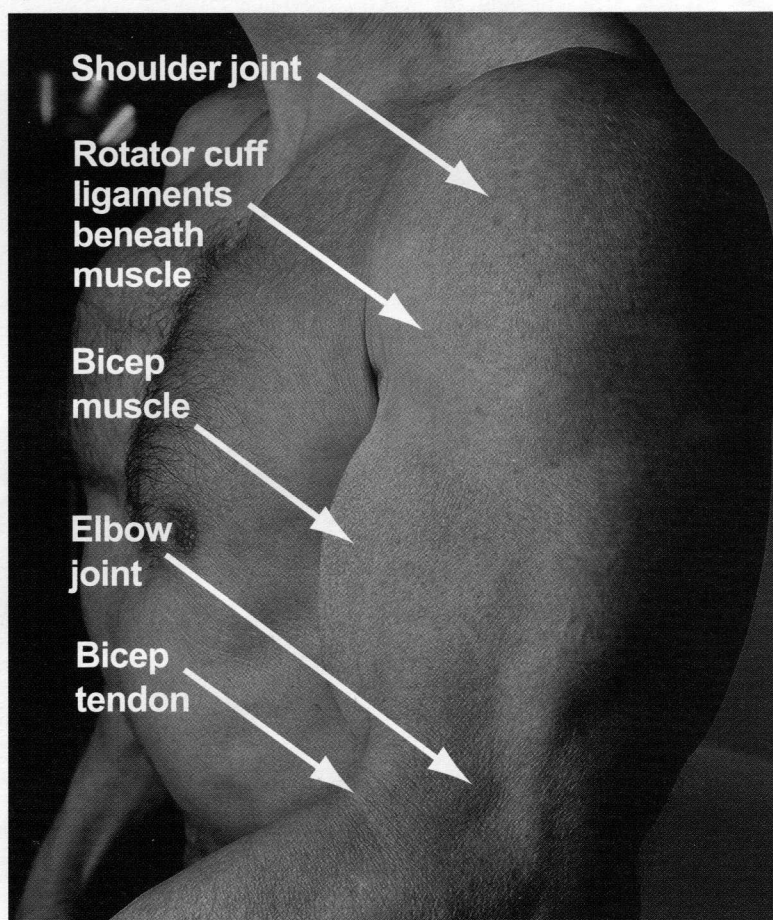


Extend And Connect

Your power in any movement is always limited to the strength of the weakest link in the movement chain. From the photo you can see that this chain is formed by four basic structures:

- The joints between bones.
- The ligaments joining bone to bone.
- The tendons joining muscles to bone.
- The muscles.

Most sports injuries do not occur to bones or muscles, but to joints, ligaments and tendons.¹ These injuries occur especially when the joints are in extension and rotation under load, just the sort of situation that occurs with athletic

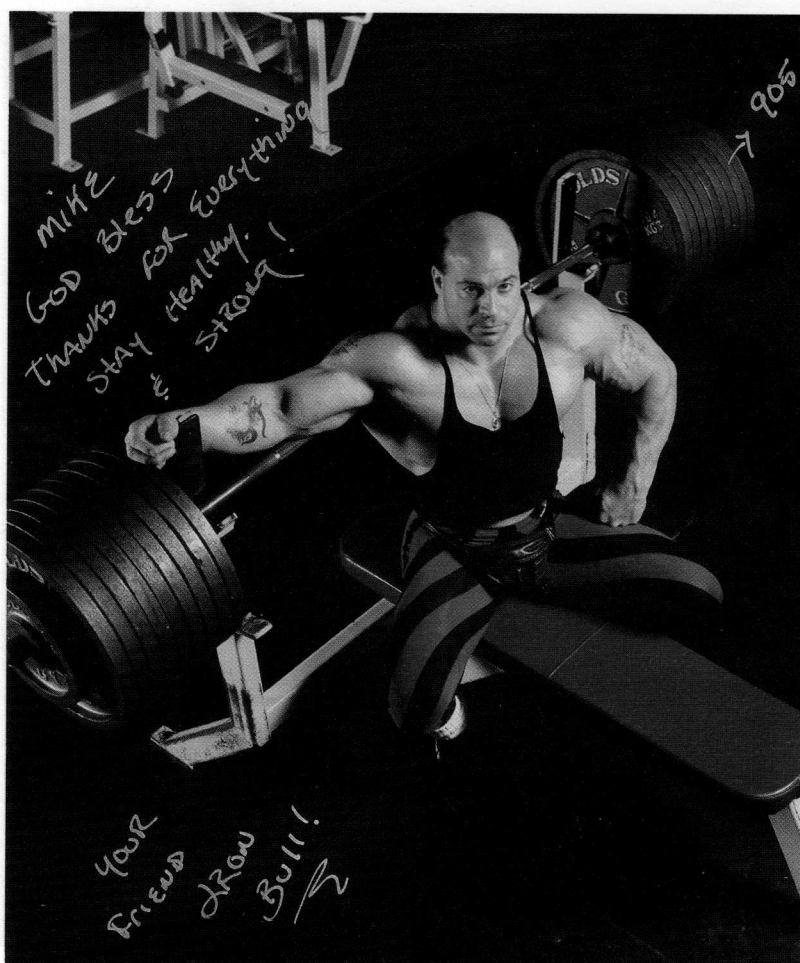


effort. So it is imperative in a power program to strengthen the joints and connective tissues of the power chain **before** you make big gains muscle strength. Jumping into heavy weights without doing so, leads inevitably to injury, both in the weight room and on the sports field.

Following The Human Design

The Extension-Connection Cycle runs for eight weeks. It focuses on multi-joint, full-extension exercises, that train the joints and connective tissues in the complete rotational movements the muscles are designed to make. The biceps complex, for example, not only bends the arm but also rotates the forearm from full pronation (palm down, pinky out) to full supination (palm up, pinky in). All free movements of sport incorporate these rotational components.

That's why most bodybuilding curl exercises for the biceps, which are done with hands supinated and locked in one position by the bar, just don't cut it because they allow only partial non-rotational movement. They are okay for building bigger biceps, but not for building



One of the strongest men in the world, professional strongman Jimmy Pellachio (The Iron Bull) has the joint and connective tissue strength necessary to bench press the 905 lbs weight shown here. But he has also developed the flexibility and precision of rotational movement that enable him to be a black belt in karate and fine concert pianist.

