

1. ANATOMICAL POSITION – feet shoulder width apart, toes straight, palms out, shoulders back

Eccentric Flexion	The phase which involves the lengthening of a muscle The bending movement (decrease) angle between two joints
Isometric	A muscular contraction against resistance. Muscle length remains the same
Extension	The straightening (increase) angle between two joints (returning to anatomical position)
Abduction	To draw away from the midline of the body
Adduction	To draw toward the midline of the body
Pronation	To rotate palm of hand away or downward
Supination	To rotate palm of hand toward or upward

2. Movement Patterns: Exercises For Horizontal & Vertical Push & Pull, Quad & Hip Dominant, And More

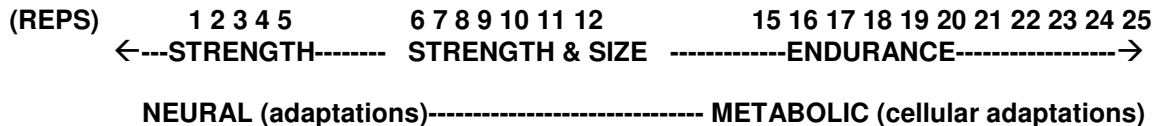
- Horizontal Push – bench press (flat – decline – incline), band or cable press
- Horizontal Pull – cable row, bent over row
- Vertical Push – db overhead press, front & lateral raise
- Vertical Pull – chin & pull ups
- Quad Dominant – (knee) squats, lunges
- Hip/Hamstring Dominant (glutes, hamstrings) kb swings, dead lifts, GHR
- Elbow Flexion - biceps
- Elbow Extension - triceps
- Accessory Movements – (mostly isolation exercises that don't fit into one single category) correctives, core, rotator cuff....ect.

3. “STAND STRONG” CONCEPT (before squatting or dead lifting)

- 1- D- DRAW down rib cage
- 2- I- INFLATE (diaphragmatic) or belly breathing (360 degree breathing)
- 3- B- BEND the bar or activate lats (think pulldown)
- 4- S- SPEAD the feet into floor or feet as eagle claws
- 5- S- SIT back (eyes straight ahead)

4. DECIDING HOW MANY REPS TO PERFORM AFFECTS ALL OTHER COMPONENTS OF A WORKOUT (sets / tempo / rest intervals and exercise selection)

*****REPETITION CONTINUUM VERSUS TRAINING EFFECT



*****KEY CONCEPTS:**

- 1- CONCENTRATE ONLY ON THE REP YOU ARE PERFORMING
- 2- GENETIC POTENTIAL & INTENSITY OF THE EXERCISE WILL STIMULATE MUSCULAR DEVELOPMENT
- 3- TO GENERATE MAXIMUM GAINS YOU MUST USE AS MUCH WEIGHT AS YOU CAN PROPERLY RAISE & LOWER (TECHNICAL LIMIT)
- 4- FIND A WAY TO MAKE AN EXERCISE HARDER & IT WILL BE MORE PRODUCTIVE.....

EXERCISE: STRICT OVERHEAD PRESS

STANCE: JUMP

GRIP: HANDS JUST OUTSIDE DELTS

NOTES:

- **FOREARMS VERTICAL**
- **ELBOWS IN FRONT OF BAR**
- **BAR PATH: STRAIGHT LINE (FINISHES OVER DELTS)**
- **PACK NECK OR SLIGHT LEAN OF TORSO**

STANCES:

JUMP: (FEET INSIDE HIPS) - PULLS, PRESS, DEAD LIFTS

**LANDING: (FEET OUTSIDE HIPS) - CLEAN & SNATCH (FINISHED)
AND SQUATS**

EXERCISE: STRICT PULL - UP

STANCE: FEET TOGETHER

GRIP: PRONATION / STRAIGHT OVER HEAD / SQUEEZE BAR

NOTES:

- **BAR SITS ABOVE PALM (HINGE) THUMB OVER BAR**
- **SQUEEZE GLUTES & CORE (HOLLOW)**
- **TOES DOWN**
- **CHIN OVER BAR (SAME PLANE - ELEVATOR)**
- **LOCKOUT EA REP**

EXERCISE: OVERHEAD SQUAT

STANCE: LANDING / TOES STRAIGHT or SLIGHTLY OUTWARD

GRIP: SNATCH (BELT) / STRAIGHT OVER DELTS

NOTES:

- **ELBOWS EXTENDED / SCAPULA ELEVATED
(feeling of pulling bar apart)**
- **INIATE W/ HIPS (DROP DOWN)**
- **VERTICAL TORSO (CHEST UP) /**
- **KNEES OUT (TRACK OVER TOES)**
- **FEET FLAT: TRIPOD FOOT (BIG TOE-LITTLE TOE-HEEL)**

Parasympathetic Nervous System: rest & digest / muscle building / releases muscle building hormones / repairs the body

Sympathetic Nervous System: fight or flight / muscle breakdown / everyday stress / increased heart rate and blood pressure

Olympic Snatch: grip (waist or crease of hip) cue “punch and press”

Olympic Clean: grip (thumbs off hips) cue “ punch elbows”

Squat: hands as close as possible, tight shelf (mid trapezius), knees out over toes, drive elbow forward during ascent phase.....cue “RIGIDITY” throughout the entire body

*******CHECK SPINE HANDOUT on my WEBSITE**

