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LIMITLESS

Developing Athletic Power

PRESENTED BY

ViPR PRO®

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**JIMMY BUTLER, NBA**



# WORKSHOP OBJECTIVES

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# BE UNBREAKABLE:

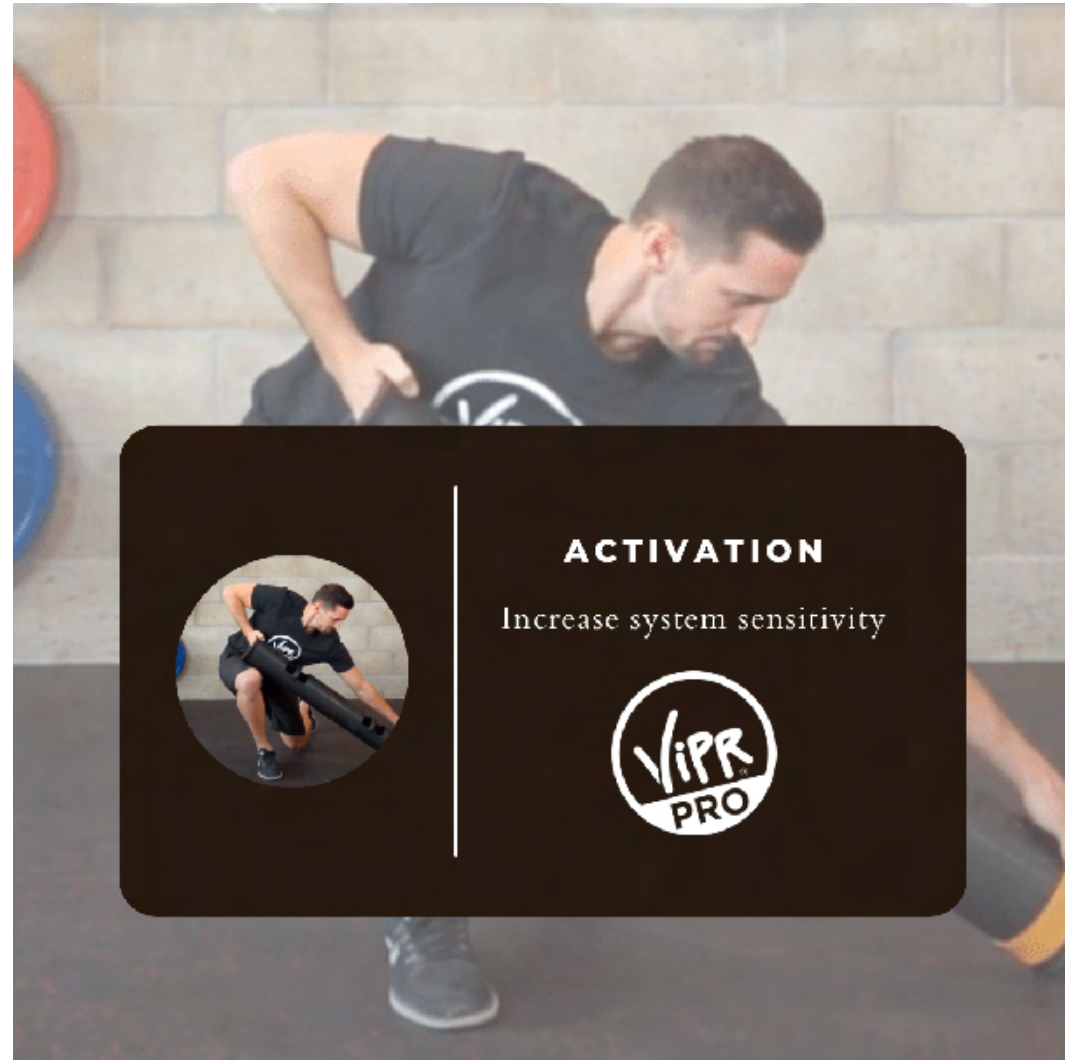
