

# BIGTIME

GOING BIG IN LIFE, GEAR AND ENTERTAINMENT

ATHLETE INTERVIEW **CARLOS QUENTIN**

## CHICAGO'S Q-PERMAN

» At 6'1" and 230 pounds, Carlos Quentin, star outfielder of the Chicago White Sox, is built more like a linebacker than a baseball player, which is why it was no surprise to learn that he won defensive player of the year as a standout on the gridiron at University of San Diego High School. Rounding out a résumé brimming with all-world athletic talent, he was also a member of his high school's state-champion basketball team. But what truly separates Quentin from other elite athletes is his commitment to training: It's the bedrock of his success.

CARLOS QUENTIN

BIRTHDATE: Aug. 28, 1982

BIRTHPLACE: Bellflower, California

HEIGHT: 6'1"

WEIGHT: 230 pounds

BATS: Right

THROWS: Right

COLLEGE: Stanford University

"WHEN THE CROWD IS YELLING, MY ADRENALINE KICKS IN AND I HAVE TO LET THE EXCITEMENT GO, THEN I CAN REFOCUS"



ATHLETE INTERVIEW: CARLOS QUENTIN

**MUSCLE & FITNESS: As a three-sport star in high school, which was your favorite?**

**CARLOS QUENTIN:** My passion was playing football. I was a big kid, and when I got to high school I got to put on pads, and go out and hit somebody. I couldn't wait. I liked playing basketball, too, but when you stop growing, it's tough. I loved playing pickup games in college, though.

**M&F: Were you ever under pressure to pick just one sport?**

**CQ:** I was fortunate enough to attend a high school that accepted my playing all three sports. I'm a firm believer that cross-training

is important, especially as a young athlete. It helps work your fast-twitch muscle fibers in a variety of ways and that's good for overall athleticism.

**M&F: Baseball eventually won out: You were a star at Stanford and now play for the White Sox. Did you take anything from football to the baseball diamond?**

**CQ:** There are parts of football that you can apply to baseball. The football mentality definitely applies to running base paths: running and sliding hard, and if there's going to be a collision at home plate, being a former football player helps, of course.

**M&F: How do you train to stay healthy for the long season?**

**CQ:** We train five days a week in the off-season, running every other day before lifting. Because of the number of games we play during the season, we try to build up our strength beforehand.

**M&F: Because you have fewer opportunities to work out during the season?**

**CQ:** Exactly. Traveling from city to city, I'm satisfied if I get in three lifts a week. During the season we do a condensed version of our off-season workouts.

**M&F: What do you focus on?**

**CQ:** Strength is a key component for any athlete, so making sure my forearms are strong is important. Also, I know flexibility is key; stretching is a big part of my routine.

**M&F: How has your training changed over the years?**

**CQ:** Since I came up to the pros, I've definitely evolved as an athlete. Right now I work out at Peak Performance [Project] with Marcus Elliott. He focuses on controlling the split second in the middle of a swing or throw. That's the most explosive part of your performance, what happens in that split second.

**M&F: How do you focus during clutch moments so you can capitalize on that split second?**

**CQ:** If I get too fired up, I tend to overswing, so I focus on being relaxed and muscular through the swing. When the crowd is yelling and it's a big moment, my adrenaline kicks in and I have to let that initial burst of excitement go through my body, then I can refocus.



After an injury-plagued 2009, Quentin looks to resume his long-ball tear of '08, when he went deep 36 times

## THE LOWDOWN

### QUENTIN'S FAVORITE BASEBALL-STADIUM GYMS

- 1/ U.S. CELLULAR FIELD, CHICAGO WHITE SOX**  
 "This is my home field and it's amazing. We have a good amount of space for platforms, tons of functional equipment and a place to throw med balls."
- 2/ YANKEE STADIUM, NEW YORK YANKEES**  
 "The new Yankee Stadium has an unbelievable facility. The locker room and weight room are amazing. It's all new stuff and there are TVs everywhere."
- 3/ TROPICANA FIELD, TAMPA BAY RAYS**  
 "The Rays have a very good weight room. They have good equipment, including Power Plates, which some places don't have."
- 4/ CHASE FIELD, ARIZONA DIAMONDBACKS**  
 "The Diamondbacks have a great weight room: a very big lifting area with pulley machines and nice equipment."
- 5/ FENWAY PARK, BOSTON RED SOX**  
 "They've done a good job of updating the facility at Fenway. The weight room is a little small, but it's way better than you'd think."