



ATHLETE INTERVIEW

Training with Tyson

TYSON CHANDLER has almost 5,000 rebounds in his young NBA career, which means he has successfully outmuscled thousands of the best athletes on earth to get his hands on the rock. As the man formally responsible for the dunking portion of the Crescent City Connection (this off-season he was traded to the Charlotte Bobcats for Emeka Okafor), Chandler, standing at 7'1", is constantly on the lookout for the opportunity to throw down on an opponent. In fact, you could probably start an entire league with the list of people he has dunked on. And now that he's a member of Team USA, his list of victims has gone international.

TYSON CHANDLER

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BIRTHDATE: Oct. 2, 1982
BIRTHPLACE: Los Angeles
HIGH SCHOOL: Dominguez
HEIGHT: 7'1"
WEIGHT: 235 pounds
TEAM: Charlotte Bobcats
HIGHLIGHT: Set the New Orleans Hornets franchise record for rebounds in a season with 904 during the 2006-07 NBA season



Q After enduring a few injuries in the 2008–09 season, what kind of training are you doing this year?

A I do a lot of agility work. I perform a combination of band and resistance training to mimic how I move in a game. I also do lots of core and exercise-ball work. It's tough.

Q What's the most difficult exercise your trainers put you through?

A I'd say the conditioning is the hardest, but the core training is hard, too. We have to hold the plank position or a defensive stance forever. Right now I'm working on the exercise bike; I have to maintain my pace as the resistance varies. It can get exhausting.

Q Do you have any motivational tactics? Do you listen to music?

A I can't get through a conditioning workout without my iPod. I listen to Tupac a lot, especially his *All Eyez on Me* album.

Q Does your training vary in-season vs. off-season?

A We definitely train more in the off-season. In-season, you have to pick when and what you train because your body wears down. I work out three days a week once the season starts, plus the games.

Q Do you pay close attention to your nutrition?

A Right after my workout, I eat a protein bar. Then in the afternoon I make a protein shake with a lot of fruit. I have vegetable juice right when I wake up. I also eat a lot of pasta. I take in about 3,500 calories a day.

"I train [intensely] so when the fourth quarter comes along, I can play just as hard as when we had the jump ball"

Q How about your intensity level? Are you able to train as hard off the court as you play on it?

A I definitely work out just as intensely as I play. There's no way you can be intense on the court if you can't be that way during a workout. I train like that so when the fourth quarter comes along, I can play just as hard as when we had the jump ball.

Q That fourth-quarter intensity is a trademark of yours and has led to plenty of power dunks. Do any stand out?

A We were playing Golden State and Chris Paul threw me an alley-oop that went really far behind my head. Somehow I reached back and grabbed it with one hand and threw it down — that one I remember.



Q Who did you want to dunk on when you first came into the league?

A Everybody wants to catch [Dikembe] Mutombo. You always want to catch the shot-blockers.

Q Who are the strongest guys you go up against?

A Dwight Howard and Amare Stoudemire are two explosive, strong guys. I love playing against those two because I feel like they're two of the best. I just know I need to match their aggressiveness.

Q Which current player was your favorite growing up?

A Kevin Garnett. I loved watching him play. He plays as hard as he can in every game. I also admire how he approaches practice: He showed me that you have to bring it every single day. It's something I respect so much and I hope I can be known for that, too.

— Jon Finkel

PCS: 60-61 & ABOVE: NBAE/GETTY IMAGES (2)

BT TOY BOX



HYPER WEAR SANDBELLS

>> **Hyper Wear calls its sandbell** a cross between a sandbag, dumbbell, barbell, grip bag, medicine ball, slam ball and kettlebell. These versatile tools can add some interesting variety to your home gym without sucking up a lot of space. We like the dynamic options they give you. Not only can you use them like traditional weights, but you can also throw them, drop them, heave them and, when all is said and done, sit on them after your workout. Made from a stretchy neoprene and heavily stitched for durability — which also makes them less punishing to the body — they range from 2–50 pounds. Soon, Hyper Wear plans to offer SteelBells, neoprene bladders filled with steelshot, in weight increments up to 100 pounds. Visit muscleandfitness.com to find out how strength and conditioning coaches use these unique weights. **\$8 unfilled, hyperwear.com**

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