

**NSCA**

# COACHES

**CONFERENCE 2023**

**JANUARY 4 – 6, 2023**

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

# ***CONFLICT OF INTEREST STATEMENT***

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

# ***Pillar Strength***

- Core plus the hips and shoulders
  - Prior to session to increase activation
  - During session to increase strength and anti-rotation

# ***Movement Prep***

- Animal Movements
  - Crab Walk
  - Bear Crawl
  - Frog Hop

# ***Movement Prep***

- Tumbling
  - Summersaults
  - Forward Rolls
  - Back Rolls

# *Training Session*

- Traditional
  - Planks
  - Pallof Presses
  - Carries
  - Turkish Get-Ups

# *Training Session*

- Non-Traditional – Be Creative
  - PVC Pipe Get Ups
  - Tall Kneeling Kettlebell Plank with Head Rotation
  - Stability Ball Battle

# Give them a try!



Brian A. Thompson PhD, CSCS\*D, RSCC\*E  
*Conventional and Non-Conventional Exercises for Training Pillar Strength*

