



# GET BIG

Falcon builders wreck their pecs and make their hamstrings sing



By Patrick Carper

For Math department chair **Chris Allen**, it's to make life better. For him, it can be as simple as "sleeping great" after a good workout. For senior **Nick Webber**, it's "to be good...to be able to handle [his] bodyweight" and to "clear [his] head, even if for a short time." For junior **Sadie Hill**, it's to "feel better physically and mentally." For senior **Alec Patch**, it's to move the scale up a few pounds in preparation for University of Indianapolis football this fall. Regardless of the motive, many Falcons desire more muscle.

## UNFIT TO FIT

For those who have overlooked fitness until now, working out can seem daunting. According to BuiltLean.com, beginners can suffer 72 hours of soreness after even a light, brief workout. The key to advancing through the levels of fitness is to take things slowly, says football coach and special education teacher **Mike Figel**. For novices, Figel prescribes push ups, planks and air squats. After mastering bodyweight exercises, he recommends the bench press, weighted squats and the shoulder press. "You've got to be well-rounded," he says.

## BODYWEIGHT EXERCISES

Bodyweight exercise advocate and senior **Shane Dickey** says "It's more useful for somebody my size to be able to manipulate themselves before they focus on working on weight training."

The "fundamentals" beginners learn through bodyweight exercises "creates a backbone to support



**STEPHEN ZATHANG**  
SOPHOMORE  
WEIGHT: 142 BENCH: 265  
HEIGHT: 5'4 SQUAT: 315

## ONCE WAITED TWO HOURS FOR A SQUAT RACK.

STEPHEN ZATHANG, SOPHOMORE

you on all platforms," the tall, lean runner says. It's not all about push ups and sit ups, though. After adding repetitions to sit ups, a person can transition to the more difficult "hanging windshield wipers," Dickey says. Here's how to do it: Grab a pull-up bar, raise the legs as high as possible to put the body in

a "V" shape, and rotate them from side to side at the hips. Incorporating pull ups and chin ups taxes the latissimus dorsi, the most prominent back muscle.

## DIET

Fad diets erupt and fade as if on schedule—just scan any weight loss or weight gain online forum.

PM weights coach **Daniel Brunke** instead recommends calculating the macronutrients (protein, carbohydrates and fat) in one's diet. "There are many macro calculators available on the internet that will help structure a diet for the results an individual is looking for," he says.

Allen, a former competitive bodybuilder, is a proponent of the macronutrient consumption ratio,

40:40:20—40 percent of calories from protein, 40 from carbs and 20 from fat. Figel suggests chicken, beef, fish and black beans, all high in protein and low in fat. WWE superstar and movie icon Dwayne "The Rock" Johnson tries to consume 36 ounces of cod daily. The omega-3 fatty acids prevalent in fish like cod have scores of athletic benefits, from achieving a larger pump (when a muscle swells following stimulation) to speeding recovery, according to MensFitness.com. Peanut butter also contains healthy fats.

## MOTIVATION

Allen has one tip for those anxious about beginning a training program: Commit for four to six weeks.

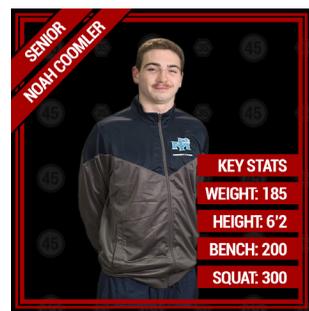
"If you don't feel like it's worth it after that, fine," he says, predicting: "Most people will feel hooked." He says that the real tests are imbedding motivation intrinsically—pushing oneself without the encouragement of others—and developing intimacy with one's workout.

"If you can make someone like something, you've won the war," Allen says. He allows, "All good things in life require sacrifice." Weightlifting demands a large time commitment.

According to Brunke, the best way to bulk up before college is to "set a fitness goal and work tirelessly to achieve it."

For Perry's athletes who are not pursuing team sports in college, Brunke recommends "[joining] an intramural club, adult sports league or [continuing] to workout."

Figel advises those students to "love the process." He says his transition from high school's organized athletics to college's independent fitness was "seamless."



**NOAH COOMLER**  
SENIOR  
KEY STATS  
WEIGHT: 185  
HEIGHT: 6'2  
BENCH: 200  
SQUAT: 300

## LIFTING ADDS POWER

To get stronger in her three school sports, basketball, volleyball and track (as a discus thrower), Hill began taking weights class her sophomore year. She immediately noticed added power to the movements she performed in school athletics.

Aside from lifting, she also learned how to prevent injuries and improve her footwork in weights.

With the back squat and the goblin squat (a front dumbbell squat) as some of her two favorite exercises, Hill takes a lower body approach to lifting.

"You walk around on your legs all day. You don't walk around on your hands," she says.

Brunke asserts he trains both females and males the same. In both he seeks to create better functional movements, he says.

