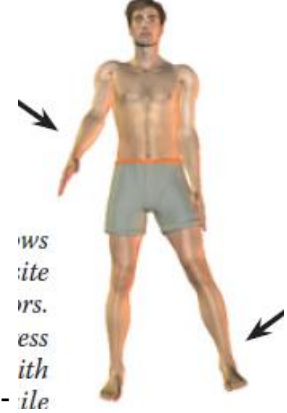
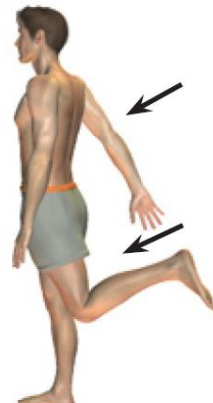



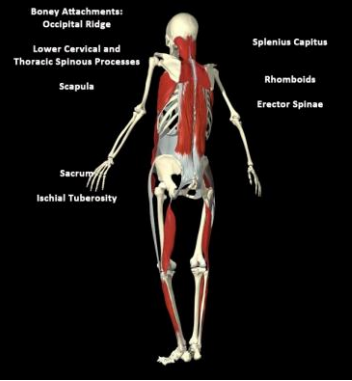






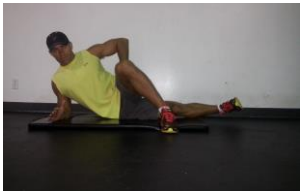





10 Best Movements To Wow A Client or Participant (W/S) Chad Benson MSc, CSCS, PTS & Gareth Bryson, Head Coach UFCGyms





Over my years of training, prescribing exercise & studying innovation, I've a) forgotten certain exercises I used to love, b) have developed better ways of doing something a lot of people already do or c) have serendipitously stumbled onto really innovative ways to functionally align & Prepair my body or d) found unique ways to challenge people's fitness. This series is all about sharing exercises I often use in my personal practice or learned through extensive study. But this session isn't completely about learning cool new exercises, you will also learn how to put method to the madness. Each exercise is grounded in 3 dimensional movement science or myofascial anatomy and has the capacity to help your clients take their functionality, fitness and athleticism to the next level.

Functional Strength Concepts

- *To impress a client, wow them:*
 1. *show them something & be unique*
 2. *reveal a weakness & wow them with your ability to correct it*
 3. *help them build confidence*
 4. *challenge & humble them*
 5. *use touch training*
 6. *be present & professional*
- Wow #1: sometimes imp. muscles are turned off...turn them back on (i.e. opp bicep & rectus femoris pre and post walk).
- Wow #2: the best defense to poor flexibility is a good offense, strengthen the antagonist (i.e. strengthen hammie to increase quad flexibility)
- Wow #3: never prescribe a symmetrical training program for an asymmetrical body. Assess, correct asymmetrically and watch the impact down the kinetic chain ☺ (i.e. bow and arrow's & reach & rotates impact on hamstring length)
- Wow #4: posture perfect. Good posture creates good movement & vice versa.
- Wow #5: core activate your way to success
- *Wow #6: High reps do not create metabolic demand, intense movement does (i.e. antagonist superset for success)*
- Wow #7: the legs get all the credit but the arms lead the legs
- Wow # 8: Newton's Law - every action has an equal but opposite reaction. Find your inner catapult to improve functional performance and active range of movement.
- Wow#9: post activation potentiation (i.e. vibrate or lift heavy to run faster).
- Wow #10: stabilize & mobilize for a better squat
- Postural habits (*initiate experiment here*) have a large influence on the way we move. For ex. a kyphotic thoracic / upper back posture, can affect the ability to rotate through upper thorax. But poor thoracic posture will usually impact lumbar posture therefore extension through the hips. *Our bodies are a myofascially linked kinetic chain.*
- Muscles do not end up tight or weak without cause. Muscles become tight or weak due to daily habits, previous injury or activities. Tightness results from use through a shortened ROM. Weakness results from non or altered usage or tightness in its opposing muscle.
- Base of support = tripod & short foot <https://youtu.be/qDitRaQRxs4> & <https://youtu.be/2OOJ9AQ1AEg>
- Volume / Fatigue: low when learning, increase when basic technique is mastered

