

THE BIG BOOK OF

# CLUBBELL TRAINING

Second Edition



Scott Sannon

# THE BIG BOOK OF CLUBBELL TRAINING

**2nd EDITION**

by Scott Sonnon



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# THE BIG BOOK OF CLUBBELL TRAINING

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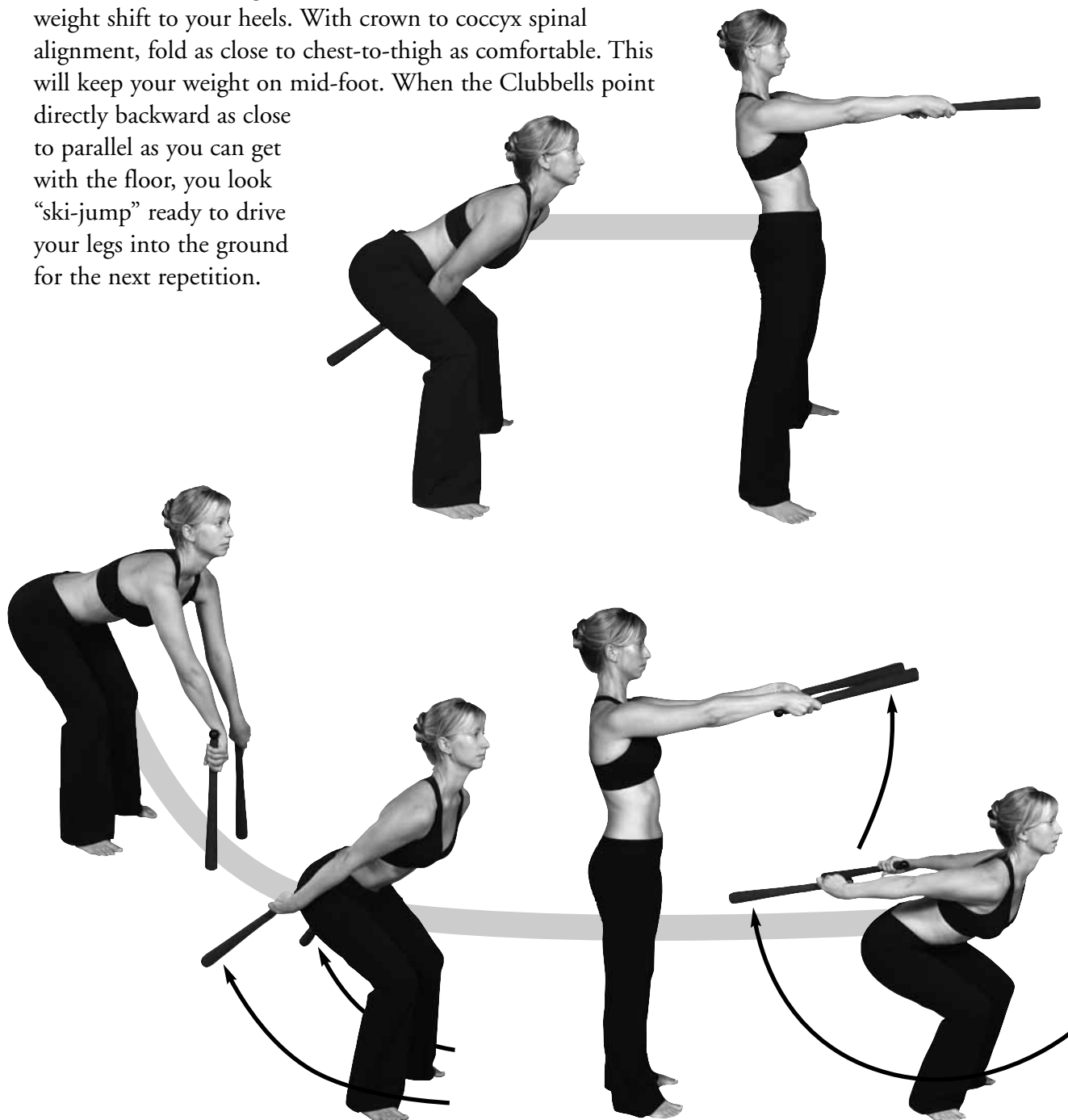


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Three levels can be done: hip height, shoulder height, and directly overhead. When overhead, remember to keep your shoulders down. Watch the Clubbells through the entire motion.

