

**Texans strength and conditioning coach Dan Riley writes his popular Fitness Corner column for HoustonTexans.com.**

**Riley and assistant strength and conditioning coach Ray Wright will continue to post selected answers to your questions throughout the year.**

We have twelve different upper body routines. Three of those routines incorporate dumbbells to perform all of the pushing movements. The Dumbbell 10 – 8 Routine, the Free Weight Combo Platter, and the Dumbbell Elevator.

During this routine our players perform all pushing movements on our zero to ninety multi-purpose benches. There are six different angle adjustments on these benches. We do not use the sixth adjustment (90 degrees).

We call each of the five different angles we use, "Floors. On the player's computer sheet the first exercise (supine dumbbell bench) is listed as First\_Floor. Seth will attempt to perform ten reps on each of the five floors. The angle of the bench increases with each floor. He will progress from the First Floor (supine or flat back bench press) to the Fifth Floor (seated overhead press).

Our players named this routine the Dumbbell Elevator because it starts on the first floor and goes up to the fifth floor. We tell our players once the door closes it is time to leave the "comfort zone."

The exercise sequence and rest interval is listed below:

1. 1st Floor (10 reps) – rest 90 seconds
2. Nitro Rear Delt (12 reps) followed **immediately** by the Nitro Seated Row – rest (10 – 12 reps) – rest 90 seconds.
3. Nitro Pec Fly (12 reps) – rest 90 seconds.
4. 2nd Floor (10 reps) – rest 90 seconds.
5. Hammer Rear Delt (12 reps) followed **immediately** by the Xpload lat pulldown – rest 90 seconds.
6. 3rd Floor (10 reps) - rest 90 seconds.
7. Avenger Lateral Raise – rest 90 seconds.
8. 4th Floor (10 reps) – rest 90 seconds.
9. Dumbbell Front Raise (10 reps) rest 90 seconds
10. 5th Floor.
11. Manual Diagonal Raises (8 – 10 reps).

It is difficult to effectively describe in writing the techniques our players use to perform most exercises. Seth is one of the most disciplined athletes I have trained in my thirty-two year career as a strength coach. Hopefully he has given you some better insight to our training techniques. We thank him for his contribution to the Fitness Corner. Hopefully it will not be his last.

The Fitness Corner took its show on the road this past week to participate in a golf tournament for players and coaches organized by Kris Brown. The home golf course for the Texan's is normally at Wildcat. On almost any day of the week you will see some of our players competing at the "CAT."

This particular tournament however was held at Redstone. This is the second year the tournament was held with the offense competing against the defense. The theme for this year's tournament was "Grudge Match II. The stakes are high with the winner having bragging rights for the year. Last year the defense won so it has been a long year for the offense when it comes to golf.

Before the tournament started players and coaches warmed up on the driving range. Captain for the offense David Carr gives Seth Wand a few tips. Quarterback Dave (Rags) Ragone wonders, "Forget about him, you are supposed to be helping me?"

Defensive Captain Aaron Glenn (in battle red) calls his team together to talk strategy. Jay Foreman (in foreground) and fellow linebacker Troy Evans would do battle with the quarterbacks, Carr and Ragone, a match that would eventually go right down to the wire.

Speaking of Evans, after we were given the tournament rules Kris Brown warns Troy Evans about excessive trash talking and Troy tells Kris, "How about you kiss my Pinnacle?" Troy won the best trash talker award while Marcus Coleman won best dressed award.

Trainer/Physical Therapist Tom Colt represented the medical staff well by capturing the closest to the pin award and almost winning a Mercedes Benz with a hole-in-one. From more than two hundred yards away, Tom landed his ball eighteen inches from the cup. Jabar Gaffney hit the longest drive (379 yards). On a little bit of a somber note, Curry Burns won the shortest drive competition.

Trash-talkin' Troy Evans and Jay Foreman were pretty quiet at the awards ceremony so rumors abound that the quarterbacks may have had a resounding victory. The overall bragging rights however go to the defense for the second year in a row. On behalf of the defensive team, Captain Aaron Glenn graciously accepts the plaque at the awards ceremony. I'm pretty sure there will be some serious trash-talking going on at our Mini-Camp this week about who is going to win next year.

On behalf of all the players and coaches who participated in the tournament, we would like to extend our sincerest appreciation for the hospitality shown us by everyone at the Redstone Country Club and also a big thank you to all those people who came out to watch.