



LIMITLESS

602: BODY PREP FOR POWER, STRENGTH AND HEAVY LIFTS

PRESENTED BY

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- **USAWL Certified**
- **NSCA, CSCS, CFSC**
- **20 Years Experience in Fitness and Physical Therapy**
- **Public Speaker, Educator, Author, Contributor**
- **2020 & 2022 Idea World Personal Trainer of the Year Finalist**



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THANK YOU IDEA, And IDEA WORLD



- **IDEA FITNESS**
- **AMY THOMPSON**
- **RYAN, STEFFI, MATT, & STAFF**
- **HOTEL AND CONVENTION CENTER STAFF**
- **VOLENTEERS**
- **AND YOU!!!**



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“THE BIG LIFTS”

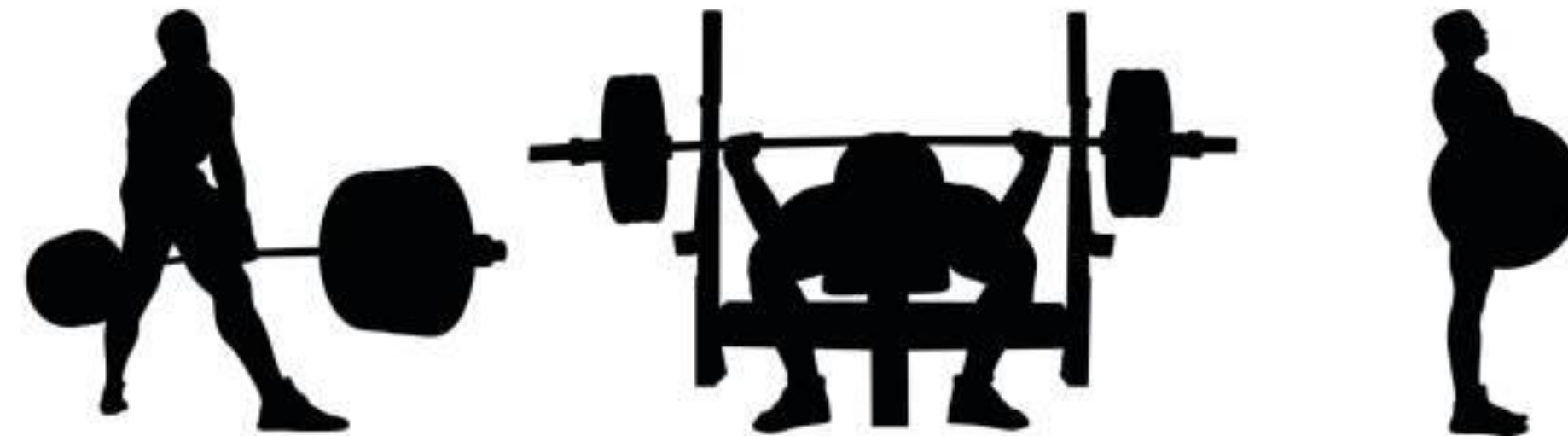
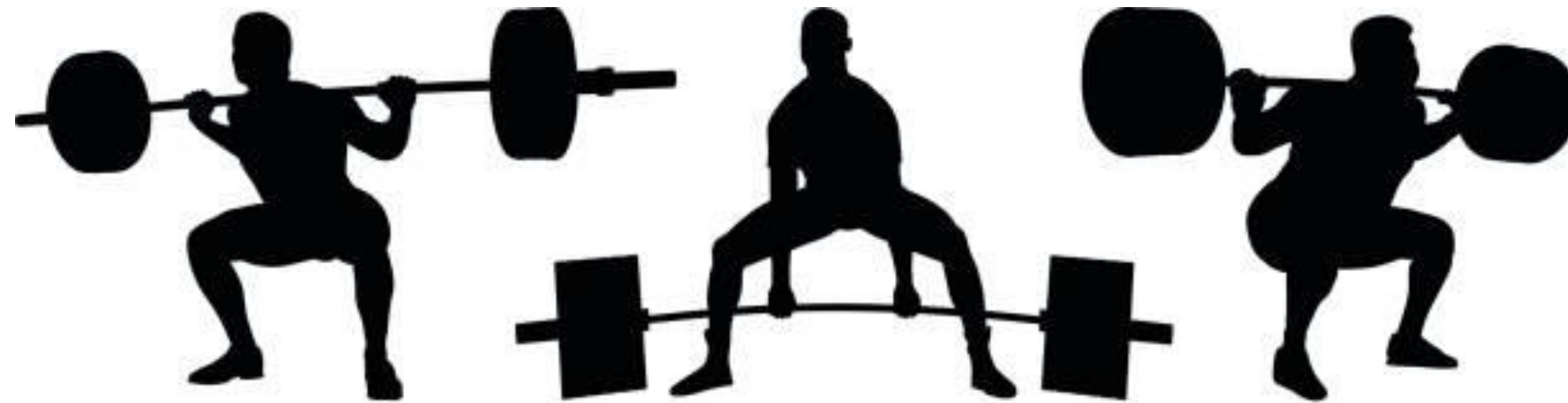
- **STRENGTH**

