

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had in the past 2 years an affiliation or financial interest with *Sorinex Exercise Equipment* around this presentation, including:

- Consulting
- Employment
- Stock holder or stock options
- Royalties or licensing fees
- Honoraria
- Promotional fees
- Research funding
- Corporate laboratory funding
- Scholarship
- Other(s)

CONFLICT OF INTEREST STATEMENT

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

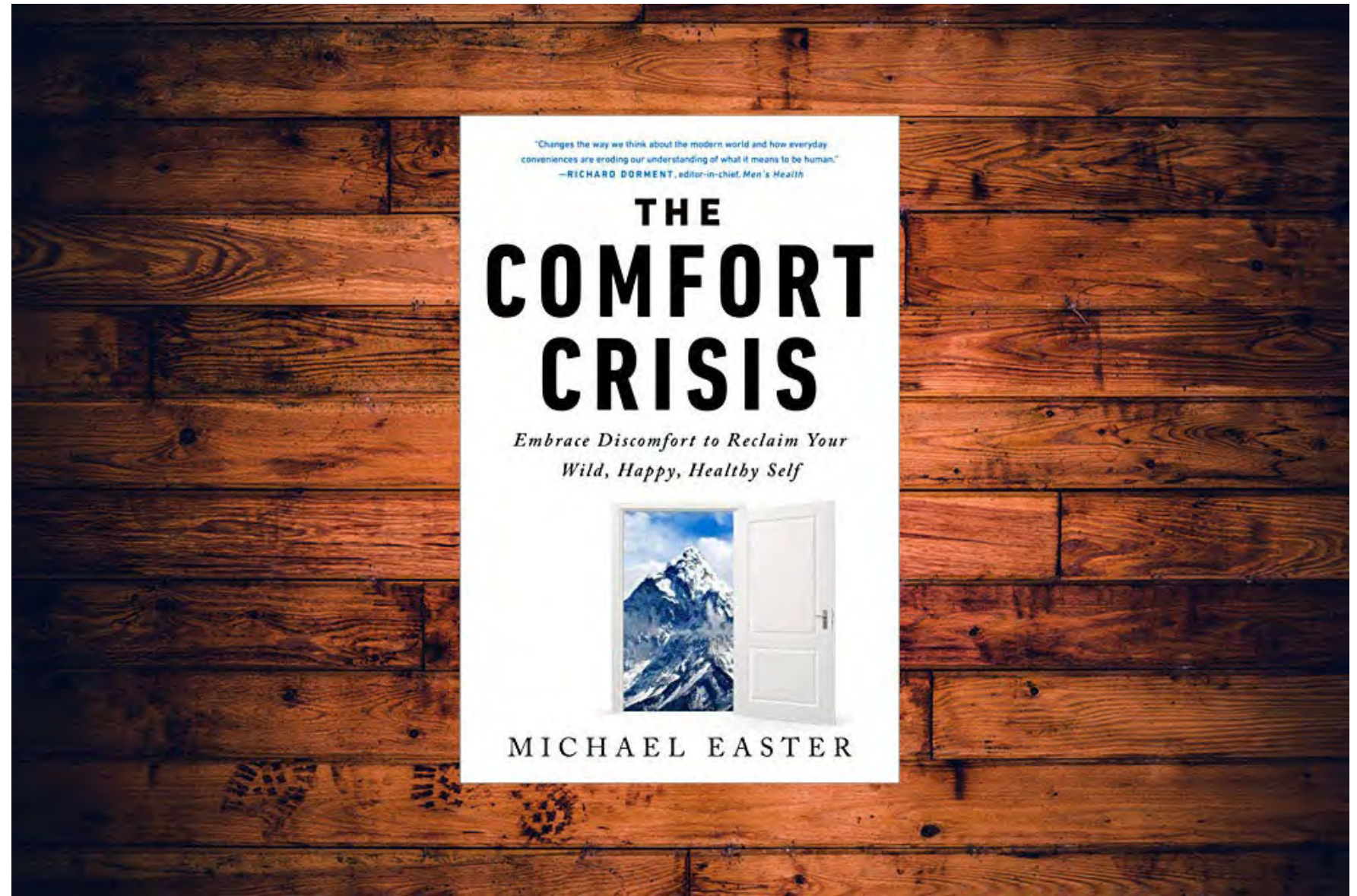
STREAMLINED HARDSHIP:

Squeezing the essence of training & competing

- Food > protection > procreation
- Economy was born, trade, diversity of skills
- Comfort Creep



