

# Mach 1 Monthly



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## LIFT FUNDRAISER RECAP

**APPAREL SALE !!!!!**  
**DISCOUNT CODE INCLUDED**

**SAVE THE DATE**  
**RYPT COMPETITION**  
**8/13/2022**

## M1B GOLF PERFORMANCE

**INTRO TO  
WEIGHTLIFTING CLASS:  
STARTS AUG 25TH**

**STUDY OF THE MONTH:  
ATHLETIC PERFORMANCE  
OLYMPIC LIFTING VS  
POWERLIFTING**

**UPDATED CLASS  
SCHEDULE SEE PG.9**

## LIFT Recap: We're not finished yet!

This year's LIFT event yielded the largest participation we've had so far! We had 3 sessions of athletes getting SUPER creative with weightlifting complexes, a huge spectator crowd, bootcamp and Intro to weightlifting class demos, baked goods, shopping, and more!

Although the event is over, we will still be raising money all through the month of August! If you weren't able to make it to LIFT, please consider donating to the cause (raising money to help veterans in need).

**There are a few methods of donating:**

1. Make a charitable donation through the Fundrazr link:

[https://fundrazr.com/campaigns/d2056d/pay?ref=ab\\_99U8r2](https://fundrazr.com/campaigns/d2056d/pay?ref=ab_99U8r2)

2. Buy a T-Shirt (details provided on next page)

# LIFT DETAILS CONTINUED

We cannot thank everyone enough who attended, contributed, or volunteered their time to help make the 3rd LIFT event the best yet. What was once a backyard game has now become an annual event we look forward to putting on for a great cause. But YOU can still make a difference to help MA22 support their mission of "No Veteran Left Behind".



Congratulations to this years winners, **Rachel Duvall and Jason Cappetta**. They went the full distance and beat out the competition to take home the winners in their divisions.

Each year we look to improve on this event to maximize fun and money raised! If you have any suggestions for how we can improve for next year, don't be shy and let us know! Also, consider grabbing an event T-Shirt!

# \$5



## HOW TO PURCHASE AN EVENT T-SHIRT

[MACH1BARBELL.COM/SHOP](http://MACH1BARBELL.COM/SHOP)



# \$25





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**USE CODE**

**M1B2022**  
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**22% OFF APPAREL ORDER  
FOR THE MONTH OF AUGUST!**

EXCLDUES EVENT T-SHIRTS AND HATS\*\*

**MACH1BARBELL.COM/SHOP**

# GOOD LUCK ATHLETES !

## RYPT SUMMER CLASSIC AUGUST 13TH

1540 W PARK AVE, TINTON FALLS, NJ 07712

Charles Kurland ; Chris Faber  
Christine Boss ; Danielle Schwartz  
Frank Lucid ; Hailee Donow  
Kismet Nazco ; Lauren Maxwell  
Maria McClelland ; Meg Champion  
Meg Hogan ; Pat Manturi  
Sharon Dilts ; Sue Gunther



# MACH 1 BARBELL GOLF PERFORMANCE

Are you looking for a fun, productive, rewarding, and confidence boosting activity for the summer? The game of golf has exploded as of recent and there is no reason you can't enjoy the game too!

Golf is very demanding sport on the body and your body needs to be prepared for the movements associated with the swing to prevent injuries in the future! Learn safe and efficient ways to navigate the gym will prevent injuries and optimize performance on the course!

M1B does specialize in Olympic Weightlifting but that does not mean your training program will look like our Olympic Lifter's program! Each coach is a NSCA Certified Strength and Conditioning Specialist (CSCS) who specialize in assessing one's movement capabilities and tailoring the program to increase strength, power, mobility, or aerobic fitness based on the activity they wish to pursue. Just because you are a golfer, doesn't mean you shouldn't be training.

Train with a purpose with M1B and take advantage of our program to hit the ball further, play longer, and increase your overall fitness

Email [mach1barbell@gmail.com](mailto:mach1barbell@gmail.com)  
for more information



**DISTANCE, POWER, MOBILITY,  
STABILITY, LONGEVITY**

**Custom Programs designed to help  
you hit the ball further, play longer,  
and increase overall fitness**

**Anytime! Anywhere!**

**FIND THE PROGRAM THAT IS RIGHT FOR YOU!**  
TRAIN ON YOUR TIME, THESE 12 WEEK PROGRAMS PROVIDE THE OPTION TO TRAIN, WITH OR WITHOUT ACCESS TO GYM EQUIPMENT. DOWNLOAD YOUR PROGRAM NOW AND ENJOY THE GAME YOU LOVE!

