NSCA®

2022 NSCA PERSONAL TRAINERS

VIRTUAL CONFERENCE

October 25 - 28, 2022 | ONLINE | 2.0 CEUs

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had in the past 2 years an affiliation or financial interest with [strongboard] 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)

Movement Progression:

From Pro to Weekend Warrior

Todays Objective: Explore a training structure and sequence to enhance movement at multiple velocities and vectors that can maximize performance.

- Learning #1 Design a Dynamic Movement Prep to enhance your training session
- Learning #2 Learn how to fuse explosive jumps, reactives with sport specific footwork
- Learning #3 Maximize max velocity and acceleration with techniques

Intro to Movement
Movement Preparation

The RAMP protocol makes sense.

- RAISE
- ACTIVATE
- MOBILITY
- POTENTIATION

Intro to Movement
Movement Preparation

Joint by Joint Approach

- Attention to detail
- Not joint is left behind
- sMFR, CARs, and Tempering

Intro to Movement
Movement Preparation

Thermogenesis

- 2:1 Linear to lateral
- 50-60% Intensity
- 85% of MHR
- 2-3 deg ⬆ muscle temp
- Nerve conduction velocity

Thermo Video

Intro to Movement
Movement Preparation

Activation

- Synergist activation
- Antagonist de-activation

Activation Video

Intro to Movement
Movement Preparation

Active Flexibility/Mobility

- Assisted ROM
- Active ROM

Mobility Video

Intro to Movement
Movement Preparation

Potentiate/Ballistic

- Max Velocity Biased
- Timing-Tempo-Technique

Ballistic Video

Intro to Movement
Movement Preparation

Potentiate/Ballistic

- Max Velocity Biased
- Timing-Tempo-Technique

Ballistic Video

Power Up
Charge the System

Eccentric yield movements

- Reactives

Power Phase 1 Video

Power Up
Charge the System

Eccentric yield movements

- Throws/Thrust/Twist/Toss

Power Phase 1 Video

Power Up
Charge the System

Eccentric yield movements

- Jumps

Power Phase 1 Video

Power Up

Charge the System

Concentric explosive movements

- Reactives

Power Phase 2 Video

Power Up

Charge the System

Concentric explosive movements

- Throws

Power Phase 2 Video

Power Up

Charge the System

Concentric explosive movements

- Jumps

Power Phase 2 Video

Power Up
Charge the System

Ecc:Con elastic movements

- Reactives

Power Phase 3 Video

Power Up
Charge the System

Ecc:Con elastic movements

- Throws

Power Phase 3 Video

Power Up
Charge the System

Ecc:Con elastic movements

- Jumps

Power Phase 3 Video

Speed
Let if Fly

Speed Progressions

- Long Build ups

Speed Video

Speed
Let if Fly

Speed Progressions

- Build Holds

Speed Video

Speed
Let if Fly

Speed Progressions

- Easy-Fast-Easy

Speed 1 Video

Speed
Let if Fly

Speed Progressions

- Contrast Sprints

Speed 2 Video

Speed
Let if Fly

Speed Progressions

- Sprint Release

Speed 2 Video

Speed
Let if Fly

Speed Progressions

- Curve Runs

Speed 2 Video

Speed
Let if Fly

Speed Progressions

- Back Runs

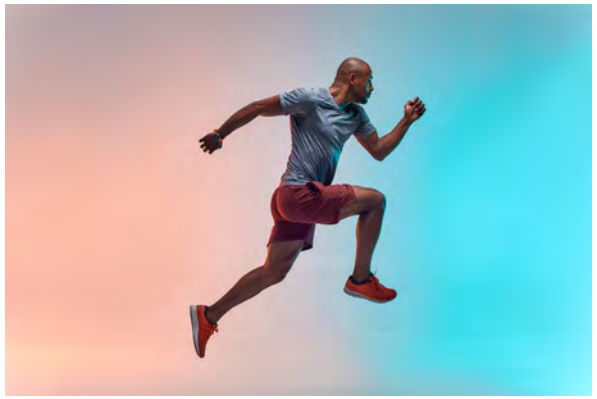
Speed 2 Video

Why Train Athletic
Born to Move

- Speed
  - Range of Motion @ MxV 100-115 deg of total hip separation
  - High GRF 3-5 times body weight

Why Train Athletic
Born to Move

- Power
  - Power training is more critical determinant of physical function vs strength training for older athletes
  - Power decline in aging adults occurs faster than strength decline



Why Train Athletic
Born to Move

- Balance
  - Reactive balance training enhances proprioception, kinesthesia, and movement adequacy
  - In older adults reduces falls and slips

Thank you

Question and Answers

- Q and A
- Contact

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just_bmac