**Sit and Fold:** Keep your core activated and root locked, but allow the air to rush back into your lungs as the Clubbells begin to swing downward on your locked arms and packed shoulders. Push your butt back, folding at the hip.

As the Clubbells swing towards the rear you'll feel your weight shift to your heels. With crown to coccyx spinal alignment, fold as close to chest-to-thigh as comfortable. This will keep your weight on mid-foot. When the Clubbells point directly backward as close to parallel as you can get with the floor, you look "ski-jump" ready to drive your legs into the ground for the next repetition.



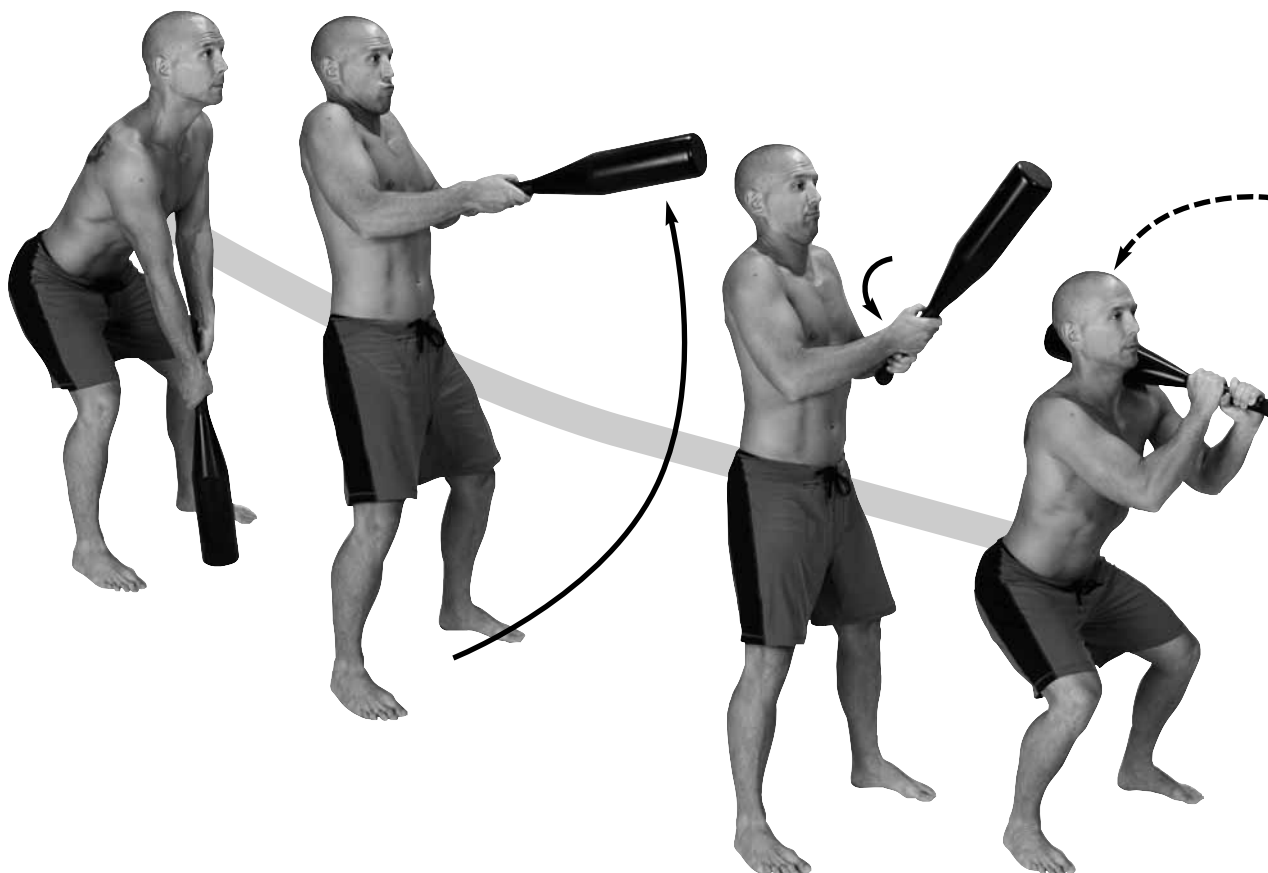
## TWO-HANDED FRONT CLEAN TO SHOULDER PARK

As in the one-handed variant, you will require more explosiveness in this exercise than in the Two-Handed Clean to Order because you must pull the Clubbell® much higher to catch it in Shoulder Park.

