

Overhead Sledgehammer Swing to Tire

This exercise helps you improve your overall sports performance—including strength, speed, conditioning and flexibility.

Sports Performance Benefits

Builds core and hip power. Vibrations from the slam challenge core stability. Also improves upper-back mobility, which helps reduce back pain and encourages proper throwing mechanics.

How To Perform The Exercise

- Stand 2 to 3 feet in front of a truck tire with your feet hip-width apart. Hold a sledgehammer in front with a wide grip.
- Bend your hips and knees to lower into a quarter squat.
- Raise the sledgehammer overhead through a half circle motion to the side, shifting your top hand down the handle until it's 6 inches above your bottom hand. Extend your hips and knees and rise up on your toes as the sledgehammer travels overhead.
- Slam the sledgehammer against the tire, using your hips to generate momentum.
- Return to the starting position and repeat for the specified number of reps.
- Perform 3 sets of 6 repetitions each side.

Key Points

- Rotate through your upper back.
- Stabilize your core and maintain a tall posture.
- Activate glutes in top position and accelerate sledgehammer downward.
- Always keep your belly button pulled in and abs tight.
- Try to hold your shoulder blades down and back to minimize shrugging and the risk of impinging the rotator cuff muscles.

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