



One-Arm Dumbbell Row ▲

- This works the back, which contributes to shooting ability, Kelly says.
- Place your left knee and left hand on a flat bench and put your right foot on the floor.
- Hold a dumbbell in your right hand and let your right arm hang straight down.
- Make sure your back is straight.
- Lock your left foot over the edge of the bench for stability. Make sure that the weight on your right foot is more on your heel than toes. Bend your right knee slightly.
- Keeping your back straight, pull the dumbbell up to the side of your chest. Pause, and lower the weight to starting position. Maintain a flat back. Keep your head up.
- Complete one set on one arm, repeat with the other arm with your opposite leg on the bench.
- Kelly warmed up with a 95-pound dumbbell, 12 reps at the most. He completed 3-4 "working sets" on each arm with 150 pounds. Six-to-eight reps per set with a 2-minute rest between. Find the right weight that's suitable for you to complete 6-8 reps per set.

Reverse Grip Bench Press

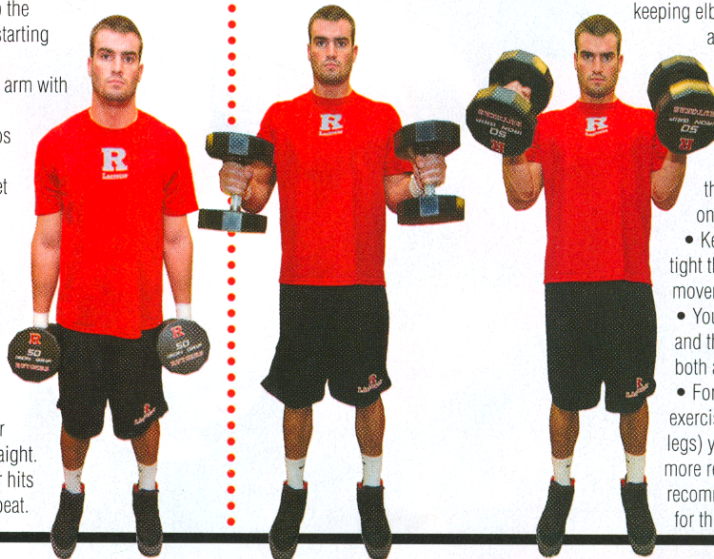
- This shouldn't be done until you already have a base of strength. Use a spotter and a lower weight. It works the triceps and upper chest.
- Lie down on a bench, feet flat on the floor.
- Grab the bar with an underhand grip about shoulder width apart, palms facing you. Arms completely straight.
- Lower the bar slowly. Keep elbows in. When the bar hits your chest, pause for a second and explode up. Repeat.

Hammer Curls ▼

- Hammer curls work the forearms. "You're always holding the stick," Kelly says. "You want the strongest forearms you can."
- Stand with a shoulder width stance, a nice base so you don't fall over or swing.
- With a dumbbell in each hand, let your arms hang straight down, palms facing in.
- Curl the dumbbell up, keeping your elbows in and as still as possible, until the dumbbell touches your shoulder. Lower the dumbbell to starting position, keeping elbows as motionless as possible.

"Pretend you have a pole that's connecting your elbows," Kelly says. "Keep them still." That's one rep.

- Keep your core tight throughout to limit movement.
- You can work one arm, and then the opposite, or both at the same time.
- For supplementary exercises (for arms and legs) you want to do more reps, Kelly says. He recommends 8-15 reps for this exercise.



Knight Moves

Hit the weights with Rutgers' Kory Kelly

By Corey McLaughlin

Q&A with Kory Kelly

Listen to music while working out?

We usually have music playing in weight room. I like hip hop. Bob [Gilmartin, strength and conditioning coach] likes metal. There are speakers all around here. I like Lil Wayne a lot. I'll listen to him whenever, but prefer to lift with him.

What's your favorite workout?

I love hang cleans. I'm able to throw up a lot of weight; 292 pounds was my record last year. And bench pressing,

obviously. I like to do a lot of back exercises for shooting. A lot of pull down stuff, do lats. Shooting is all about the right kind of form and it comes down to your back.

Do you focus on diet, too?

I pay very close attention to protein intake. I like to have one gram of protein for every pound of body weight. So I usually have 3-4 shakes per day. I take Casein before bed. It's slow-acting.

Why douse your hands with white gypsum (or talcum) powder?

I sweat like a pig, especially my hands. I do it before any exercise that requires a grip. The powder absorbs moisture and prevents slippage.

Do you ever need extra motivation to get in the weight room?

No. I love working out. It's easy for me to get in here. A lot of people dread coming to the lifts, but I look forward to the lifts more than practice.