The primary difference between the Two-Handed Front Clean and the one-handed variant involves the braking method of parking the Clubbell® on your shoulder. Once your pull brings the Clubbell® parallel to the ground, use the Complementary Grip. The top hand acts as a fulcrum (pushing away from you) against which the bottom hand pulls (towards you) in order to decelerate the weight until it gently catches on the shoulder.

You also need to be aware that you are moving the Clubbell® from your centerline between your legs in Floor Park to off-centerline on your shoulder. The far arm (the arm opposite shoulder on which you intend to catch the Clubbell®) must provide sufficient room to clear your head and ear, but not so much clearance that it sends the Clubbell® off soft tissue and onto bone. This requires practice, so focus on moving first from two-handed Order Position to Shoulder Park and back.

Popping the two handed Shoulder Parked Clubbell® off your shoulder must be driven by the hips and legs, as in the one-handed variant. Don't shrug the shoulder out of joint. However, because you're returning to centerline from off-centerline, pop the Clubbell® directly forward and use your arms to direct the Clubbell® to centerline only once you have cleared your head and ear.



## Get involved with the first true "health club"!

Throughout world history the club has been utilized not only for combat but also for health restoration and strength development. Records of club use date as far back as ancient Egypt, with the practice reaching its peak at the end of the 19th century.

Scott Sonnon, creator of the patented Clubbell<sup>®</sup>, has resurrected this ancient discipline through his own extensive research, experimentation, and personal practice. He has successfully integrated, evolved, and refined the club into one of the most "simply sophisticated" exercise approaches ever created — the Circular Strength Training<sup>®</sup> (CST) system. Going far beyond the limited practice of old-style "Indian Clubs," the CST system contains a collection of nearly 100 proprietary Clubbell<sup>®</sup> training exercises. As part of this fitness movement, Coach Sonnon also created International Clubbell<sup>®</sup> Sport, which has attracted athletes from around the globe.

Clubbell<sup>®</sup> Training provides a unique blend of functional, full-range, three-dimensional muscular development that stands in stark contrast to the problematic limitations of conventional two-dimensional linear training. Practicing this system revitalizes, reenergizes, and reorganizes every unused and overabused cell in your body from head to toe, core to periphery, and bones to skin.

Benefits of Clubbell<sup>®</sup> Training include increased metabolism for a day-long fat burn, the breakup of restrictive adhesions and calcium deposits around the joints, the release of bound tension, the generation of tremendous energy and vitality, increased bone density, and injury prevention. CST training promotes significant gains in strength, power, stamina, endurance, and general health and longevity. It is the most fun that one can possibly have exercising!

### Topics covered in *The Big Book of Clubbell Training* include:

- The 7 key components of Clubbell<sup>®</sup> Training • Safety guidelines and basic mechanics
- The 14 basic positions • Detailed descriptions of the 3 Types of Clubbell<sup>®</sup> movements
- The 8 skill families of Clubbell<sup>®</sup> Training • 82 basic exercises of this powerful system
- 25 sport-specific sample programs for golf, tennis, volleyball, football, baseball, soccer, and hockey

Scott Sonnon, multiple-sport International Champion and multiple-time USA National Martial Arts Team coach and multiple-time Hall of Fame inductee, has invested nearly two decades training in 9 different countries in the research, development, and refinement of Circular Strength Training<sup>®</sup>. The design and refinement of this revolutionary fitness paradigm continues to evolve through the efforts of Coach Sonnon and his personally certified cadre of instructors and coaches numbering in the hundreds worldwide.

Coach Sonnon is recognized worldwide as a pioneer, not merely of a new approach to fitness but of an entirely new approach to health and total well-being. He has written several books and has published hundreds of articles in dozens of international journals in several languages. He has also produced more than 50 videos on this modern evolution of ancient bodily wisdom. Coach Sonnon's work has touched tens of thousands of fitness enthusiasts from all walks of life, including professional athletes, doctors, trainers, actors, coaches, and health and fitness specialists.



**RMAX.tv Productions** • P.O. Box 501388, Atlanta, GA 31150

Website: [www.rmaxinternational.com](http://www.rmaxinternational.com) • Email: [info@rmaxinternational.com](mailto:info@rmaxinternational.com)

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ISBN 0-9763560-6-6



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