- **Squat**

- **Deadlift**

- **Overhead Press**

- **Bench Press**

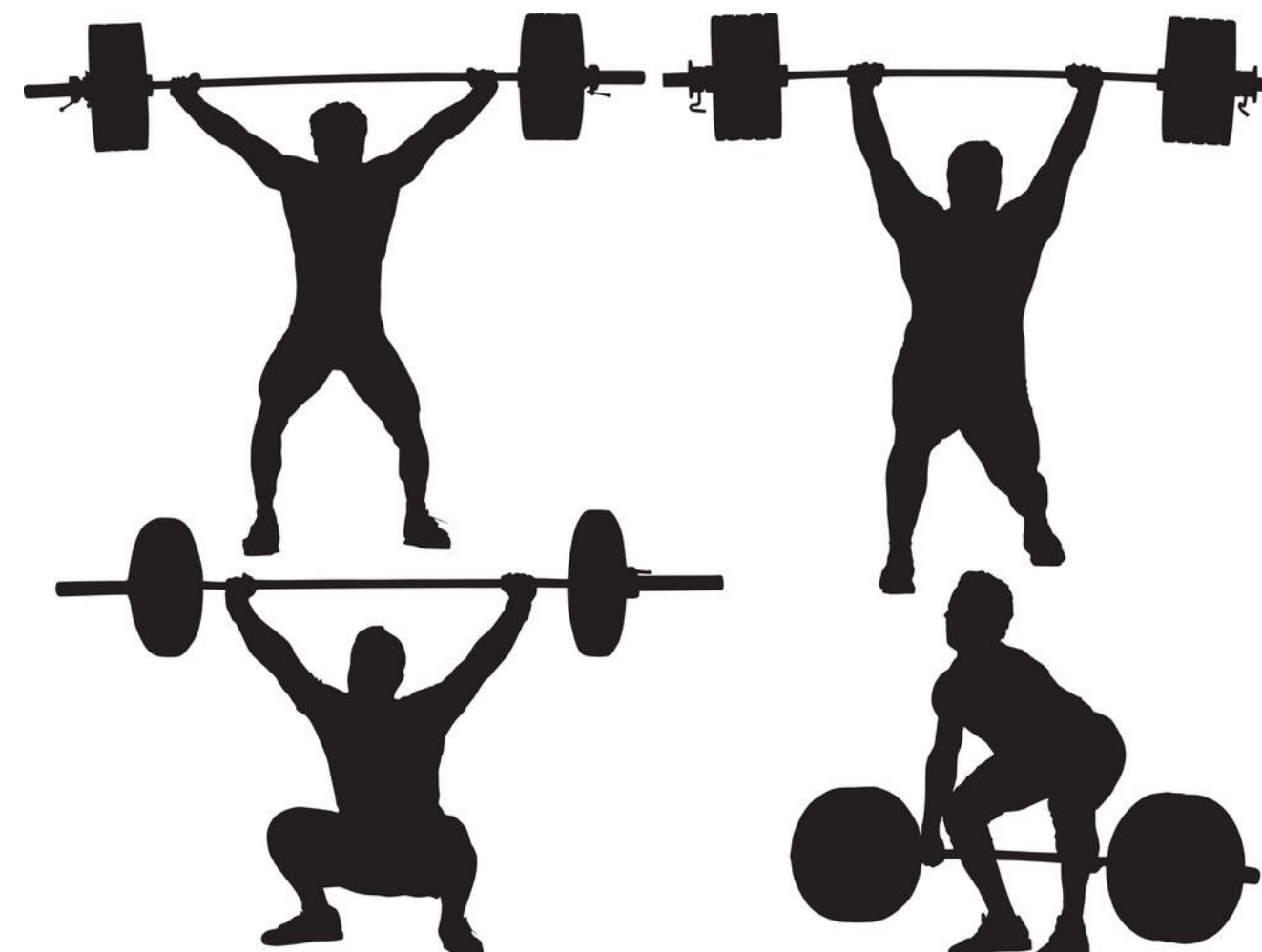


- **POWER / OLYMPIC**

- **Clean**

- **Clean & Jerk**

- **Snatch**



ROLE OF THE TRAINER

- **DO NO HARM**
- **EDUCATE FIRST**
- **SET GOALS AND EXPECTATIONS**
- **PROGRAM AND PROGRESS TO CLIENT GOALS**
- **DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES**
- **DO.... NO.... HARM....**



