

THE STRONG

THE 20 TOUGHEST, MOST POWERFUL ATHLETES IN THE WORLD'S MOST ATHLETIC SPORTS LEAGUE MAKE UP OUR ANNUAL M&F NFL ALL-STRENGTH TEAM



S
Adrian Wilson
(p.122)

RB
Peyton Hillis
(p.118)

QB Tim Tebow

FB Vonta Leach

FB Ovie Mughelli

RB
Adrian Peterson

RB
Ray Rice
(p.119)

TE
Jason Witten

TE Vernon Davis

Skill Positions

ADRIAN WILSON

S, ARIZONA CARDINALS

HEIGHT: 6'3"

WEIGHT: 230 LBS

YEARS PRO: 10

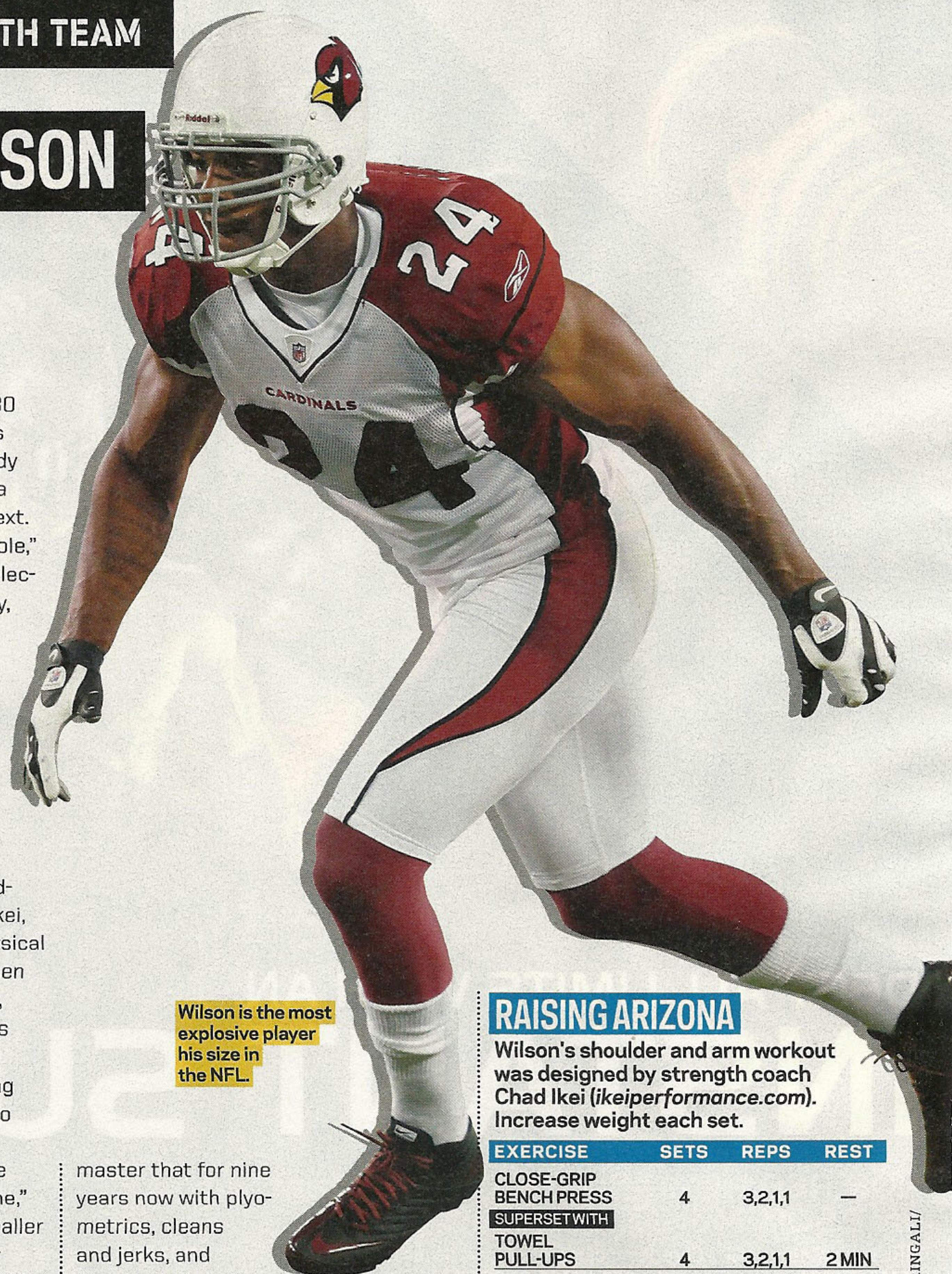
■ Adrian Wilson's size has always worked to his advantage. At 6'3", 230 pounds, he's one of the few safeties in the league who can cover a speedy wide receiver one play and take on a 330-pound offensive lineman the next. "I don't play the traditional safety role," says Wilson, a five-time Pro Bowl selection. "I'm more of a rover kind of guy, able to play in the box and play deep and do a lot of different things."

