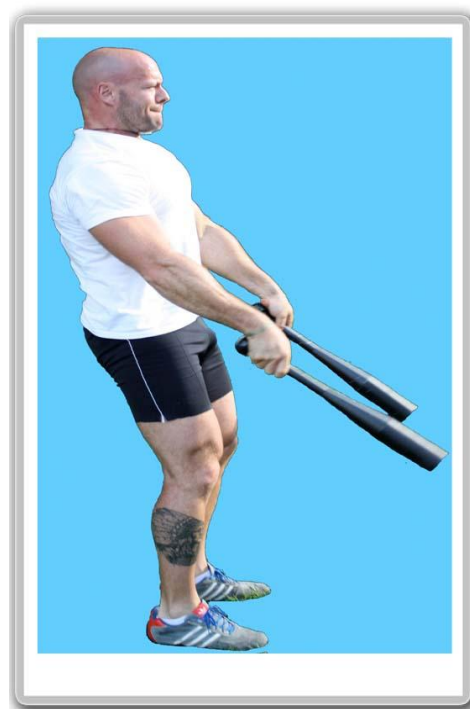
2 HANDED SWING

The two handed swing is great for the shoulders, chest, back, core, legs and more significantly, the heart. This is a great way to get that feeling of a CV workout. It takes a little coordination, but is easy to learn.

Muscles Used:

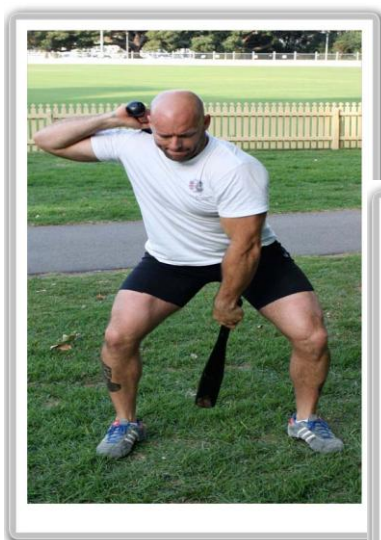
Entire Body.

Good For: All Sports and General Conditioning.



ALTERNATE 1 HAND SWINGS

This is an absolute killer! This does everything to the maximum. But you do have to be coordinated for it to have good effect. Remember, you must concentrate on all the fundamentals when performing this exercise.



Top Tip

Be careful not to hit the club on your back. You must control its descent and bending at the knee can assist in absorbing some of the impact if there is any.

Muscles Used:

Entire Body with a focus on Shoulders and Core.

Good For: All Sports and General Conditioning.

REAR SIDE SWINGS AND LUNGES

Starting at Curl, either one club at a time, or if proficient then both together, swing the club(s) down and rearward at the side of your body. As the clubs travel rearward, perform a rearward lunge with alternate legs.



Top Tip

Concentrate on your core in this one. Fixing your upper body as you perform the exercise will challenge your core musculature.

SHOULDER SHIELDS

These exercises are big shoulder developers. You will however feel them in your biceps too. They are performed from the Curl position.

From here you rotate your left and right hand alternately in small circular motions over the top and behind your head, keeping a bent elbow



Muscles Used:

Delts, Rotator Cuff, Biceps, Forearms.

Good For: Most sports and shoulder rehabilitation.



BULL WHIPS

This exercise is a nice CV orientated movement that seems quite innocuous when you start, but give them a minute and you find your forearms and shoulders really start 'talking' to you.

Muscles Used:

Biceps, Anterior & Medial Delts, Core, Lower Limb

Top Tip

Concentrate on moving the club around your head rather than your head around the club. Remember to use your hips to generate upward freefall on return to the starting position.

NOTES

1 HAND FIG 8

This exercise is brilliant for core stability and gives your shoulders something to think about too!

Performed almost entirely with a straight arm, pick up the club with the left hand and get it in to the French Press position. From here extend your arm until its straight and the club is above your head. Under great control bring the hand down and across the front of your body (3) until the left hand is by the right hip.

You then swing the arm backwards and up towards your right shoulder (4) before extending over your head and back to the front of your body (the start position 5).

Keep the momentum going and drop the left arm forwards again continuing an arc at the left side of the body (6 & 7). Rotating the shoulder rearwards to bring the club back up to the start position again.

