



ARC Sports Performance and Railyard Integration

ARC is all about innovation, and ARC Sports Performance is leading the way by focusing on training athletes not only to have great form and technique in the weight room, but more importantly, to train for the movements of their sport. We believe that functional movement training is the key to both injury avoidance and athletic success.

So, two years ago when we had the opportunity to try out a new piece of equipment called the Railyard, we were excited about the possibilities of what this simple apparatus might bring to our training. The Railyard combines five foot long beams and box-like pedestals. Using the pedestals, the beams can be connected in any configuration—the limit is only our imagination! We knew that the Railyard would be perfect to integrate into our conditioning and warm-up sections of training, when athletes immediately started climbing and jumping on it before their session had even started.

How we use it:

First, we used the Railyard to configure an obstacle course that was used as a conditioning exercise in the last fifteen minutes of the session. All of the athletes loved it but we noticed that it appeared to be more difficult for the older athletes to complete the drills than the younger ones. It appeared that the older athletes' loss of mobility to climb over and crawl under the obstacles was limiting their ability to complete the tasks. After noticing this, we started to add in certain crawling and jumping drills after the warm-up, and immediately noticed an improvement in their mobility.

After about three months of using the Railyard with our athletes, we had the opportunity to take it to a local middle school and work with three of their Physical Education classes twice a week. This experience allowed us to experiment more and develop workouts for large groups that focused on more than just mobility and conditioning. We integrated functional progressions for classes that included lower elementary levels through high school age. The programs we designed contained balance, body awareness, strength, agility, and power protocols for all ages and abilities.

Program progression from Elementary to High School:

Training our young athletes, we focus on balance in all three planes of motion that includes some body weight strength training such as crawling, pushups, and single leg strength exercises. This progression continues with our middle school athletes and adds jumping, agility style drills and conditioning components. When they progress to the high school level, we take all of those skills and start to increase the intensity by incorporating resistance to certain strength drills. We also begin to place greater emphasis on power.

Implementing this full workout progression on the Railyard allows us to vary the intensity of the exercise depending on the age and strength of the athlete. For example, with the pushup exercise we can make it easier by using the elevated Railyard beam for the hands with feet on the floor. To increase the intensity we might place the athlete with feet on the elevated beam with hands on the floor. We also have athletes crawl in a push up position laterally under the beams to work different directions of strength and shoulder mobility.

With the lower extremity, we teach balance and strength in all three plans of motion by walking, lunging, skipping and jumping on the beams. Over the years, the athletes have advanced to jumping over low beams and on to high beams. The Railyard allows us an unlimited ability to configure new exercises and vary the intensity which in turn allows us to keep our athletes engaged and make progress with their skills.

The Railyard has been a great addition to both of our Sports Performance Academy's, and has been integrated into our program for all ages and abilities of athletes. Below are a couple of Railyard configurations and types of training that we do with our youth and advanced athletes.

High Level:

This Railyard design allows us to incorporate lateral crab walks, pushups, bear crawls and plank walks. On the higher beam we add lateral duck-under exercises for hip mobility, hands on hop-over exercises and box jumps for some of the older athletes.



Sample workout:

-Lateral duck-under X 5 on each side (Hip mobility)

- Lateral crab walk down and back 3 times
- Lateral plank walk or bear crawl down and back 3 times
- Elevated push up 2 x 10 reps
- Walking lunge down and back 3 times
- Feet elevated push up 2 x 10 reps
- Rear foot elevated split squat 2 x10 reps each leg
- Inverted rows on high beam 2 x 10 reps

Conditioning Circuit:

- Under and over each double set of beams
- Hands on hop-over, high beam
- Bear crawl back to start

Repeat circuit 5 times

Youth Level:

Here you can see the younger athletes working on balance with stork walks. The flat side of the beam is up, or to make it more difficult, we flip the beam to a rounded surface. This configuration allows a group of athletes to move through balance drills, strength drills, and body awareness drills without having to sit around.



A sample workout for younger athletes:

- Stork walks down, skip back to start
- Stork walks with upper body rotation, carioca back to start
- Plank walk down, bear crawl back to start
- Lateral shuffle down, lateral skips back to start

The sky is the limit for us with the Railyard and we are excited to share with you the many ways we are incorporating it into ARC Sports Performance training programs for athletes of all ages. Stop by to take a look and try it out!

For more information and to book individual or group training sessions please contact Aaron Kleinwolterink at akleinwolterink@arcpt.com for our Northland location or Jennifer Pautz at jpautz@arcpt.com for our South location. You can also visit our website at www.arcpt.com.