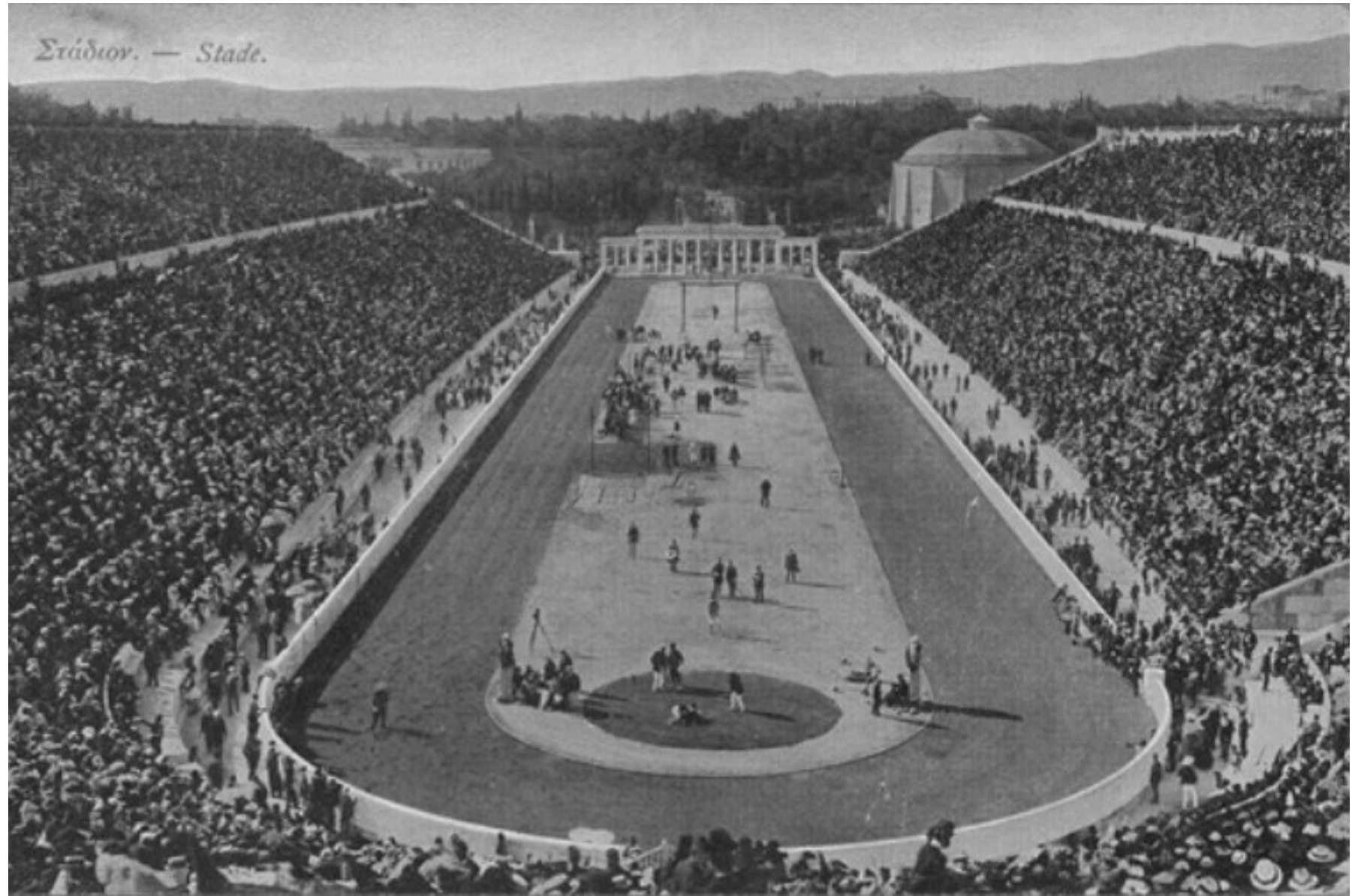
- Human condition
- Conquering
- Challenging



- Money power
- Prestige
- Opportunity







- Summer Wars
- Increase without Bloodshed
- 5 Rings

PHYSICAL CULTURE REVOLUTION



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THE WORKOUT "HOBBY"



HUMAN PERFORMANCE



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- Get to goal with **LEAST** amount of possible effort / time as possible
- Lower Overhead



- **Cathy Fergusson**
 - 1964 Tokyo Olympic Champion
- **Diversions**
- **Shelf life**