**LOOKING FOR A MORE PERSONALIZED PROGRAM?**  
USING THE TRAINERIZE APP, YOU CAN TRAIN FROM HOME, AT THE GYM, OR EVEN ON THE RANGE, WITH NOTHING BUT YOUR CELL PHONE AND RECEIVE A PERSONALIZED TRAINING EXPERIENCE.

RECEIVE CUSTOMIZED WARM UPS AND CORRECTIVE EXERCISES TO MOVE MORE EFFICIENTLY AND EFFECTIVELY IN LIFE AND ON THE COURSE.



# NEW!

## INTRO TO WEIGHTLIFTING

We revitalized our Intro to Weightlifting class and the feedback is great! The reason for this change is because we want to have a class that is best fit for complete beginners, whereas our current class is starting to cater more towards the intermediate level.

This new format is strictly going to revolve around learning the fundamentals of the Snatch, Clean, and Jerk. Each program will start with basic skill development and progress towards doing these movements with a barbell. With that being said, yes, that means you will start with PVC pipes for learning, just like our team has!

This new class, unlike our current format, will NOT be rolling admission. Enrollment for the class will restart every 6 weeks which ensure that when you start your journey you are starting from the beginning and getting the attention and coaching you deserve! Each class will be led by 3 coaches, too!

Contact us for more details on how to register for the first 6 week Intro to Weightlifting Program! [Mach1Barbell@gmail.com/intro-to-weightlifting](mailto:Mach1Barbell@gmail.com/intro-to-weightlifting)



**NEXT INTRO TO WEIGHTLIFTING CLASS STARTS **AUGUST 25TH**. REGISTRATION WILL BE OPEN FOR THAT CLASS JULY 15RD. GET A HEAD START IF YOU MISS THIS ONE AND REGISTER FOR THE NEXT COURSE!**

# COMPARISON OF OLYMPIC VS. TRADITIONAL POWER LIFTING TRAINING PROGRAMS IN FOOTBALL PLAYERS

JAY R. HOFFMAN, JOSHUA COOPER, MICHAEL WENDELL, AND JIE KANG

Department of Health and Exercise Science, The College of New Jersey, Ewing, New Jersey 08628-0718.

**ABSTRACT.** Hoffman, J.R., J. Cooper, M. Wendell, and J. Kang. Comparison of olympic versus traditional power lifting training programs in football players. *J. Strength Cond. Res.* 18(1):129–135. 2004.—Twenty members of an National Collegiate Athletic Association Division III collegiate football team were assigned to either an Olympic lifting (OL) group or power lifting (PL) group. Each group was matched by position and trained 4-days-wk<sup>-1</sup> for 15 weeks. Testing consisted of field tests to evaluate strength (1RM squat and bench press), 40-yard sprint, agility, vertical jump height (VJ), and vertical jump power (VJP). No significant pre- to posttraining differences were observed in 1RM bench press, 40-yard sprint, agility, VJ or in VJP in either group. Significant improvements were seen in 1RM squat in both the OL and PL groups. After log<sub>10</sub>-transformation, OL were observed to have a significantly greater improvement in ΔVJ than PL. Despite an 18% greater improvement in 1RM squat ( $p > 0.05$ ), and a twofold greater improvement ( $p > 0.05$ ) in 40-yard sprint time by OL, no further significant group differences were seen. Results suggest that OL can provide a significant advantage over PL in vertical jump performance changes.

TABLE 4. Athletic performance results.†

Variable	Group	Pretraining	Posttraining
Body mass (kg)	OL	90.3 ± 13.3	91.0 ± 11.9
	PL	91.3 ± 11.8	91.6 ± 12.4
1RM bench press (kg)	OL	128.7 ± 14.6	134.4 ± 14.6
	PL	120.7 ± 17.0	132.3 ± 17.3
1RM squat (kg)	OL	175.0 ± 21.0	197.5 ± 31.5*
	PL	148.0 ± 25.9	166.9 ± 33.1*
40-yard sprint (s)	OL	4.95 ± 0.17	4.88 ± 0.22
	PL	4.94 ± 0.16	4.90 ± 0.19
T drill (s)	OL	9.36 ± 0.44	9.21 ± 0.54
	PL	9.42 ± 0.38	9.23 ± 0.41
Vertical jump height (cm)	OL	44.2 ± 2.14	6.8 ± 6.1
	PL	40.8 ± 8.94	0.5 ± 6.8
Vertical jump power (w)	OL	4310 ± 402	4665 ± 874
	PL	4366 ± 937	5076 ± 905

† RM = repetition maximum; OL = Olympic weight lifting group; PL = power lifting group.

\*  $p < 0.05$  between pre and post measures.