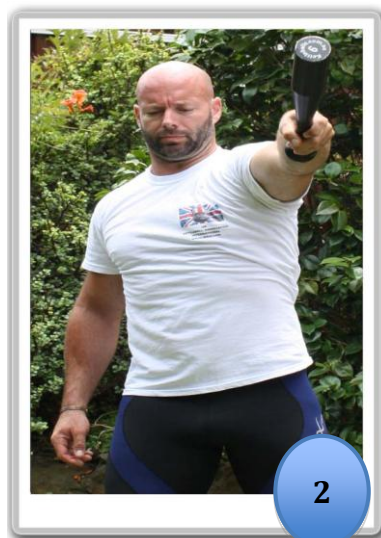
Muscles Used:

Delts, Rotator Cuff, Tris, Rhomboids, Pecs, Forearms, Lats and Core.

Good For: All Sports, coordination and conditioning.



1



2



3



4



5

Top Tip

This is one of the hardest and best shoulder developers around. The secondary effect it has on the Core is amazing. To get the most out of this movement, do it slow and controlled.

SAMURAI AND ABBREVIATED SAMURAI

The Samurai exercise is one of the best core exercises I have found whilst swinging clubs over the years. It will engage most of the body for the entire time you perform the movement, depending of course on the weight of club you use for it.

Starting in the shoulder position, with both hands holding a single heavy club down your back, turn your shoulders to the left casting the club over your head and out to your left side. Once the club has cleared your head control its decent down as you direct it across the front of your knees .

As it passes your knees turn your shoulders to the right and continue to control it across in front of you before lifting it up and back over your head to the starting position. Repeat this on the other side.

In the abbreviated version omit the swinging of the club across your front, stopping it when your have cleared your head and your arms are in the curl position.

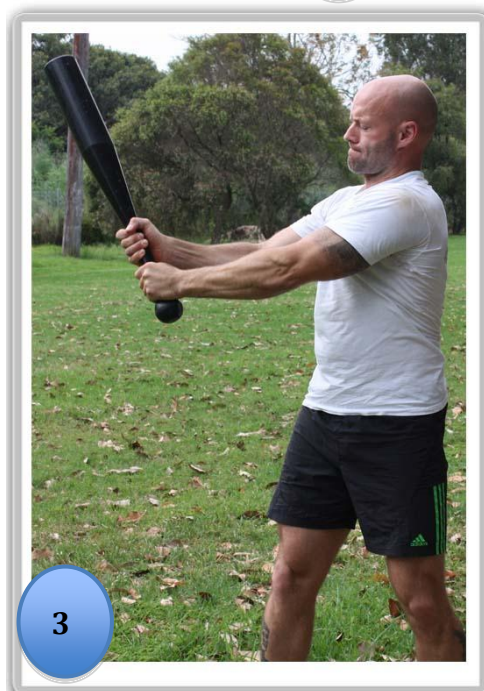
Top Tip

Tempo and weight are the key to get the most from this exercise. Also keep the scapular retracted as much as possible throughout the movement.



Muscles Used:

Core, Triceps, Delts, Posterior Chain



FRENCH PRESS

This is one of the only 'conventional' exercises I promote with Clubs, because it really has a great positive

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Top Tip

When you perform this exercise really concentrate on flexing your Lats, Core and Legs. This will create 'Total Body Tension' (TBT) which is a way all the muscles of the body can work together to make something like a tricep extension easier by sharing the burden.

DIAGONAL SWING

The set up and methodology of this swing is exactly the same as for the Marching Swing. The only difference here is that instead of swinging the arms next to the side of the body, you swing them diagonally across the front of it.



Muscles Used:

Pecs, Lats, Delts, Core and Rotator Cuff.
Good For: MMA, Rugby, Hockey, Golf, general fitness, lower back and mid back.



Top Tip

This exercise is a core killer. Make sure you tense the abs throughout the movement.

Example Club Routine

Warming Up

Remember to always fully warm up your body prior to exercise. This time however, you can utilize some of the Foundation exercises which are great for general warm ups and we use them all the time.

Table 1 – Warm Up Exercises

Again you will notice that there are no specific repetitions (Reps) and number of sets you should perform. This is due to the vast amount of people that read this book. They all have different Training Ages, physiological ages and different sporting backgrounds. To prescribe them would be fruitless. We would however, advise you did at least 2 sets of 20 reps of each movement to ensure the blood was flowing, and flowing quite quickly. You can equally go for

time rather than reps. Either set your watch alarm to beep after lets say 40 secs or have a clock in front of you and perform the exercise for given amounts of time.

Example Circuit

Table 2 – Example Circuit

Exercise	Sets	Reps/Time
Marching Swing	2	10 each hand (E/H) /30secs
Diagonal Swing	3	10/12/15 reps or 30/35/40secs
Crucifix Press	2	8/10 or 20/25secs
Parallel Circles	3	10 each direction (E/D) or 30secs
1 Handed Double Cross	4	15 E/H or 40secs
Alternate 1 Hand Swings	4	15 E/H or 40secs
Total	18	Approx 15-20mins

KEY

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