

NSCA

COACHES

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#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Exercise Selection Deep Dive

4 Simple Rules to Improve Movement Quality

What are we trying to solve?

- You have to navigate aches, pains, injuries, and movement hiccups in both training general population clients and elite athletes
- Too much social media selling of magic tricks that will FIX movement
- If sessions are filled with these ‘fixes’, clients and athletes may be held back from physical potential
- The goal would be to teach better movement quality WHILE improving physical fitness in the weightroom

Exercise Selection Deep Dive

4 Simple Rules to Improve Movement Quality

Learning Objectives

- Define and distinguish between movement quality and force production adaptations
- Identify training and exercise selection strategies that improve movement quality
- Design training programs and exercises that improve movement quality while also providing a training stimulus

Adaptation Spectrum

Intent of Training

Movement Quality

Force Production



4 Simple Rules To Improve Movement Quality

These simple rules will help your athletes and clients achieve their fitness goals while **ALSO** becoming better movers.

Rule 1. Choose Offset Positions

Rule 2. Choose Offset & Non-Traditional Loading Positions

Rule 3. Alternate Grips

Rule 4. Reduce Tension When It Is Not Necessary



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Rule 1. Choose Offset Positions

- Separating hands and feet from front to back will turn hips and ribs improving rotational capabilities
- Initiates alternating positions of the hips with one hip more extended and the opposite hip more flexed
- Adds unilateral bias for loading, weight shifting, and encourages rotation

CONTRALATERAL LOADED STEP HIP HINGE

LOADED STEP SKI ERG

HEEL ON WALL KB SWING

STAGGERED KB CLEAN

KICKSTAND TRAP BAR DEADLIFT



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Rule 2. Choose Offset & Non-Traditional Loading Positions

- Target more abdominal wall muscles with less low back issues
- Challenges unilateral loading
- Less extension patterns and low back risk
- Incorporation of frontal and transverse planes of motion

GOBLET REVERSE LUNGES

CONTRALATERAL 1 KB SPLIT SQUAT

ZERCHER SPLIT SQUAT

ALTERNATING 1 ARM KB DEADLIFT



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Rule 3. Alternate Grips

- Improve overall rotational capabilities
- Alternating patterns
- Internal and external rotation targeting

ALTERNATING GRIP PULL-UP

JEFFERSON SPLIT SQUAT



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Rule 4. Reduce Tension When It Is Not Necessary

- Movement quality will **NOT** be improved **IF** exercises are performed with high levels of tension, squeezing, death grips, or breath holding
- Low tension exercises can stretch tight areas and improve mobility

LOADED STEP HIP HINGE

WALL SUPPORTED BICEP CURL



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Training Program Tips

- Incorporate Rules: Select multiple exercises using rules from above
- Pair: Pair Heavy bilateral lift with a movement quality focused exercise
- Choose more unilateral loading strategies
 - 1 Arm Pulldowns instead of Bilateral
 - 1 Arm Rows instead of Bilateral
 - Split Stances instead of Bilateral

Summary

- Making these small tweaks to exercises will help people move better, **WHILE** still getting 80-90% of a training stimulus from the loading
- Strategies will improve overall rotational capabilities
- Strategies will help clients and athletes gain hip and rib cage mobility

Thank You!

QUESTIONS?

Want To Learn More?

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