- OLYMPIC LIFTS(OL) AND POWER LIFTS(PL) SHOWED INCREASED SQUAT AND BENCH PRESS PERFORMANCE.
- OL LIFTS RESULTS SHOWED INCREASE LOWER BODY STRENGTH WHERE PL SHOWED INCREASED UPPER BODY STRENGTH.
- OL REIGNED SUPERIOR IN VERTICAL JUMP HEIGHT

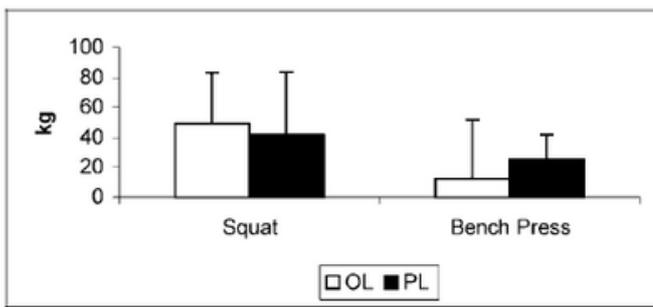


FIGURE 1. Comparisons between OL and PL in Δ strength measures. OL = Olympic weight lifters; PL = power lifters.

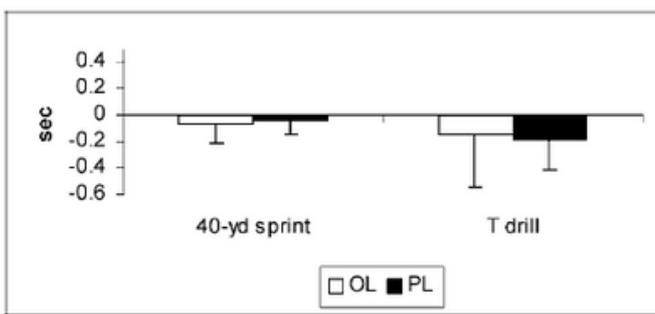


FIGURE 2. Comparisons between OL and PL in Δ sprint speed and agility measures. OL = Olympic weight lifters; PL = power lifters.

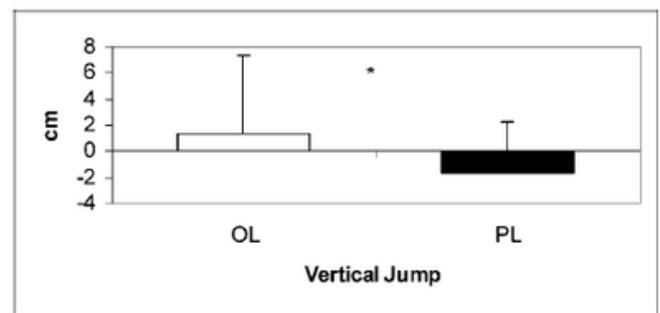


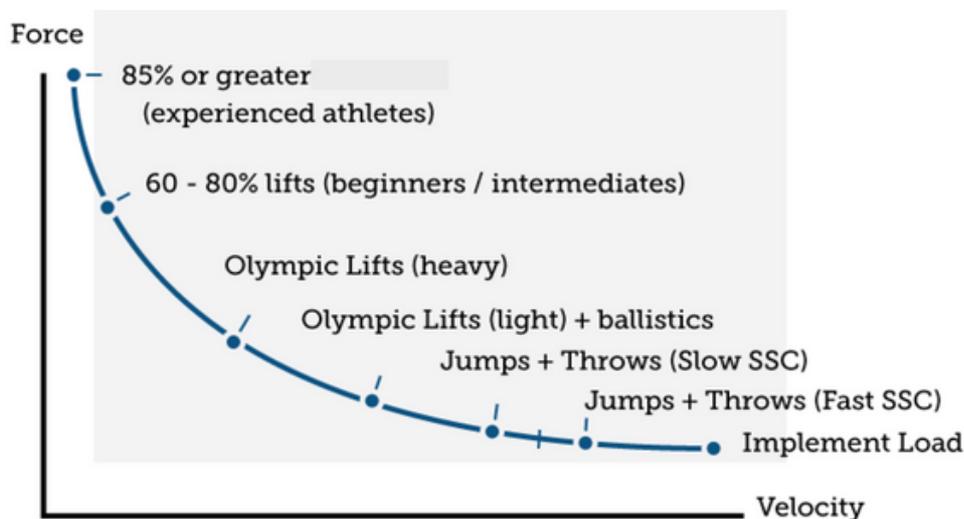
FIGURE 3. Comparisons between OL and PL in Δ vertical jump measures. OL = Olympic weight lifters; PL = power lifters. \*  $p < 0.05$

much lower percentage of the subject's 1RM (12, 19, 23).

