Exercise prescription: Choice of exercise

William J. Kraemer

When designing a resistance program an obviously important variable for consideration is the "choice of exercise."

The choice of exercise is usually related to the:
1. Specific muscular movements related to the sport activity.
2. Those areas of the body most prone to injury.
An exercise can be classified as either a:
2. Structural exercise.

Body part exercises usually involve the isolation of a muscle (e.g., bicep curl, military press, etc.). A structural exercise usually involves the use of many muscles to produce a movement (e.g., high pull, hang clean, etc.) One should remember that every time you change the angle of an exercise you functionally change that exercise.

Choose exercises which allow you to safely train a particular angle.

With all of the possible exercises you could put into your program one needs to make a careful analysis of the exercises chosen. Analyze the needs of the sport and the athlete. Choose exercises which will best develop the angles and muscular characteristics desired. Also remember that you can change the exercises as you cycle through the year.