

An Applied Approach to the Biomechanics of Torso Training & Its Role in Force Production

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Force production is a vital element in determining the success of an athlete. The more force an athlete applies against the ground with their feet the faster the athlete can run and the higher they can jump. Developing force production is one of the main goals of a well-designed strength & conditioning program. A key factor in transferring force from the lower body to the upper body is the role of the torso. If the torso is weak it doesn't matter how much force is applied against the ground because the force will dissipate as it is transferred through the body.

The goal of this presentation will be to analyze the biomechanics of the torso and determine its role in maximizing force production. A majority of the time will be spent determining how to develop a systematic & progressive torso training program that helps the athlete minimize the risk of injury and increase the athlete's performance. In doing so we will look at the various functions of torso training as well as how & when to apply within a comprehensive strength & conditioning program. We will also look at how to properly design a torso program that is progressive in nature thus protecting the athlete and increasing the athletes' ability to apply force.