

# Inner Strength - Outer Strength

## OUTER STRENGTH TIPS

### Power

Power is the combination of muscular strength with speed. This is about developing the ability to move our bodies quickly and in a co-ordinated manner. “To measure someone’s maximal power,” says Mandarin Oriental Hong Kong’s Fitness Instructors, Danilo Rodriguez and Jason Chung, “is to measure how much strength they have at the fastest speed they can exert it.”

Power is often developed through playing competitive sports which involve rapid and sudden multi-directional movements. Power training is generally very intense, and has a high risk of injury if not done properly. Developing power builds a deep reserve of strength that can protect us from injury.

### How to develop Power:

- Participate in competitive sports. Find the right level for you and get started. Sports are a fun way to train and develop all aspects of Outer Strength.
- Incorporate more explosive movements into your training routine such as sprinting, throwing, jumping, powerlifting, kettlebells or plyometrics. Power training is only recommended to be done following the advice of a physician and the guidance of a certified coach or trainer.

### Interesting reading:

- *Men’s Health Power Training* by Robert Dos Remedios
- *Enter the Kettlebell* by Pavel Tsatsouline
- *New Functional Training for Sports* by Michael Boyle
- *Training for Speed, Agility & Quickness* by Lee E. Brown
- *The Pursuit of Endurance: Harnessing the Record-Breaking Power of Strength and Resilience* by Jennifer Pharr Davis
- *A Woman’s Guide to Power and Freedom Through Yoga and Tantra Revised* by Uma Dinsmore-Tuli