## ANATOMY OF PROGRAMMING



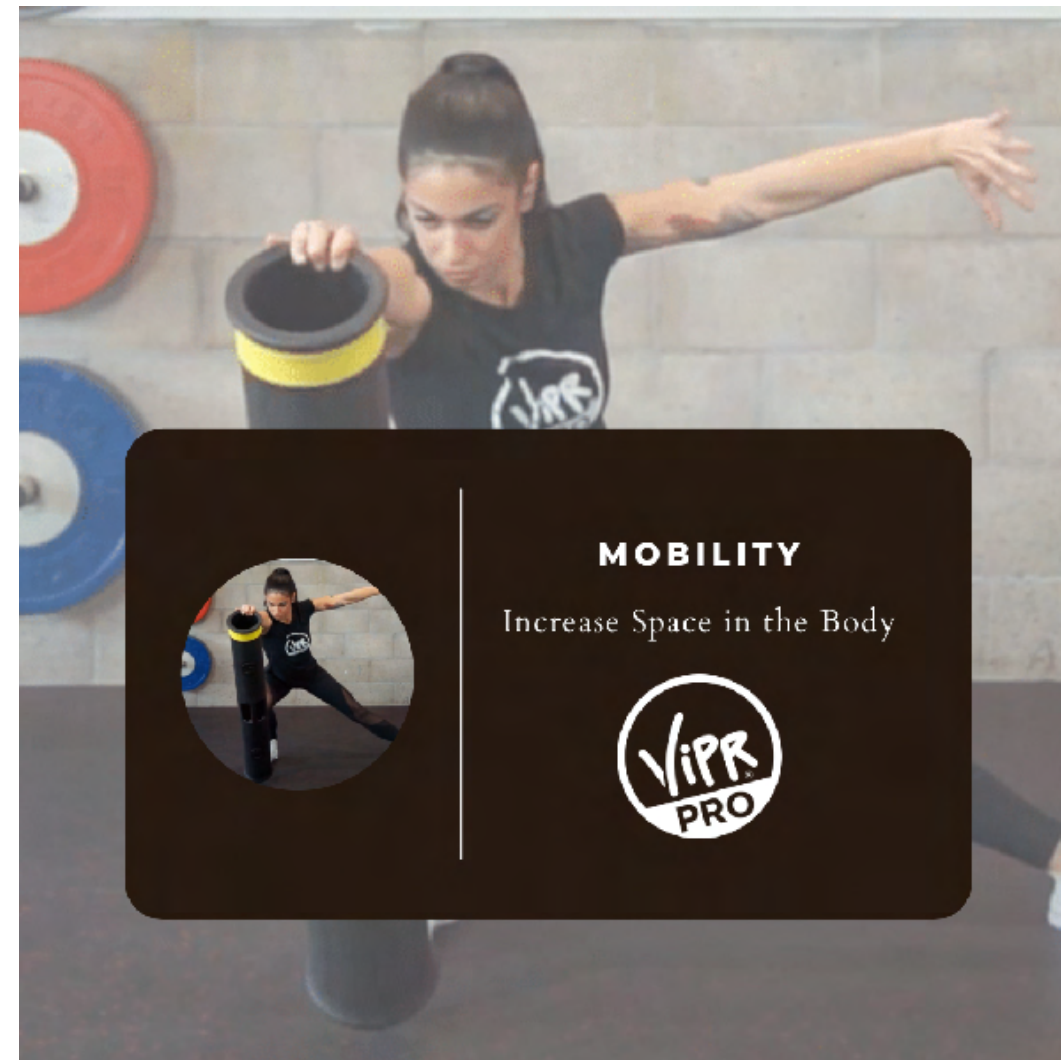

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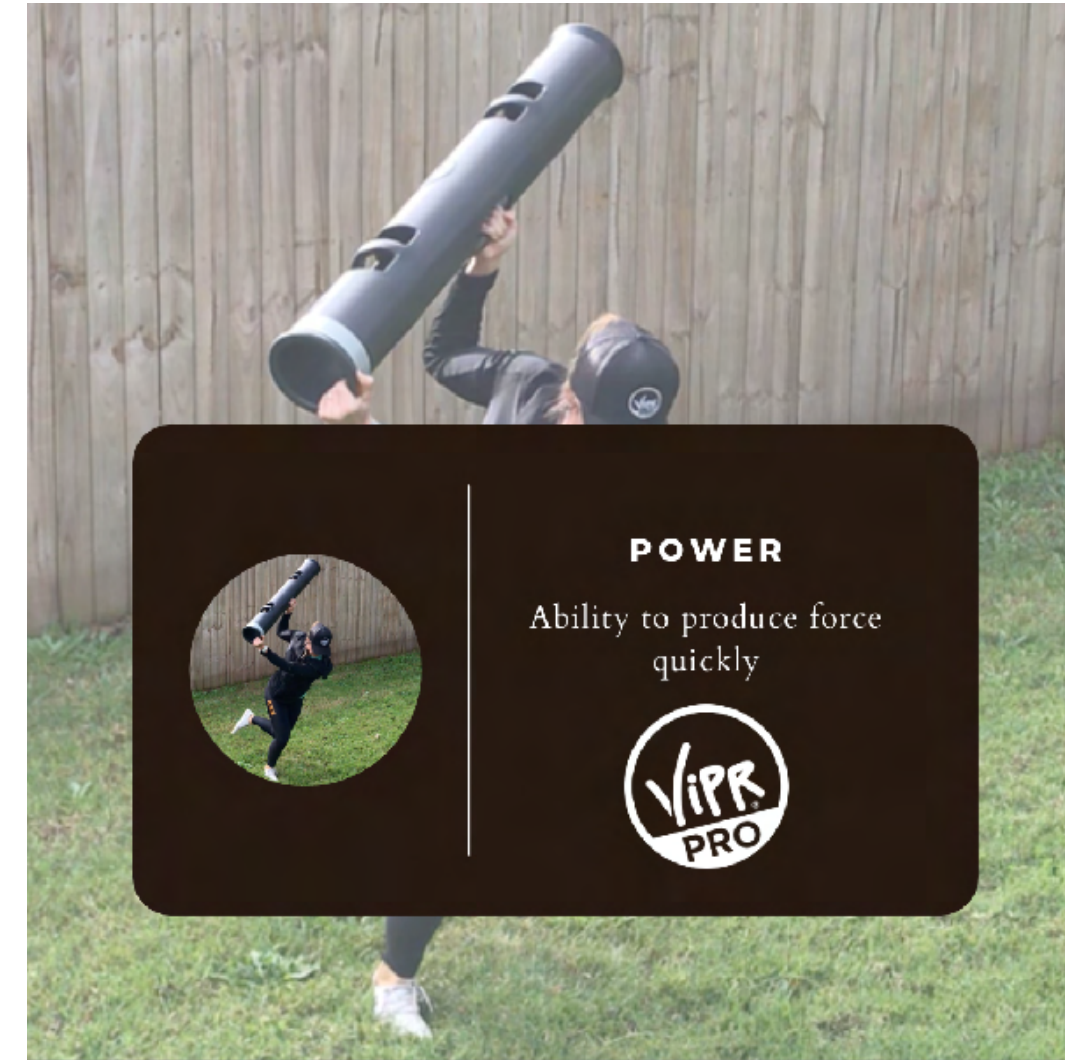

# PROGRAMMING THEMES




**ACTIVATION**  
Increase system sensitivity



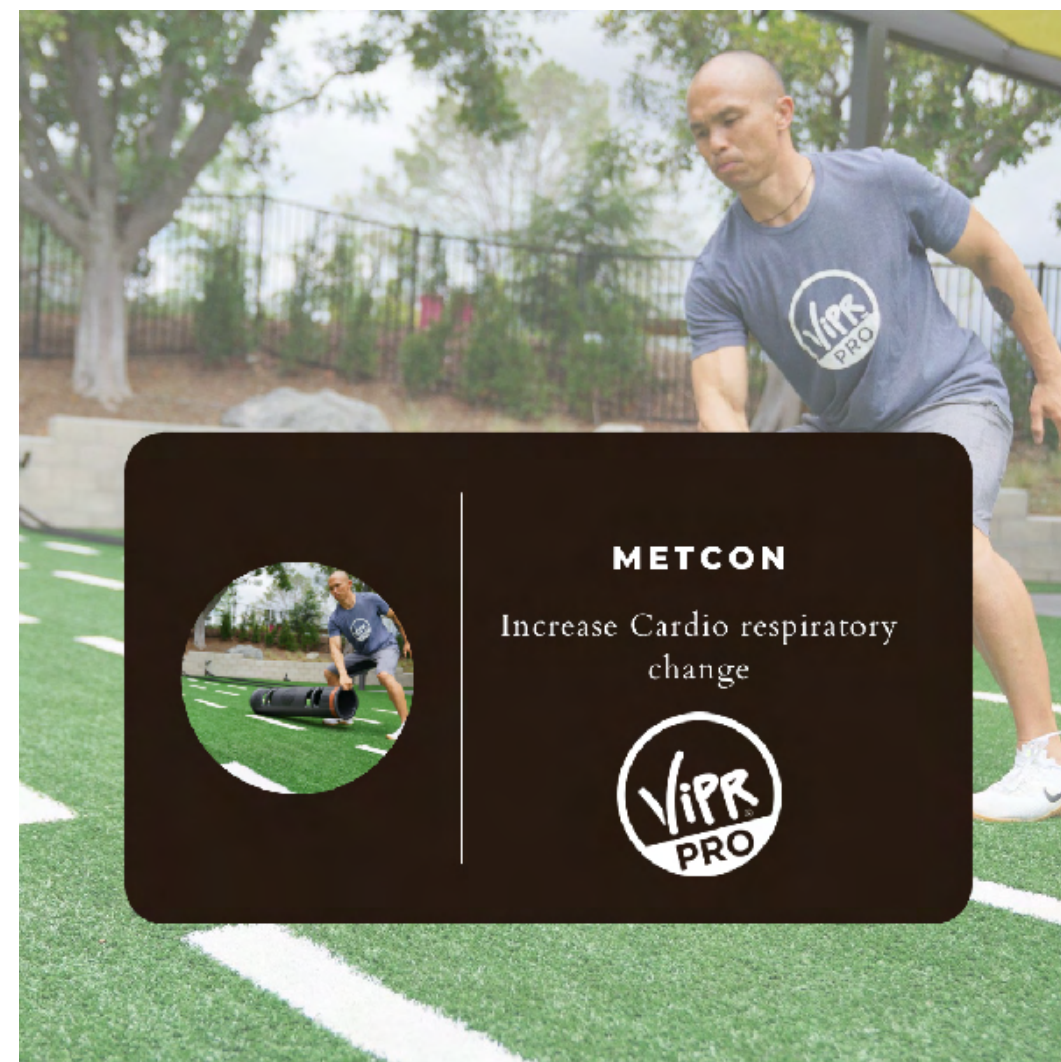
**MOBILITY**  
Increase Space in the Body



