

Instructing the Tire Flip



Reference

- Bullock, Joshua B; Aipa, Daniel M M . Coaching Considerations for the Tire Flip. *Strength & Conditioning Journal*. 32(5):75-78, October 2010.

For more information about the tire flip please consult this reference or additional NSCA publications.

Tire Size and Selection

- Should not be taller than the lifter.
- A narrow tire is hard for the taller lifter.
- A wide tire is hard for shorter lifters.
- Tires with a lot of wear are harder for lifters to grip

Tire Flip Initial Setup

- Tire should start lying on its side.
- The exercise surface should be hard and allow the lifter to get good traction.

Executing the Tire Flip

- The Address
 - Make sure that the surface and lifting area are sufficient to flip tires
 - Keep knee behind the tire and rest the chin and anterior deltoids on it
 - Use a supinated grip on the tire with the arms extended but not fully locked
 - Dorsiflex the ankle and lift the knees off the ground. Get onto the “balls” of the feet.
 - Raise the chest and contract the muscles of the low back.

Executing the Tire Flip

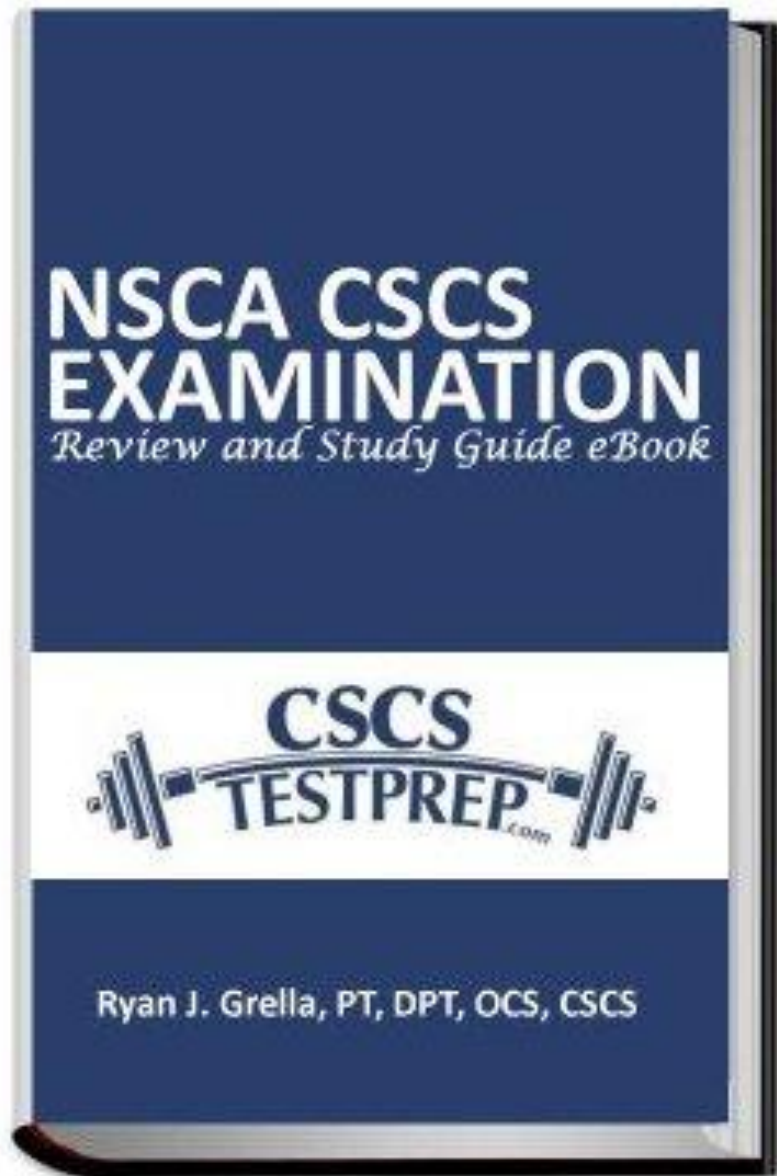
- The Lift
 - Extend the ankles, knees, and hips pushing the tire forward and up.
 - Take a few steps forward in order to move explosively into the tire.
 - Powerfully flex one hip and hit the tire with the quadriceps.
 - Just after hitting the tire with the quadriceps, flip the hands to a pronated grip.
 - Run the feet toward the tire and push it over finishing the flip.

Common Technique Flaws in the Tire Flip

- The lifter's feet are positioned too close to the tire at the address, resulting in a rounded back. Instruct the individual to move the feet back, raise the chest, and contract the musculature of the low back.
- Similar to performing the deadlift incorrectly, the hips rise faster than the shoulder. Instruct the lifter to drive the tire forward rather than lift it.
- The individual lifts the tire rather than pushing it. This causes a heavy tire to move slowly. The tire will lose momentum once it reaches hip height. This position can be dangerous as the tire could fall back on the lifter. Coach the lifter to drive the tire forward and move forward with the tire as it rises. Hit it with the quadriceps at hip height.

Spotting the Tire Flip

- Requires 2 people.
- Positioned to the right and left of the lifter.
- Assist the lifter by pushing on the tire when needed and are alert in case the lifter slips or loses grip.
- Spotters need to be aware of the area nearby the lift. The tire flip is a moving exercise.



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