

## It's Okay To Be Skeptical

After training just over five months our subject has begun to come to grips with what he terms as "**the most overlooked variable in our sport - physical performance.**" As you saw in last month's interview, our subject was the leader of all skeptics having scoffed at the notion physical fitness could possibly improve his bowling.

For those fellow skeptics who anguish the thought of reading another exercise article by Jeff, I merely ask you to keep a monthly eye on this individual's attempt to become the **Ultimate Super Bowler - Athlete.**

### Keeping Track

The subject has not practiced with any amount of sincerity since the 1980's and has accepted his given/developed ability as a PAR bowler for what its worth. His bowling average has been stable these last few years with only the slightest of changes attributed to what he views as the "less legitimate lane conditions." What am I saying, well he has averaged around 205 since the 1980's with the only variance occurring in bowling centers which provide less challenging atmospheres.

This season though, there seems to be something different that has affected our friend's performance. He now averages almost 210 in a center that: 1) is extremely demanding, 2) requires mega ball speed with consistency (**one of his lesser traits**), and 3) has had only one recorded sanctioned honor score in the last year. HIS 300 GAME - recorded just two months earlier. So what's up??? The subject has done absolutely **nothing out of the ordinary** to improve his skill or arsenal. What's making the difference - what is impacting his game????

I fret to say without a doubt his athletic training has been the deciding factor, but if you read last month's interview, he seems to think so. Why???? Well, eliminate the variables and you tell me.

- The subject practices no more or less than years past.
- The subject has drilled no more or less balls than years past.
- The subject has yet to try the sport psychology thing, period. Sorry folks, he doesn't even read it. To be honest with you, I had a hard time convincing him to read my past articles.
- The subject does not receive any more or different coaching than years past.
- The subject assures us the shot hasn't changed at this center in a few years.
- So what's the difference? Our subject is almost five pins higher than his past book average and really only one thing has changed - **Sport Specific Training**..... You make the decision.

### What Are Others Saying

Let's just see what others think about this subject. Was I ever happy to read the December/January issue of Bowling Magazine. Not only did it highlight Kim Adler's victory in the last LPBT tournament, but that same story looked beyond the norm of balls, pin carry, and lane play to find out why she was doing so well - the physical variable. And what was the subtitle to the article:

*"Fitness regimen helps Adler win 'final' LPBT event"*

Did I read that right? It can't be. Someone else has finally recognized what I've espoused for years. Thank you Dick Evans, the fellow writer who so affluently constructed that piece. Beneath her picture it read:

*"Kim Adler's intensified physical fitness program helped her stage a late-tournament surge leading to victory in the LPBT Sam's Town Invitational."*

My eyes did not deceive me for as I read the piece Kim stated *"I felt very strong today"* and *"I think all my training in the gym and outdoors really paid off in the long-format event."* Cast no shadow of doubt my friends, for if this consummate multiple professional titleist claims her victory was delivered through meticulous training, then let it be so.

**Jeff McCorvey**, a regional PBA member and USA Bowling Silver Level Instructor recently told me in a short interview that his bowling has always been enhanced by his substantial leg strength and flexibility. Where did he come by this leg strength and flexibility - Jeff is a committed cyclist and a 3<sup>rd</sup> degree black belt in karate. He rides long distance and trains at a local karate school weekly.

**Palmer Fallgren**, our Team USA head coach, exercises at a YMCA and even takes his abdominal machine on the road with him. I noticed he brought it to Super School last summer in Taylor. Congrats my friend for leading by example.

I have worked with hundreds of you in recent years sending materials and coordinating our training together. Now, I want to hear your story. If you are training either under my guidance or independently, please let me know so I can record it as another example of a bowler initiating some form of athletic training. Contact me and tell me your story.

### **Back To Our Subject**

His training is progressing quite nicely. In fact, next month we head back to the testing institution for the second full set of physiological tests and measurements. As for now, review his current training log and compare it to his starting point. This young man's getting stronger. HMMMMMMMM, no wonder he is throwing the ball so well.

The subject recently reported "I am really throwing the ball awesome, peaking at the right time (before ABC Nationals). My mind is really sharp. I am pro-active with the lane conditions. This may be related to my confidence, or truly a benefit of conditioning. Either way, I'm sold. The benefits are clear to me . . . physical and mental performance all improve with training."

There you have it. One man's skepticism has lead to his salvation. Now it's your turn.

### **The Lean Mean Exercise Routine Monthly Update**

| <b>Month</b>              | <b>1</b>      | <b>5</b>      |
|---------------------------|---------------|---------------|
| <b>Bike (total time)</b>  | <b>28</b>     | <b>42</b>     |
| <b>Training Range</b>     | <b>22</b>     | <b>34</b>     |
| <b>Shoulder Press</b>     | <b>10/50</b>  | <b>13/105</b> |
| <b>Front Pulldown</b>     | <b>10/70</b>  | <b>8/120</b>  |
| <b>Chest Press</b>        | <b>10/70</b>  | <b>13/125</b> |
| <b>Bicep Curl</b>         | <b>10/50</b>  | <b>12/100</b> |
| <b>Triceps Pushdown</b>   | <b>10/38</b>  | <b>13/75</b>  |
| <b>Wrist Curl - over</b>  | <b>10/20</b>  | <b>10/40</b>  |
| <b>Wrist Curl - under</b> | <b>10/40</b>  | <b>12/80</b>  |
| <b>Back Extension</b>     | <b>10</b>     | <b>10</b>     |
| <b>Abdominal Curl</b>     | <b>10</b>     | <b>10</b>     |
| <b>Leg Curl</b>           | <b>10/60</b>  | <b>13/120</b> |
| <b>Leg Extension</b>      | <b>10/73</b>  | <b>11/120</b> |
| <b>Calf Press</b>         | <b>15/150</b> | <b>15/310</b> |

The preceding numbers represent the amount of time on the bike or in the training range; and the number of repetitions completed at a specific resistance of the strength training.