Training programs that involve high velocity movements, such as that seen with Olympic training, are thought to be superior for eliciting gains in power output and speed (10–12). This is based primarily on the high rates of force development and improved contractile speed associated with high force, high velocity resistance training (6, 11). This would appear to be of greatest benefit for sports that primarily rely upon explosive dynamic

in eliciting high power outputs and peak velocity (10, 24, 24). The combination of high force, low velocity training and low force, high velocity training by PL appeared to help those subjects compensate for the lack of explosive high force, high velocity exercises in their resistance training program. Other studies have reported that combination training may be more effective than training programs that focus primarily on either high force or high power only (1, 12, 30). Training programs of high force only appear to improve force at the high end of the force-velocity curve, while the inclusion of high power or high velocity exercises appears to emphasize greater improvements of force at the high velocity end (9, 28). A combination of high force and high power training would appear to result in adaptation occurring at a greater part of the force-velocity curve and have a greater impact on athletic performance (10). It appears that the inclusion of a speed and agility training program for the subjects of PL provided a training stimulus at the high velocity spectrum of the force-velocity curve. In addition, by providing subjects with the ability to practice a specific task, the

**TRAINING: THE FORCE/VELOCITY CURVE**  
 We use various modes of exercise to elicit specific adaptations during different phases of training. Training at different points in the curve exposes tissues to various forces thus increasing power output!



Comparison of Olympic vs. traditional power lifting training programs in football players. (2004). Journal of Strength and Conditioning Research., 18(1).

# AUGUST 2022 CLASS SCHEDULE



## THURSDAY

### INTRO TO WL

5:30PM - 6:30PM

### COMP. WL PRACTICE

6:30PM - 8:00PM

## TUESDAY

### YOUTH (12-17) WEIGHTLIFTING

9:30AM-10:30AM

## SATURDAY

### BOOTCAMP

9:30AM-10:30AM



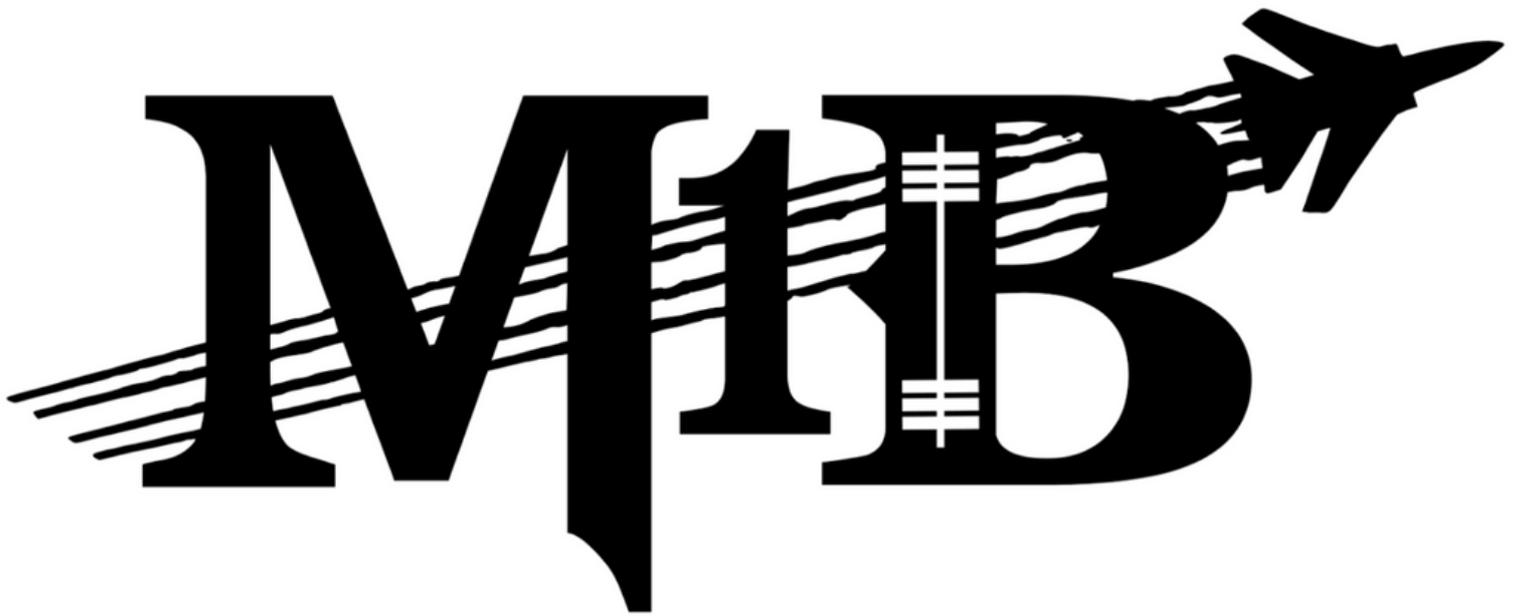
## SUNDAY

### COMP. WL PRACTICE

9:30AM - 11:00AM

**MORE INFO VISIT**

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