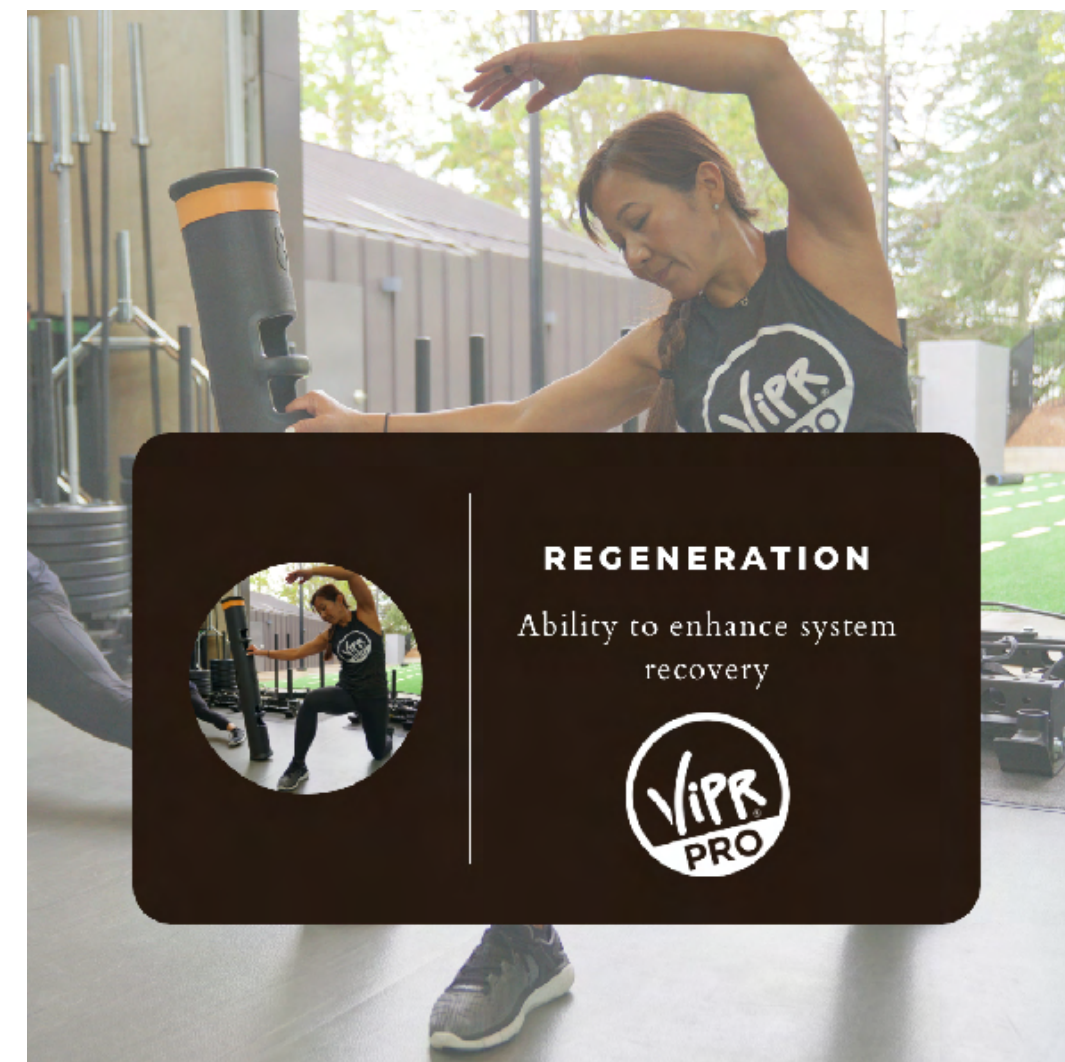

**POWER**  
Ability to produce force quickly




**STRENGTH**  
Ability to produce and resist forces



**METCON**  
Increase Cardio respiratory change



**REGENERATION**  
Ability to enhance system recovery

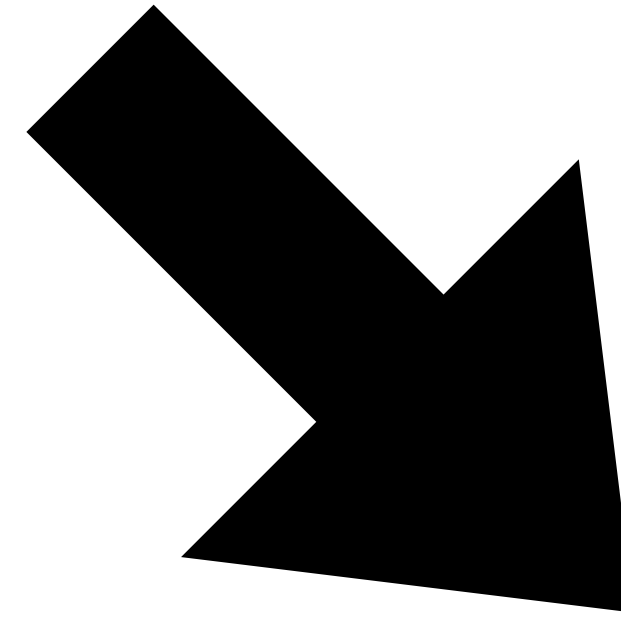
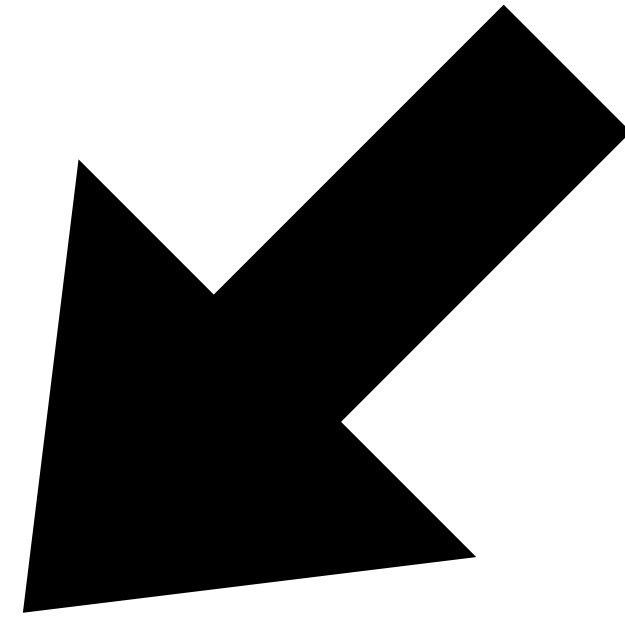


