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Ballistics – A Training Program That Gets Results

To develop muscles you have to use an overload/underload principle for training.

1. Acceleration training develops fast-twitch muscles (speed little strength)
2. Traditional weight lifting training develops strong muscles (strength little speed)
3. Ballistic training develops both muscles at the same speed and motion as in competition.

Frequently Asked Questions about Ballistic Training

What is ballistic weight training?

An athlete training by using ballistics, lifts a weight, accelerates the weight throughout the lift and releases the weight at the end of the lift into “free space”, all in less than one second. A ballistic lift is an athletic move that activates and trains the fast-twitch muscle fiber. In traditional weight training the lifter must hold the weight, slow down the weight, stop the weight and then return the weight to the starting position. These weight lifting motions require mostly slow-twitch fibers and take more than one second to complete. Ballistic training trains muscle to be fast. Fast-twitch muscle fiber is only activated for a short time before shutting off.

Traditional strength training is concerned more with muscle size than muscle speed. Research has shown that increased muscle speed not muscle size is more beneficial to athletic performance. Since most athletic movements are explosive, the slow speed contraction of traditional weight lifting has limited positive transfer to sports.

Why should an athlete choose to use ballistic training?

If you want to run faster, jump higher, and hit harder you should train like an Olympic sprinter. A research study of more than 2000 hockey players proved that the ability to skate fast is related to the ability to run fast and to jump high. Research has clearly demonstrated that whatever makes us faster sprinters or higher jumpers will improve our athletic quickness and effectiveness. Olympic sprinters focus their training to increase their speed over the first six seconds. After six seconds, the fast-twitch fiber shuts off and slow-twitch muscle fiber moves the athlete. Ballistic training trains fast-twitch muscle fiber.

A ballistic lift should be completed in one second and a set of ballistic lifts should be completed in six seconds or less for maximum speed training results.

What are the benefits of ballistic training?

First, ballistic weight training trains both the fast-twitch and the slow-twitch fiber. Second, ballistic weight training provides a highly effective cardiovascular workout. A ballistic lift requires full muscle utilization and this elevates the heart rate. Sprinting is an aerobic activity and so is ballistic lifting.

By measuring the time of the lift and the rest period between lifts the lifter will keep his heart rate at an elevated rate throughout the workout.

Ballistic lifting is an aerobic activity and is an effective method for not only increasing muscle strength and fitness, but also an effective means to burn fat.

Why Cormax?

Cormax is the only company that manufactures ballistic weight lifting machines. By using a safety cylinder and sophisticated electronics, Cormax has created a new way to train athletes.

We do not use free weights or treadmills. Our equipment is state of the art and is used by professional athletic teams and major colleges as well as high schools and junior high schools.