That size also helps him in the weight room. Just this past off-season, in fact, the 10-year NFL veteran went as heavy as 430 pounds on incline barbell presses for two reps and 585 pounds for three reps on squats under the guidance of his longtime trainer Chad Ikei, to whom he credits much of his physical improvement over the years. And then there's his legendary leaping ability, documented on YouTube a few years back when Wilson scaled a 66-inch hurdle with only a three-step running start. Google "Adrian Wilson jump" to see for yourself.

Yet even as he concedes that "I've been blessed with what God gave me," Wilson somehow aspires to play smaller than he is and resemble his shorter counterparts Troy Polamalu (5'10", 207 pounds) of the Steelers and Ed Reed (5'11", 200) of the Ravens.

"Just being able to play the game as if I were 5'11", 200 pounds, that's what I've always tried to do," says Wilson, who hopes to play the 2011 season at under 225 pounds. "Even though I'm a bigger guy, I want to feel as fast as someone who's smaller, cornerback size. Chad and I have been trying to

THIS PAST OFF-SEASON, WILSON HIT TWO REPS OF INCLINE PRESSES AT 430 POUNDS AND THREE REPS OF SQUATS AT 585.



Wilson is the most explosive player his size in the NFL.

master that for nine years now with plyometrics, cleans and jerks, and that kind of stuff. Being as explosive as possible is very important—it's probably the most important thing in football, having that suddenness and that burst about you."

Wilson's longevity in the league can be attributed as much to his superior discipline in the weight room as to his nutrition. "I can go out to eat," he says, "but I'm not going to eat a cheeseburger; I'm going to eat me a salad."

"The way I train and the way I eat, it's a lifestyle. I've chosen to live my life that way. And it's benefitting me in the long run, as opposed to someone who doesn't take the nutrition or weight room seriously."

—Joe Wuebben

RAISING ARIZONA

Wilson's shoulder and arm workout was designed by strength coach Chad Ikei (ikeiperformance.com). Increase weight each set.

EXERCISE	SETS	REPS	REST
CLOSE-GRIP BENCH PRESS	4	3,2,1,1	—
SUPERSET WITH			
TOWEL PULL-UPS	4	3,2,1,1	2 MIN
SEATED ALTERNATING DUMBBELL OVERHEAD PRESS	3	8	—
SUPERSET WITH			
STANDING DUMBBELL IRON CROSS ¹	3	30 SEC	—
SUPERSET WITH			
INCLINE DUMBBELL CURL ²	3	6,4,42	90 SEC
30-DEGREE DUMBBELL POWELL RAISE ³	3	12	—
SUPERSET WITH			
DUMBBELL EXTERNAL ROTATION	3	12	1 MIN

¹ Holding the top of a dumbbell lateral raise for 30 seconds.

² Each set should be performed as a drop/extended set—doing six reps with the initial weight using a pronated (reverse) grip; reducing weight and doing four reps with a supinated grip; then reducing weight again and doing four reps with a neutral grip.

³ Lie on your side on a bench set to a 30-degree incline.

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