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# PROGRAMMING ROAD MAP

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**PREPARATION**

**PERFORMANCE**



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# PROGRAMMING ROAD MAP

**PREPARATION**

ACTIVATION

**PERFORMANCE**

POWER

STRENGTH



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# PREPARATION



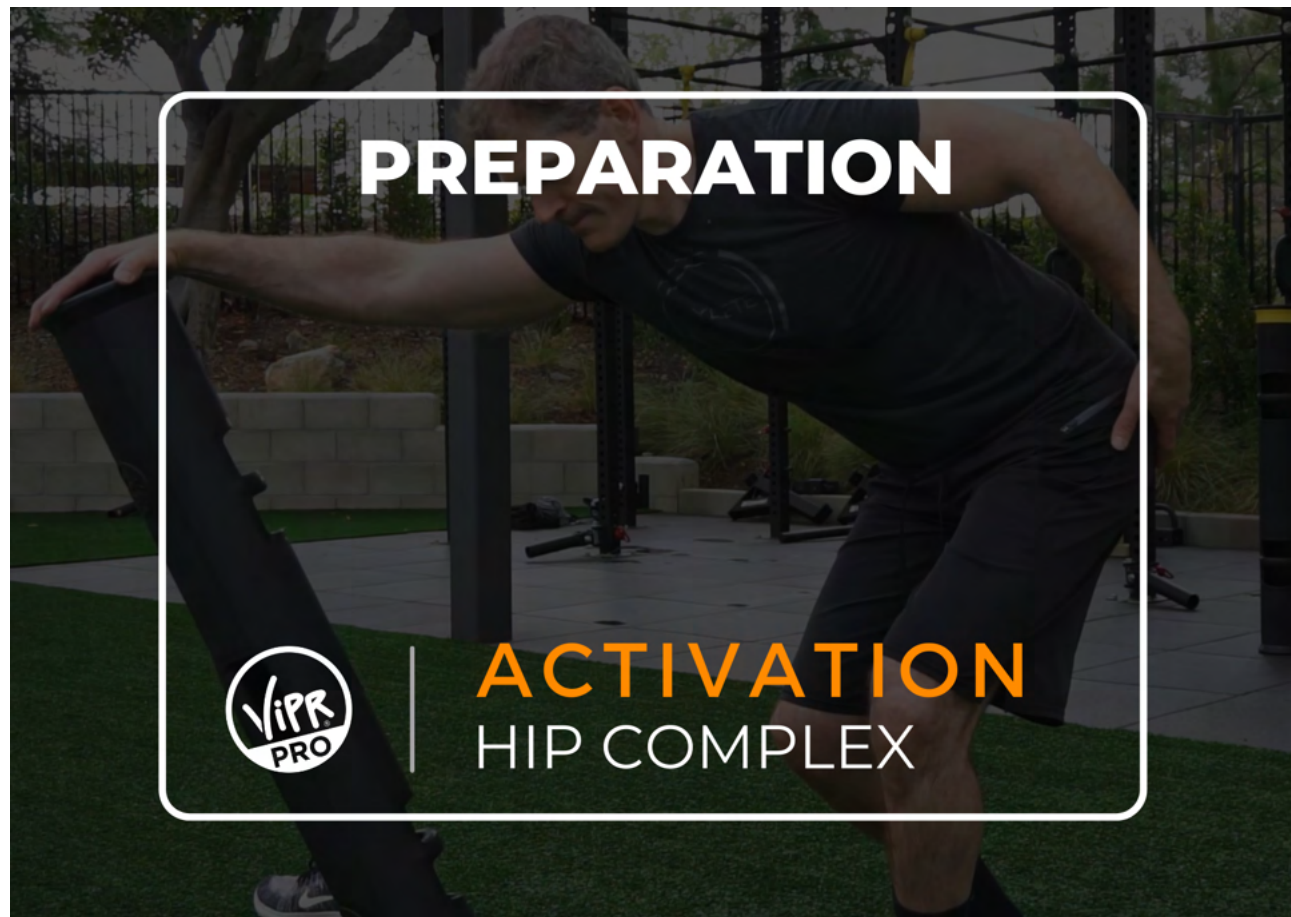
**FORCED & PERCUSSIVE**  
Inhalation/Exhalation