<p>Gait Patterning = Walk + Bird Dog</p>	<p>Assess Walk & note which arm drives farther fwd than the other. The other arm and the entire contralateral flexor chain are likely weak. Test: -Rec Fem on same side</p> 	<p>P2P - Origin / Insertion activate Rectus Femoris w foam roller or vibration on weak RF - SMR TFL opp. side - Activate the bird dog - or Long Walk ☺</p> 	<p>Details: The contralateral pattern of gait is a kinetic chain event involving the functional fascial line. The bird dog or crawl pattern is the foundation from which all great gait is created. Train part of the line properly and it will change the entire line</p> 
<p>Bow & Arrow</p>	<p>Assess = SLR; Start</p>  <p>Finish</p> 	<p>P2P: Spiral Line -FRoll w Pin & Move Thoracolumbar Junction</p> 	<p>Details: When used in combination with a rotational assessment, this combo is one of best thoracic & SLR (hamstring mobility drills (i.e. spiral line), It's imp. to understand that the upper and lower body are connected.</p>
<p>Sit & Reach Test</p>	<p>Assess -Test Sit & Reach (A) -(P2P) Add vibration 2 bottom ft & along spine</p> 	<p>P2P - Lumbar Bounce - Knee2Elbow Crunch or Core Hollow</p> 	<p>Details: - Do not assess if history of low back pain -#8 & Mobility Stability Sequence -Longitudinal fascial line</p>

<p>T-Plus Push-up</p>	<p>Assess Test Shoulder Mobility & Serratus Ant. Strength</p> 	<p>P2P Partial ROM Push-up Retest Serratus Ant,</p> 	<p>Details: as the elbows reach full extension, further engage the pectorals and cont. past the norm. end ROM by opening the shoulder blades as wide across the back as possible (i.e., continuing to push the spine towards the ceiling). If not, key muscles that drive and stabilize movement can turn-off. Keep the turtle head in the shell</p>
<p>Jane Fonda + Adductor Side Plank w Leg Reaches</p>	<p>Assess & Start</p> 	<p>Finish / P2P</p> 	<p>Details: -Perform assessment while lying. Exercise fr as pictured -This is all about working muscles in the correct LPHC stabilizing sequence but in a unique way</p>
<p>Wall Overhead Squat</p>	<p>Assess: Overhead Squat</p> 	<p>Finish -Client stands performs tripod & symmetrical squat</p> 	<p>Details: -Test wall & heels elevated foldability & timed capacity of the squat pattern - improves glute activation to help relax hip flexors - Limit capacity training until you have created reasonable mobility & stability. If tension improves mobility, it's likely a stability problem (i.e. pull hands apart against tubing)</p>
<p>Fascial Mobility Stability Sequence</p> <ul style="list-style-type: none"> - Arm Over Under Pendulums - Toes In & Out Standing Pivot Rotations - Arm Race & Chase w Torso Rotation - Long Arm March / Swing - Crossover Side Bend, Press & Reach - Hip Circles 		<p>Fascial Mobility Stability Sequence</p> <ul style="list-style-type: none"> - Fwd Knee & Ankle Drops - Knee Circles w Ankle Drops - Side2Side Puppeteer Bounce - Balance Leg Swings & Sweeps <p>http://www.youtube.com/watch?v=aGr-OYFII4&feature=youtube_gdata</p>	
<p>Fascial Burpee # in 1 min</p>	<p>Assess-Prone Cobra P2P: Up Dog to Fascial Burpee</p> 	<p>Finish</p> 	<p>Details: muscle is made of both contractile & fascial elements. Most fitness programs train contractile elements. Fascial elements are essential to movement & stability. This pattern directs trains the long. Ant chain of fascia</p>

<p>Get-ups</p> <p># in 1 min</p>	<p>Start</p> 	<p>Finish</p> 	<p>Details: measure of lower body muscle endurance. Cadence is up up down down</p>
<p>Reach & Glide & Glider Skater</p>	<p>Start</p> 	<p>Finish</p> 	<p>Details:</p> <ul style="list-style-type: none"> - High heart rate elevation & peripheral (burn) metabolic demand -exposes postural issue called pronation distortion syndrome

Jung, D et al. A comparison in muscle activity of the abductor hallucis and the medial longitudinal arch angle during toe curl and short foot exercises. *Phy Ther in Sport*, 2011. 12: 30-35.