

The Press

years of training, this strength imbalance can be very pronounced. The posterior shoulder musculature includes the very important rotator cuff group (the external rotators), the muscles responsible for decelerating internal humeral rotation during throwing movements (fig. 5-7).

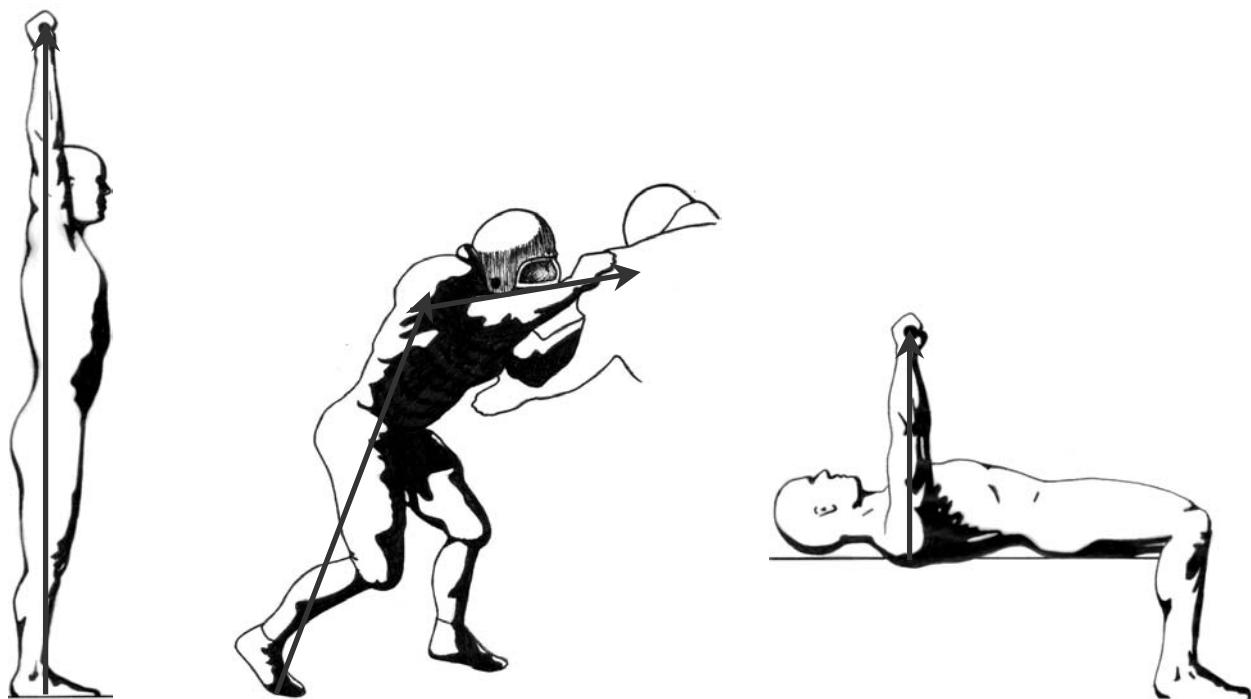


Figure 5-6. A comparison of the kinetic chain vectors of the press, typical football activity, and the bench press. Note that in the lineman's effort there are elements of both vertical and horizontal force application. The press strongly develops the ability to push through a range of directions while driving from the ground. The bench press is more limited in the applicability of the strength it produces, although it allows the use of heavier weights.

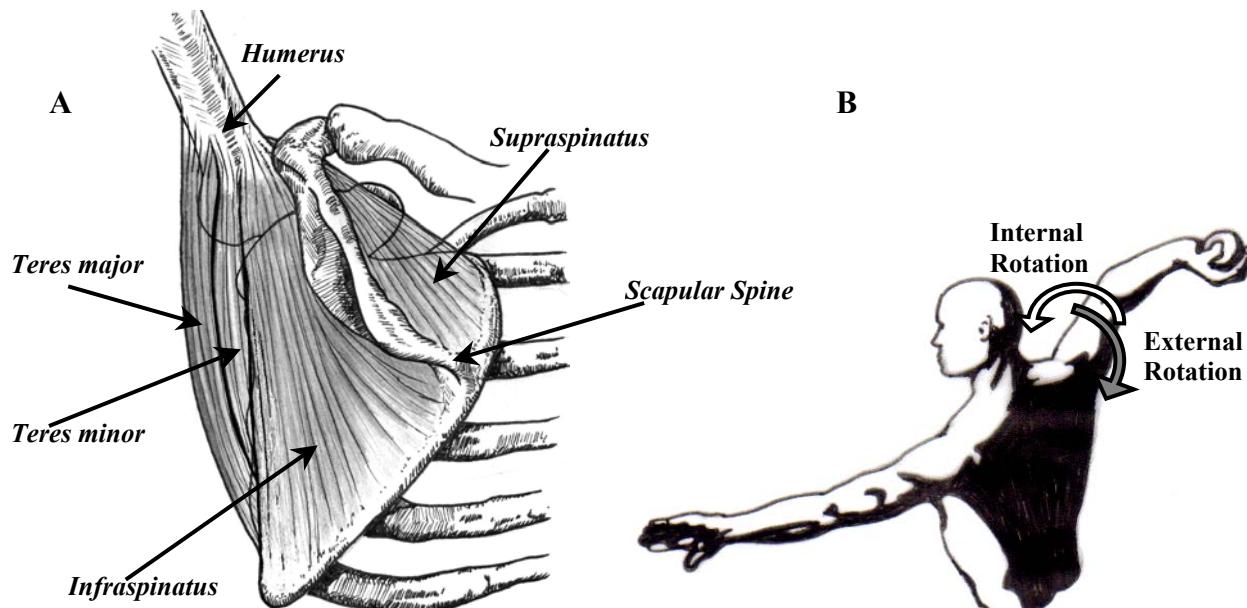


Figure 5-7. Posterior view of the rotator cuff muscles (A). They decelerate internal rotation of the humerus during throwing.