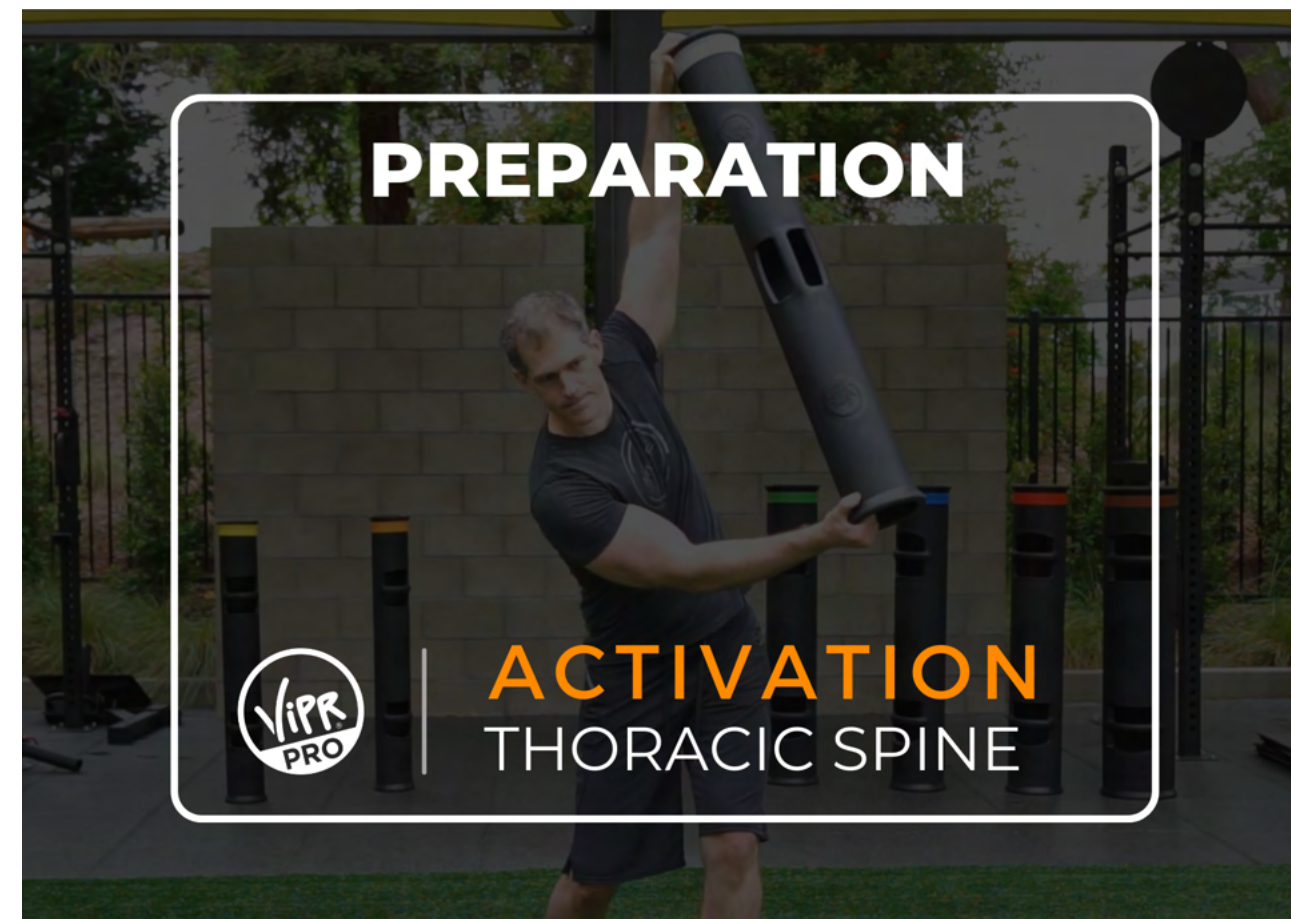
**TRACKING**



**GROUND REACTION**



**3D MOTIONS**



**TYPE 1&2 SPINAL MOTIONS**



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**POWER**

**PERFORMANCE**

**STRENGTH**



**ACCELERATION**



**DECELERATION**



**DEAD STRENGTH**



**ODD POSITION**



**CONVERSION**



SPEED  
AGILITY  
QUICKNESS

PLYOMETRICS



**STRENGTH ENDURANCE**



**AGILE STRENGTH**



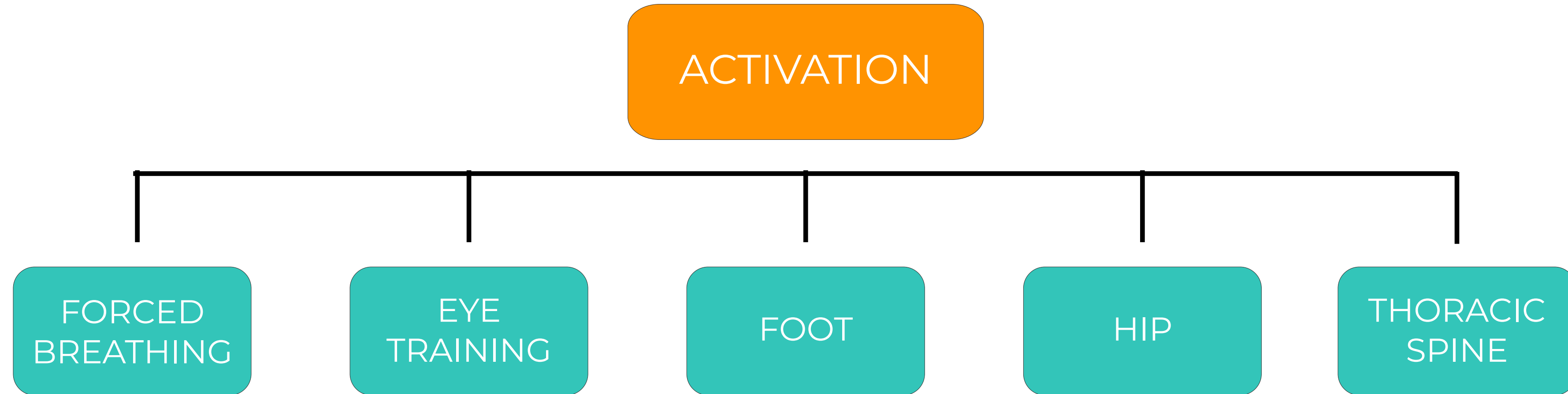
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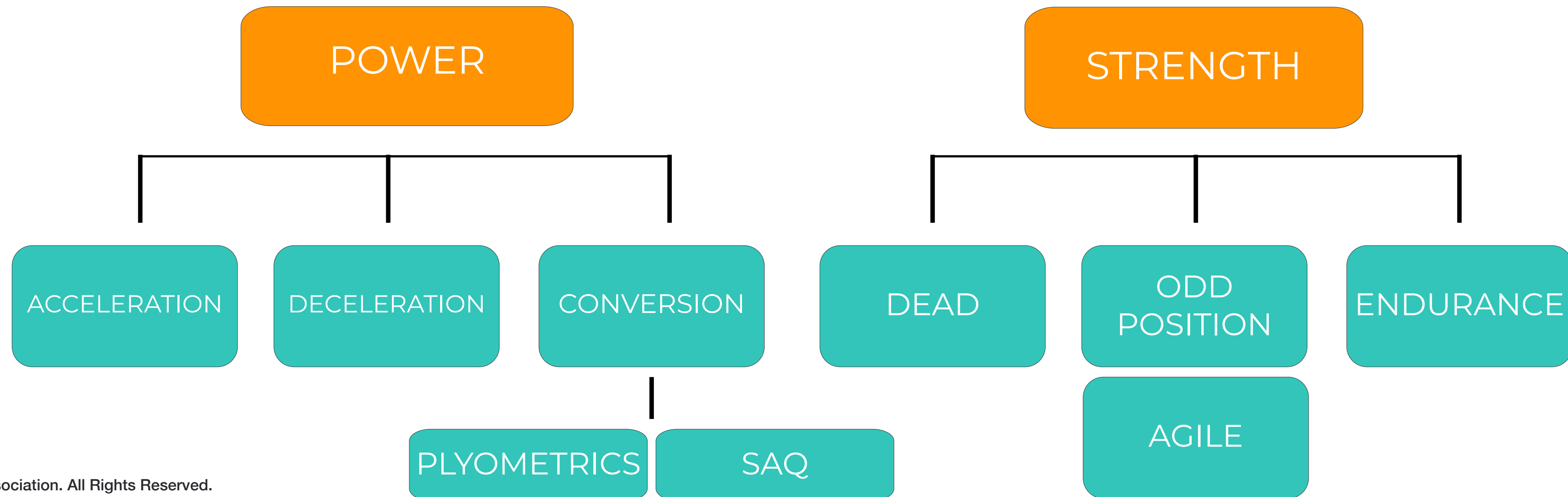


