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That's right, lets read it again. Nine months of bowling-specific training three times a week has provided our subject a five-pin improvement in average this past season. You got it, he finished the season at 209, up from 204 over the past several seasons. Well, I can't actually determine at this point whether or not the training program made the entire difference, but nothing else changed in his life and he has not improved upon his average in years. So you figure it out. Listen to what he says,

"It's no doubt in my mind as an accomplished bowler *The Bowling-Specific Training Program* has enhanced my sport specific physical fitness and ability. Over the past several years I haven't gone anywhere with my bowling. These preliminary results are astonishing."

I can't remember the last time an accomplished veteran bowler jumped 5 pins in average without switching to an easier center or switching to the left hand. Oops, sorry I didn't really mean that. Anyway, just imagine the implications of **a 5-pin increase in average** for someone who's already at 204 on a legitimately touch condition. He's excited for this season to start, so I'll update his bowling throughout the remainder of these write-ups that will conclude in December.

As of this writing, the subject has successfully completed 10 consecutive months of bowling specific training. He has been a faithful subject dedicating himself to the study and training. Working through the many trials and tribulations life casts upon us, this dedicated bowler has missed only a minimal amount of training. It must be noted that some training sessions were foregone during an 8-week stretch earlier this summer. Although, the subject's overall motivation, commitment, and faithfulness still leads the way as the real success story.

Following this thought of commitment, in the health and wellness industry, our greatest struggle is to motivate people to maintain their commitment to a training program. Retention rates within the industry hover around the 55 percentile. Successful clubs and wellness program, those that satisfy participant needs, have shown retention rates as high as 92%. It is my intention to test, develop, and validate *The Bowling-Specific Training Program*, but also to increase your motivation to train for your sport. Quite frankly speaking, it is my objective to not only develop and report the program to you, but also figure out ways I can motivate you to commit to the program and continue it successfully.

Research by Granzin and Olsen (1989) has shown the most important contributions motivating a person to voluntarily commit to an exercise program included:

1. A favorable self-perception of athletic ability, which means perceiving yourself as being relatively fit and/or having some form of athletic ability.
2. Influence by a friend.
3. Awareness that conditioning cultivates benefits of greater mental ability. For those of you who are into the mental aspects of bowling, keep in mind the body's condition directly affects the mind's functional ability. As an example, employers in today's highly stressful industrial workforce are turning to corporate wellness programs as a means to enhance subordinate mental alertness and reduce some of the work-related stress. Therefore, to accompany your psychological training and to combat the very stressful 10-pinidic, I hope you try *The Bowling-Specific Training Program*.

Testimonial

Don't just trust my word and research, listen to another former skeptic who has his own objective opinion on this matter. Rodger Stroup, a 41-year-old FBG Services Administrative Assistant in the Facilities Service Management division has been a bowling instructor for 20 years. He is working toward USA Bowling's gold level certification and coaches the Papillion-La Vista High School bowling team. Rodger bowls regularly once a week, and subs as needed one more night per week. His average last season was 196, although it has been higher in previous years. When commenting on his decline in average, Rodger stated

"I attribute the decrease in average to my increasingly poor physical condition. Lack of strength forced me to drop down to 15-pound equipment three years ago. Generally, I was pretty worn out by the time the third game was completed. As a result, I don't bowl many tournaments. I would always say it was because I was too busy coaching, but the truth is, I was not in the physical shape and condition I needed to compete."

Rodger became interested in bowling specific training after reading an article in BTM describing the research study. He later began his bowling specific training in April. At that time he weighed 230 lbs., had a 48" waist, and was bowling with

15-pound equipment because of what he described as weak wrist strength. He had little energy to bowl three games, but not much more than that.

Rodger's main goal was to reduce his waistline to 36", build sport specific strength and flexibility to generate more ball speed, move back up to 16-pound equipment, and increase his endurance for tournaments lasting longer than three games. Now, over twenty weeks later, he is still training hard. Rodger verified:

"I've had to travel a couple of times since beginning my program, but I've been consistent and able to find other training facilities capable of satisfying my training needs. I'm also eating better. The best news in all this is the results."

- A reduced waistline (42").
- Strength increases steadily over the 20 weeks.
- Increased back swing height (flexibility) enabling more ball speed.
- Stronger finish during the fourth game of a 4-game summer league.

"Truthfully, because I'm in this for the long haul, some of the changes in my body have kind of snuck up on me. **I'm doing the workouts because I want to and to improve my bowling performance. I'm sold on that.** I know I'm taking care of myself, so aside from measuring my waist every week and charting my exercise resistance, I'm not obsessed on how my body changes."

If you would like to personally talk with Rodger about *The Bowling-Specific Training Program*, e-mail him at: rstroup@monarch.papillion.ne.us

The Subject's Current Training

The following table reveals the subject's training program, initial & current training values and the percent increases in those values.

Training Program	Initial	Current	% Increase
Recumbent Bike	26 minutes	51 minutes	96%
Training Range 129-156 bpm	20 minutes	45 minutes	125%
Shoulder Press	50 pounds	120 pounds	140%
Behind the Neck Pull-down	70 pounds	130 pounds	86%
Chest Press	70 pounds	140 pounds	100%
Bicep Curl	50 pounds	110 pounds	120%
Triceps Extension	33 pounds	50 pounds	52%
Wrist Curl - over	20 pounds	40 pounds	100%
Wrist Curl - under	40 pounds	80 pounds	100%
Back Extension	body weight	body weight	
Abdominal Curl	body weight	body weight	
Leg Extension	73 pounds	120 pounds	64%
Leg Curl	60 pounds	120 pounds	100%
Calf Press	150 pounds	350 pounds	133%

Next month, a special just for the female bowler. I'll look at gender differences in training and talk specifically with and to our female bowler readership. Should they too be using *The Bowling-Specific Training Program*? Do they train differently than male bowlers? Are there specific physical requirements that need to be addressed? What is the story for the female bowler? Tune in next month.