

Asymmetrical sports and fitness training

The human being is an asymmetrical being, the right side is not the same as the left side, one side may be bigger or longer than the other side, and they have different functions during movement.

We spend most of time in training trying to make the one side identical in size shape function as the other side in the name of balance.

Asymmetrical training is not about balance but about making each side better not as an individual component but as a paired team.

Most of the asymmetrical training involves the theory of a weaker side and a dominant side with the goal of making each side equal in strength and use. The test to determine the dominant side is strength related, which side can lift more or which side is bigger.

Asymmetrical training should be based on neuromuscular function as it has been determined that the brain has a different neuro pattern for the right and left side to achieve the same performance.

In running you have propulsion side and a stabilizing side, often in training we attempt to make both side propulsion and in the end are not able to reach our true potential along with increasing exposure to injuries.

Simple test

print your name with your right hand and then with you left hand and then with both hands at the same time.

With asymmetrical training you have to determine which side is the propulsion side. There are two simple test to determine this

gallop and cutting

Most sport are asymmetrical, swimming, boxing, running, basketball, baseball, rowing and the list goes on and one, even weight lifting should be a asymmetrical activity.

You can lift as much weight with one leg as you can with two.

The goal of asymmetrical training is not to make both size equal both both side better at there natural functions.

In understanding asymmetrical training coaching sports will be simpler.

Questions for thought

1. why a quarterback can drop back but can't throw accurately or with power?
2. Wonder why you can play on the left side but not the right side?
3. Wonder why you can run fast on the curve and not the straight away and vice versus
4. wonder why you run faster with a baton in your hands?
5. Wonder why your pole vaulter can;t bend the pole?
6. Wonder why ankle weights don't work as prescribed?

Asymmetric ism.

Asymmetrical is not about which leg is the stronger or dominant leg. Asymmetrical is about allowing each side of the body to perform its proper role better.

In all activities they start with some type of propulsion, one side of the body must initiate this propulsion. The other side must follow as support.

Running, jumping, lifting it doesn't matter the activity but it does matter that one side is propelling and the other side is supporting.

In running as fast as you move one side the other side will follow just as fast, it doesn't have to carbon copy the movement but it will move in its own way just as fast.

To improve your agility you need to know which side is going to be the propel side.

Those that can switch will have better agility than those that can't but those that don't know will have the worst agility or will just be lucky.