# PROGRAMMING ROAD MAP

## PREPARATION



## PERFORMANCE

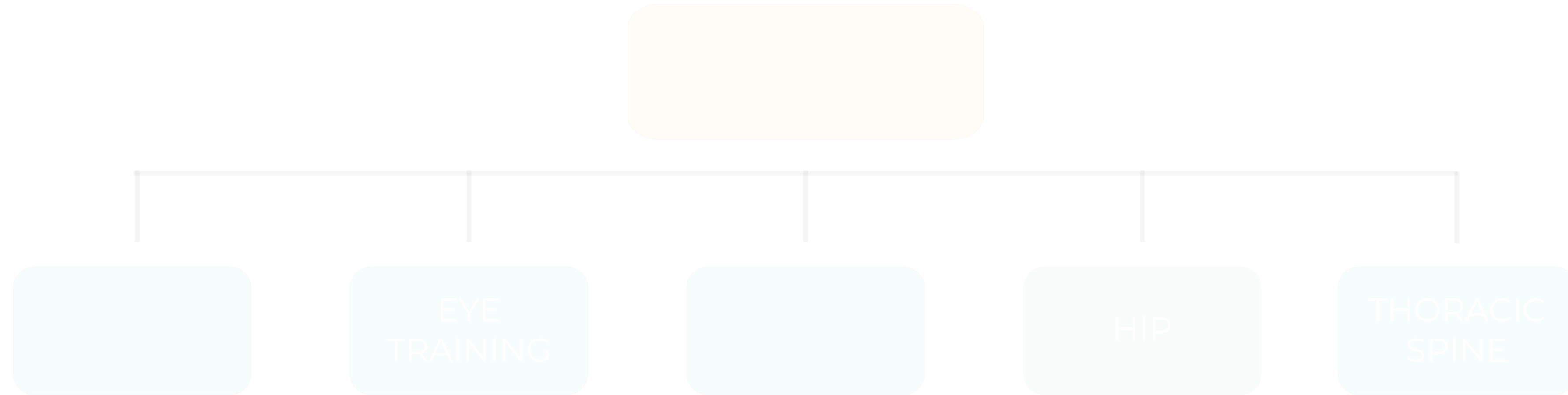


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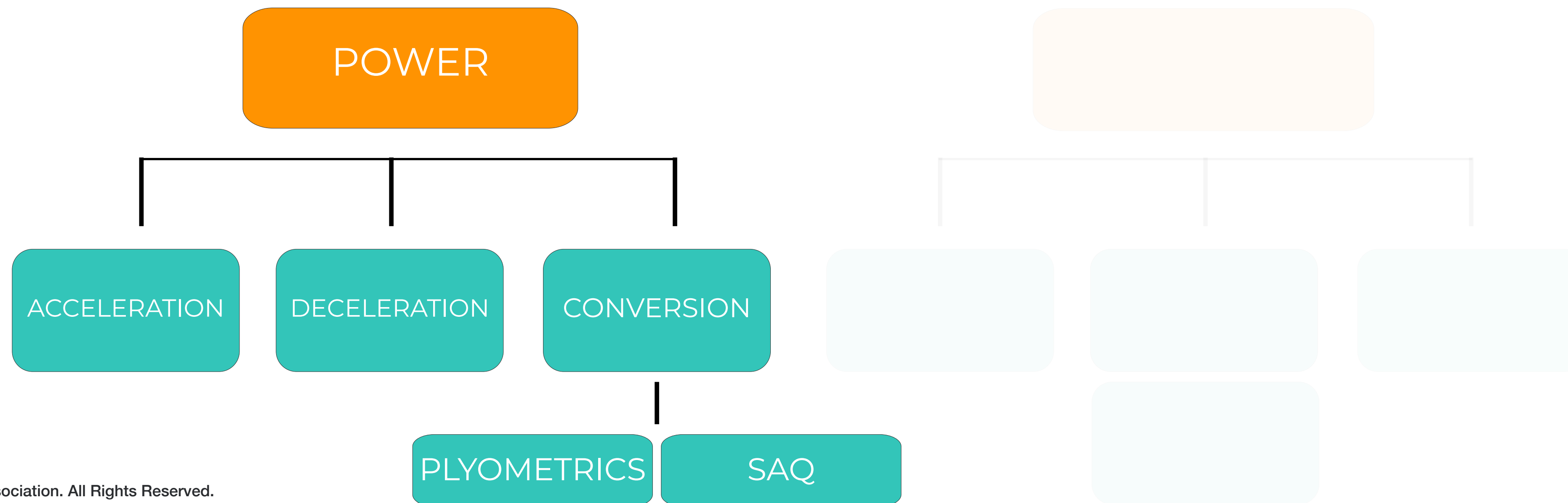


# PROGRAMMING ROAD MAP

## PREPARATION



## PERFORMANCE



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# POWER

- Power is the ability to rapidly generate high levels of force in a specific movement pattern

This demands a highly coordinated response from the neuromuscular system to produce the required movement, and high levels of tissue resilience to produce and transfer force

- The goal of Power is in the attempt to move the mass as fast and as violent as possible



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# POWER

**STEP 1:  
ACCELERATION**

-  
Body is acting

**STEP 2:  
DECELERATION**

-  
Body is reacting

**STEP 3:  
CONVERSION**

-  
Plyometrics



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# POWER- ACCELERATION

RAPID CHANGE IN INERTIA

**NERVOUS SYSTEM:**  
DEPOLARIZATION FIRST

**MUSCLES:**  
CONCENTRICALLY TURN ON & OFF

NEED SHAPE STABILITY IN SKIN AND FASCIA.  
COLLAGEN AND ELASTIN (RECOIL)



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# POWER - DECELERATION

SLOW DOWN OR STOP INERTIA

**NERVOUS SYSTEM:**  
SENSORY MOTOR INTREGRATION

**MUSCLES:**  
ISOMETRIC OR ECCENTRIC CONTRACTION

NEED JOINT MOBILITY AND ARTHROKINEMATICS.  
ELASTIN TO STRETCH DURING DECELERATION



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# POWER - CONVERSION

**BEING ELASTIC:** SHORT AMORTIZATION PHASE

**MUSCLES**  
ECCENTRIC MOTOR CONTROL

TISSUE ELASTICITY  
CONCENTRIC FORCE PRODUCTION

MAXIMAL ELASTICITY IN TENDONS WITH MINIMAL METABOLIC COST



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**TILT**



# ACCELERATION: Anterior Knee Drive, To Body tilt



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# DECELERATION: Posterior Split, Counter Tilt