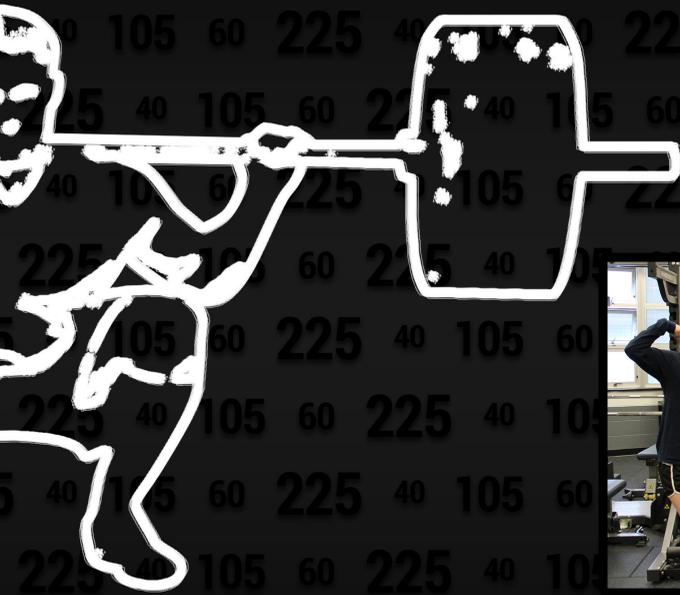
"There's no physiological difference outside of strength [between females and males]. Women actually have the advantage because they're more flexible and—in many cases—more active," he says.

## TONING

Though males and females both hit the gym, they sometimes make the trip for different reasons.



**NATE MILLS**  
SENIOR  
KEY STATS  
WEIGHT: 200  
HEIGHT: 6'6  
BENCH: 225  
SQUAT: 365



## DANIEL BRUNKE'S WORKOUT STRUCTURE FOR YOUNG ADULTS

### MUSCULAR ENDURANCE

3-4 SETS, 10-12 REPS

3-4 SETS, 7-9 REPS

### BASIC STRENGTH



"Most females...want to tone and lose weight," says school trainer **Jamie Wolf**. "Males want to get stronger while females tend to worry about their appearance," she continues.

Her fellow trainer and kick-boxer **Abbie Klingsmith** clarifies that training for tone stands in contrast with hypertrophy (muscle synthesis) training. "Guys focus on high weight, low reps. Girls do more reps at a lower weight," she says.

## PROGRESSION

In his book "The New High Intensity Training," Ellington Darden, winner of the 1972 Mr. Collegiate America contest, outlines proper weight progression. Darden recommends the 8 to 12 repetition range for "most exercises."

As people build up strength, they should not add weight until achieving the 12<sup>th</sup> repetition. Then, they should increase weight "in small increments—2 to 5 percent." Darden names this concept "double progression."

Darden warns beginners and intermediate trainees to cap their total number of exercises per workout at 12. Beyond a dozen exercises, Darden says muscles don't recover as well and won't build up as fast—or will even plateau.

## HYDRATION

Patch, who served as a defensive end on the football team last fall, sparked a craze last semester when he began toting around a gallon jug of water.

During and between classes, it never left his side. "It's a feel-good thing," says Patch, who drains one gallon jug every day. Other school athletes soon caught on, and thus the hydration movement was born. When transitioning to a more hydrated state last fall, he noticed he had to urinate more often, though his body eventually adjusted. Patch once even downed two gallons, calling it "ridiculous."

## SHOCKS

"Once your body becomes accustomed to something, you need to shock it," says math teacher **Gabe Hollander**.

Diminishing returns in the weight room is a well-noted phenomenon. Hollander explains that, initially, builders will see quick gains in strength and muscle mass when they begin working out. "Eventually, you'll plateau, and then you need to switch up your routine," he says.

A "shock" could be dropping the bench press (at least temporarily) for the dumbbell press.

Dickey has observed a similar trend in cross country. For many runners, "almost every time you have a hard day... the workout gets to a certain point where your legs just feel like they can't move any faster and it's hard to breathe." When that happens, known colloquially as "hitting the wall," the runner must "let the encouragement

from your teammates push you through."

## CROSSFIT

The clock strikes five as senior **Nick Webber**, alongside his father, enters Indy South CrossFit off of State Road 37.

Webber stretches and converses with fellow senior **Mikayla Clark** as they wait for the latecomers to arrive for their usual 5 p.m. class. The instructor then leads the group in a warm up.

CrossFit is an international fitness program that prescribes workouts of the day ("WODs") to all participants.

According to their website, WODs focus on functional movements to increase overall fitness. These are achieved through Olympic lifts and exercises borrowed from the sports spectrum.

Webber believes the appeal in CrossFit is in the family culture.

"The trainers know you," he says. "It's a very tight-knit group."

WODs employ weight, body weight and cardio components. Emphasis is not on bodybuilding, but healthy living.

"It's not about looking good, but being good," says Webber.

**PROTEIN INTAKE**

**CHICKEN BREAST: 9 grams**

**BEEF: 7 grams**

**PROTEIN SHAKE:**  
up to 2.9 grams/fl. oz

**GREEK YOGURT: 4 grams**