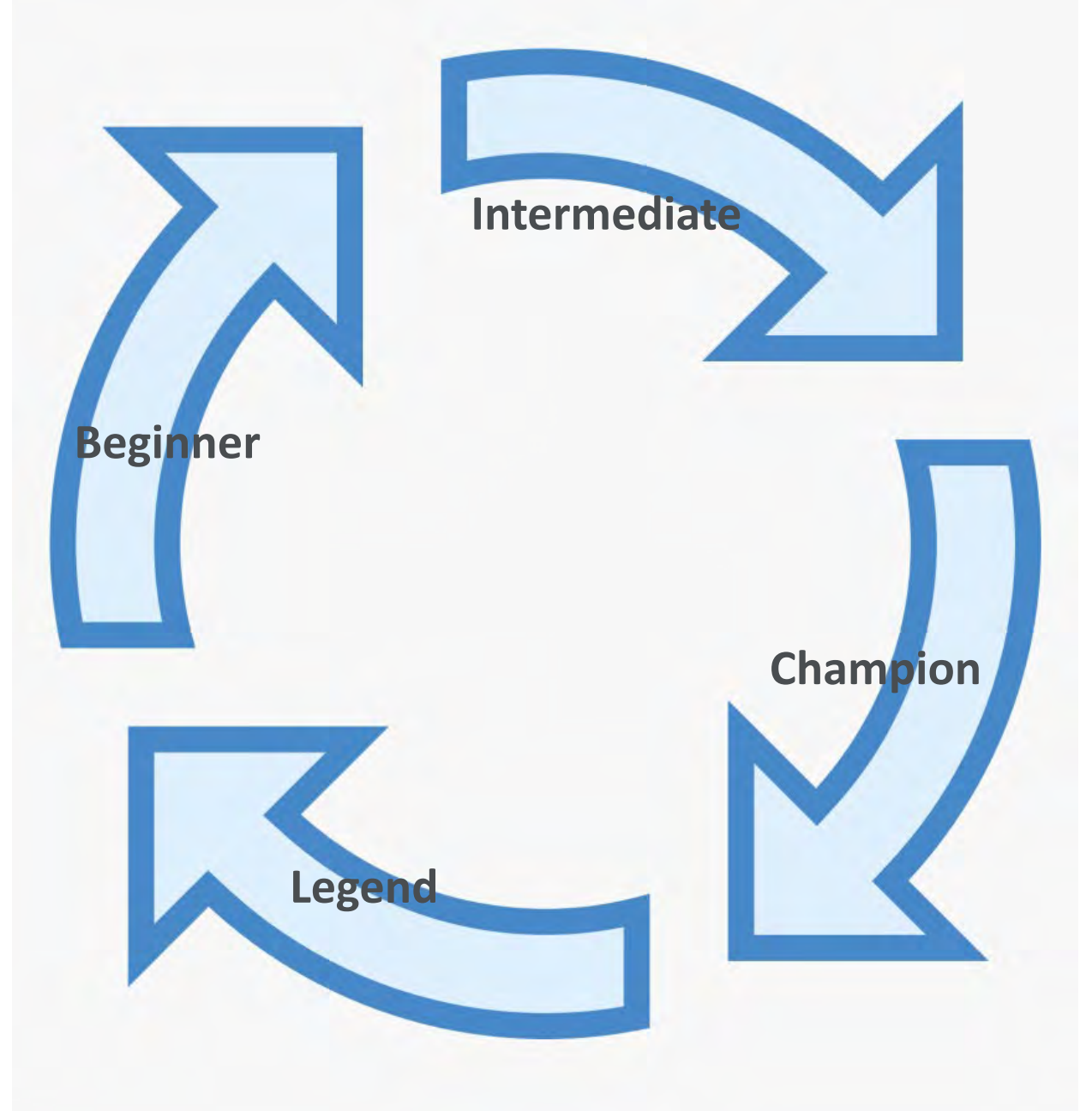
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- Training to progress in hyper growth is different growing a business than maintaining

- Athletes, as well as businesses, have a life cycle



PREHAB

- Straight Leg Sled Pushes



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OPTIMIZED

- Triplex Pulls

Phase 1

- 3 reps — Starting weight
- 3 reps — +20 lbs
- 3 reps — +20 lbs

Example

- 95
- 115
- 135

Phase 2

- 3 reps — +20 lbs
- 3 reps — +20 lbs
- 3 reps — +20 lbs

Example

- 155
- 175
- 195

Phase 3

- 3 reps — +20 lbs
- 3 reps — +20 lbs
- 3 reps — +20 lbs

Example

- 215
- 235
- 255

OPTIMIZED

- Rhythm Olympic Lifts

- **2 + 1**
- **Minimized catch**
- **Lower amortization**
- **Plyometric effect**

OPTIMIZED

- Fettuccine Bench Press

- Bill Gillespie
- Purpose of bench press
- Strengthen shoulders
- Super controlled eccentric
- Light touch
- Explosive concentric

REHAB / ADAPTIVE

- Floated Heel Squat



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“A good program that is believed in will beat the perfect program which is miscommunicated or questioned.”

Jud Logan



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- Training IS the sport — Loren Seagrave
- Straight and efficient, but with detours
- Did I run out of time or potential?

TRAINING

DREAMS



COMPETITION

- Mindset
- Positive Power
- Selective Memory



WINNING IS EXPENSIVE

CASH OUT



GAME DAY PIE



RESET YOUR STANDARDS:

- **Trust and Belief**
- **No Gray Areas**
- **No Sloppy Movements**
- **No Footholds**
- **Cut Toxins**
- **Re-Focus**

THANK YOU.



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