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# CONVERSION: Sagittal Split-Knee Drive Tilt



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**SKATER**



# ACCELERATION: Split to Lateral Skater, Uppercut



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# DECELERATION: Split to Lateral Split, Chop



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# CONVERSION: Lateral Skater Bounce | Uppercut- Chop



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**SHOVEL**



# ACCELERATION: Neutral to Split, Rotational Shovel



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# DECELERATION: Split to Neutral, Rotational Chop



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# CONVERSION: Neutral to Neutral, Shovel/Chop



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**OH SHIFT/DROP**



# ACCELERATION: Split to Lateral, OH Neutral Shift



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# DECELERATION: Neutral/Posterior Split, Drop



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# CONVERSION: Split to Split Bounce, Shift/Drop



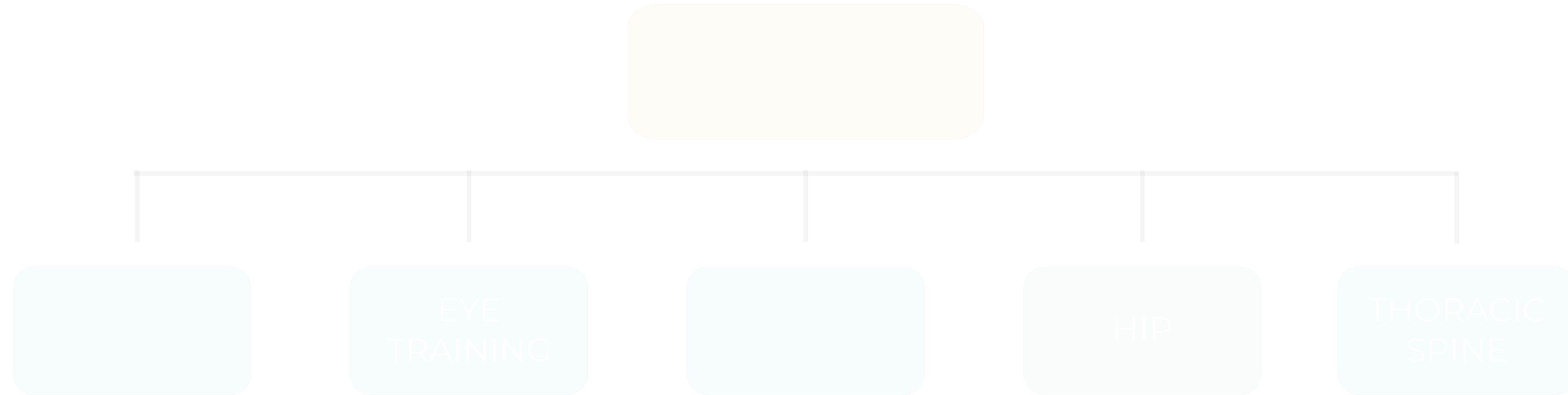
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# PROGRAMMING ROAD MAP

## PREPARATION



## PERFORMANCE



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# SAQP

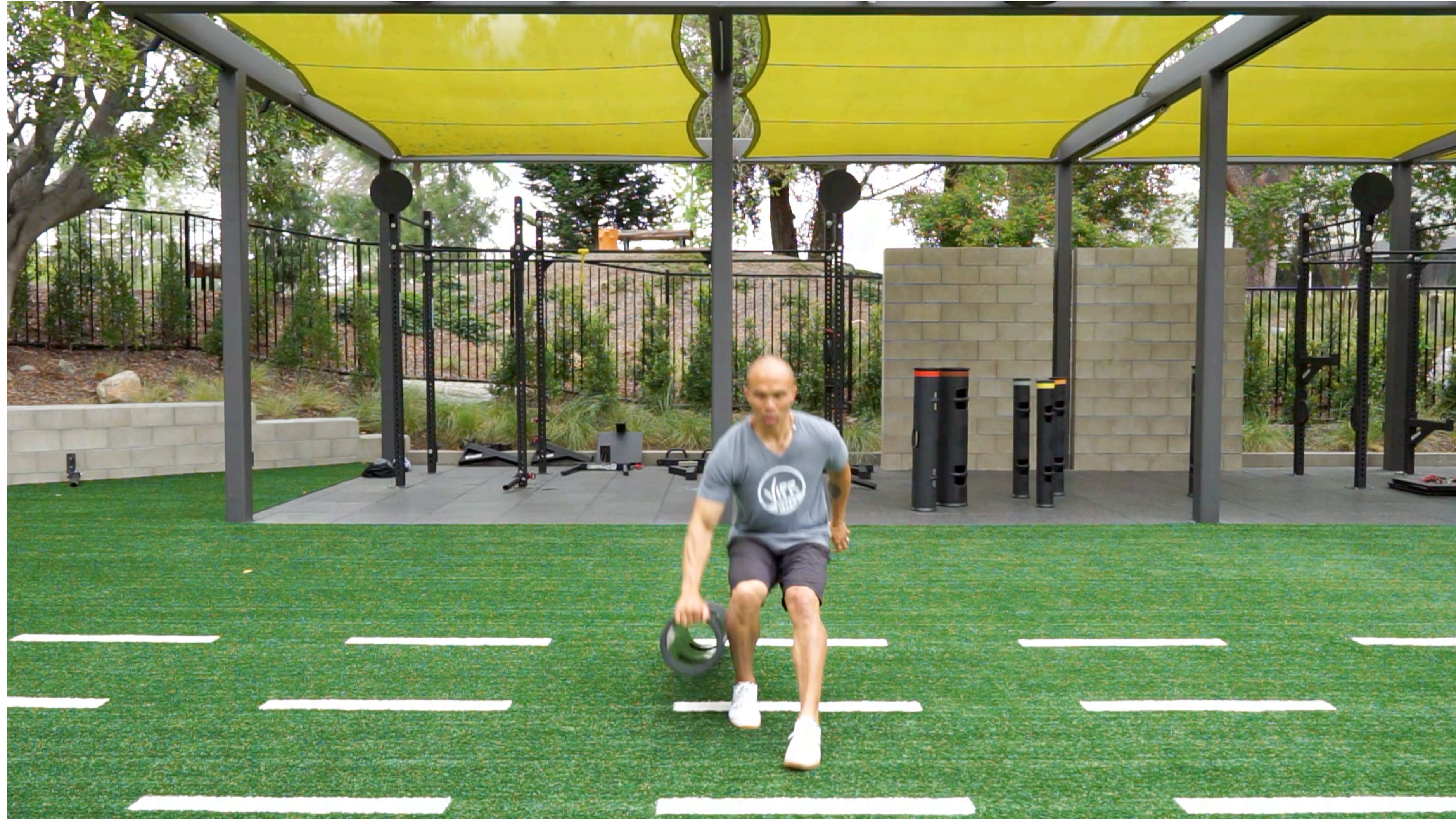
- SAQ Drills are designed to rapidly excite the nervous system, while exhausting immediate substrates.
- This will create a nerves adaptation to better coordinate movement tasks, while flooding the body with metabolites (i.e. Fatigue), forcing the systems of the body to buffer, efflux and otherwise deal with accumulations of fatigue.
- In sports which require undulating energy utility, these drills are a must.



