

Alternative Training Methods

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After an afternoon drill session the other day, one of my athletes thanked me for taking time out of my day to get an additional workout in. Of course I told him you're welcome and then thanked HIM for coming in extra to improve. He mentioned

that he was having a hard time finding workout partners that were willing to schedule regular "extra" workouts. This sparked my thoughts on developing this month's topic, Alternative Training Methods, and specifically, using the AB Band.

The AB Band Training System was developed by 2X Ukrainian National Champion Andrey Brenner. If you haven't seen or used this device before, you're really missing out. Now Andrey is the first to tell you that he didn't invent the actual training band. Athletes in the Soviet train-