



2022
NSCA **TACTICAL ANNUAL TRAINING** #NSCATactical22

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had in the past 2 years an affiliation or financial interest with Power Athlete around this presentation, including:

- Employment



LEVI GARRETT, DHEd, CSCS & CHRIS MCQUILKIN, MS, CSCS

COACHING TACTICAL PROS TO LIFT TERRIBLY... WELL



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

EMPOWERMENT PROMISE:

EVALUATE

MANIPULATE

INVESTIGATE



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

WHY DO WE LIFT WEIGHTS?



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

PURPOSE



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

PRACTICAL



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

PRUDENT



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**



Levi Garrett, DHed, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

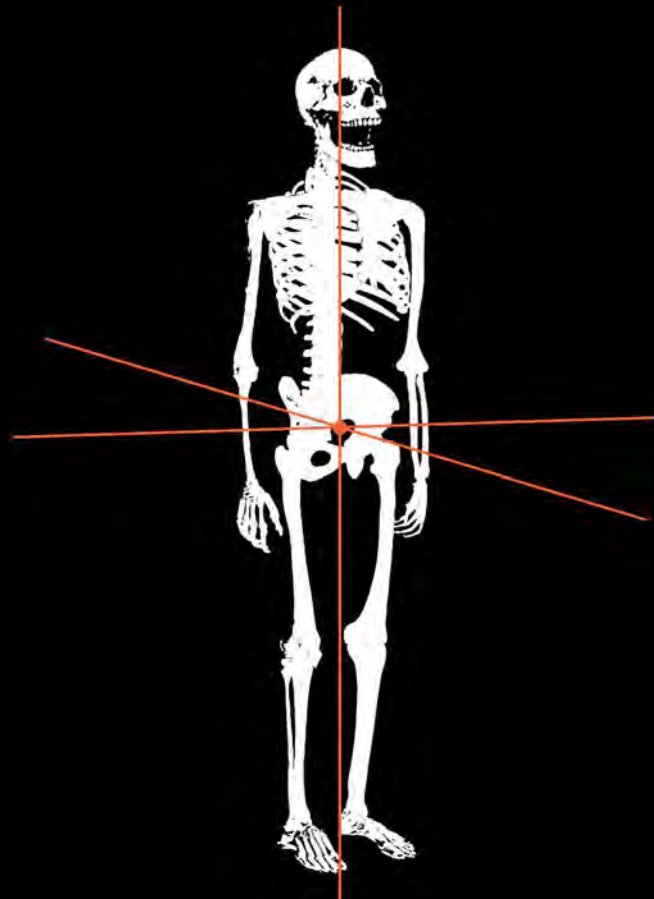
MOVEMENT

LOWER

1. Bi-lateral Hip Hinge (X)
2. Lunging on the Horizontal Plane (Y)
3. Iliac Crest Travels Along the Front Plane (Z)

UPPER

4. Vertical Push
5. Vertical Pull
6. Horizontal Push
7. Horizontal Pull



MOVEMENT BLUEPRINT



Set Up:



- Head
- Grip
- Trunk
- Hips
- Feet

- Head
- Grip
- Trunk
- Hips
- Feet



Execution:



MANIPULATE



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

MOVEMENT MANIPULATION

Set Up:

- Head
- Grip
- Trunk
- Hips
- Feet

Execution:

- Head
- Grip
- Trunk
- Hips
- Feet



INVESTIGATE



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**



WARM UP



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**



STRENGTH



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

EMPOWERMENT PROMISE:

EVALUATE

MANIPULATE

INVESTIGATE



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**

THANKS

@MCQUILKIN
@LEVIRG3344



Levi Garrett, DHEd, CSCS & Chris McQuilkin, MS, CSCS
Coaching Tactical Professionals To Lift Terribly... Well

**2022 NSCA TACTICAL
ANNUAL TRAINING**