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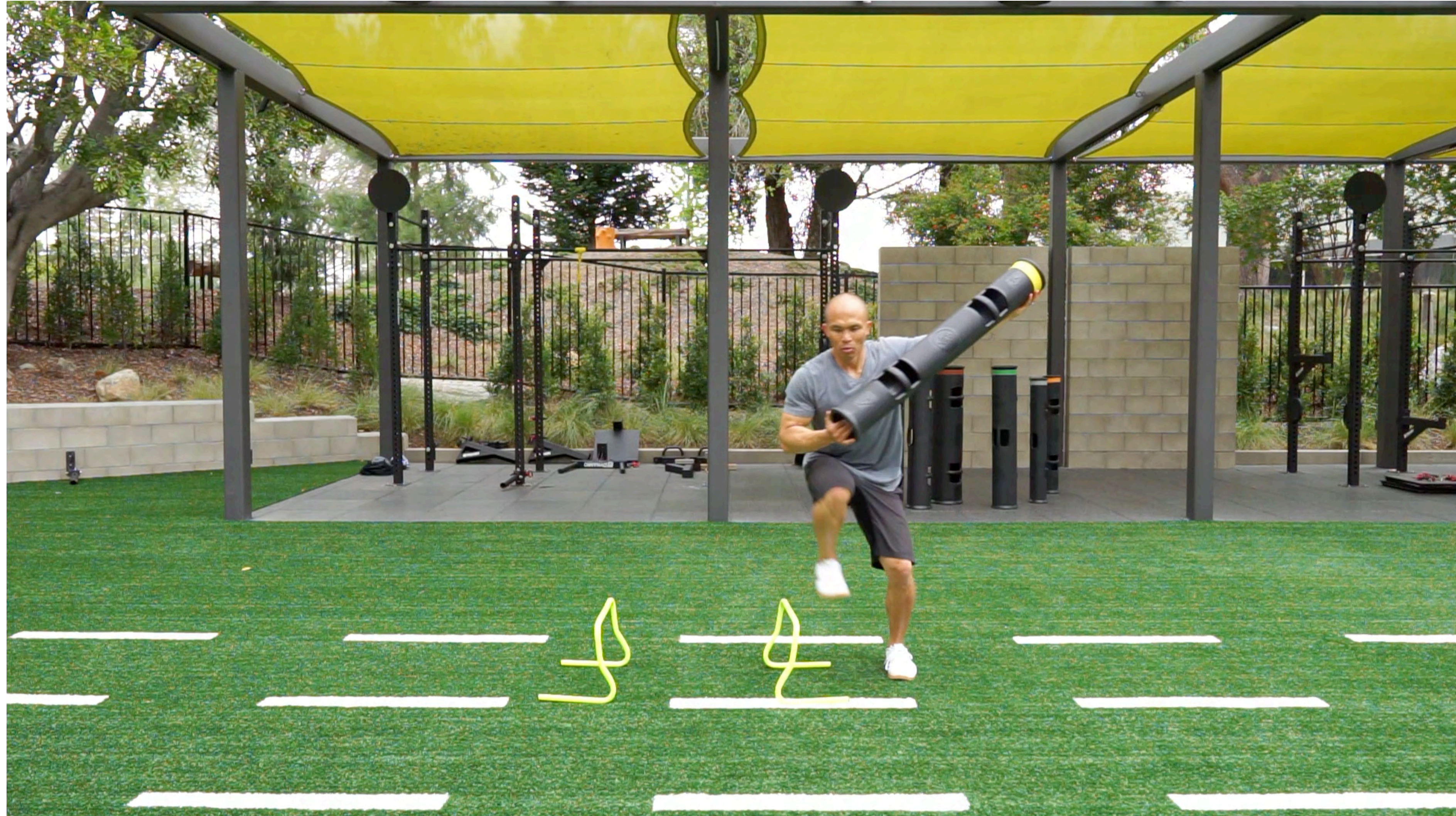
# LINEAR AGILITY: Sagittal Runs, Tilt



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# 3D AGILITY: Wide Preposition, Lateral Hurdles



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# LINEAR QUICKNESS: Preposition, Quick In-Out



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# 3D QUICKNESS: Offset Preposition Lateral Quick Feet



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# EDUCATION

www.vipr.com

The screenshot shows the top navigation bar of the ViPR PRO website. It includes the ViPR PRO logo on the left, a menu with 'PRODUCT', 'EDUCATION' (highlighted with an underline), and 'WORKOUT WITH VIPR PRO®', a 'Buy Now' button, a shopping cart icon, and a 'Sign In' link. Below the navigation is a hero section with a background image of a woman working out. The text reads: 'LEVEL 1 ViPR PRO® FUNCTIONAL STRENGTH'. A circular blue badge on the left says 'TRAINER ViPR PRO BE UNBREAKABLE FUNCTIONAL STRENGTH'. The main text describes strength as a vital component of health and human performance, and functional strength as the ability to create purposeful force for various tasks. It mentions that the course will cover five fundamental movement patterns.



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# EDUCATION

[www.vipr.com](http://www.vipr.com)

LEVEL 2

## ViPR PRO® TEAM TRAINING

The ViPR PRO® Team Training is a two parts course, a video-rich curriculum that will teach you everything you need to know about ViPR PRO® Team Training – which we call ViPR PRO® Training Camp.

In part 1, we will explore the science of farm strong, how to decide your Training Camp, how to set it up, how to program for Training Camp, and how to effectively and authentically coach ViPR PRO® Training Camp.

Part 2 provides the content and programming for ViPR PRO® Training Camp in two formats – StrengthCon and MetCon. These programs are specifically designed for body-wide resiliency to make you unbreakable.

Course Objectives



AD  
CONVENTION  
FITNESS • NUTRITION • BUSINESS

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# THANK YOU

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## SUPPORT:

**Instagram** @viprpro

**Website:** [www.vipr.com](http://www.vipr.com)

**Email - Product/Sales:** [info@vipr.com](mailto:info@vipr.com)

**Email - Edication/Coaching:** [jan@vipr.com](mailto:jan@vipr.com)

**Hashtags:** #viprpro #BeUbreakable #farmstrong  
#viprpro20x



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