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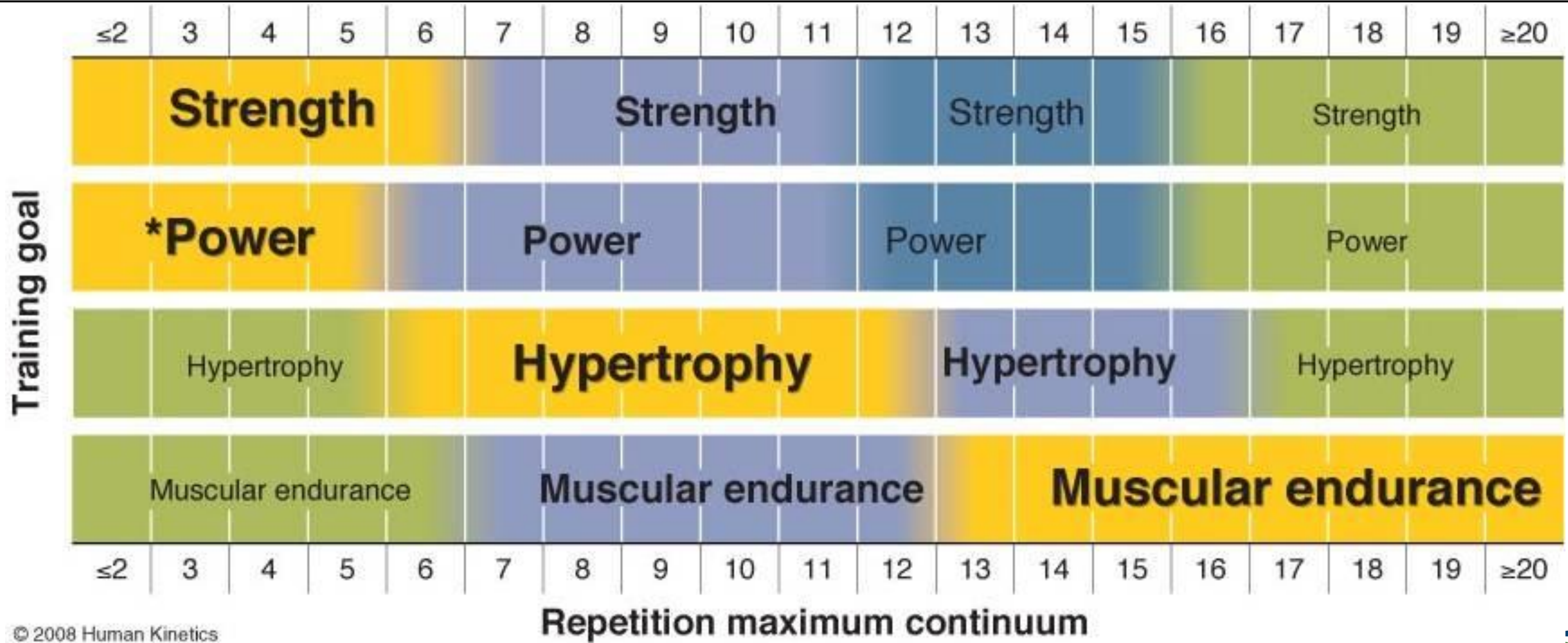
PRINCIPLES OF TRAINING

- **Principle of Individuality**
- **Principle of Specificity**
- **Principle of Overload**
- **Principle of Progression**
- **Principle of Diminishing Returns**
- **Principle of Reversibility**



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PRINCIPLES OF TRAINING



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PREPARING THE BODY

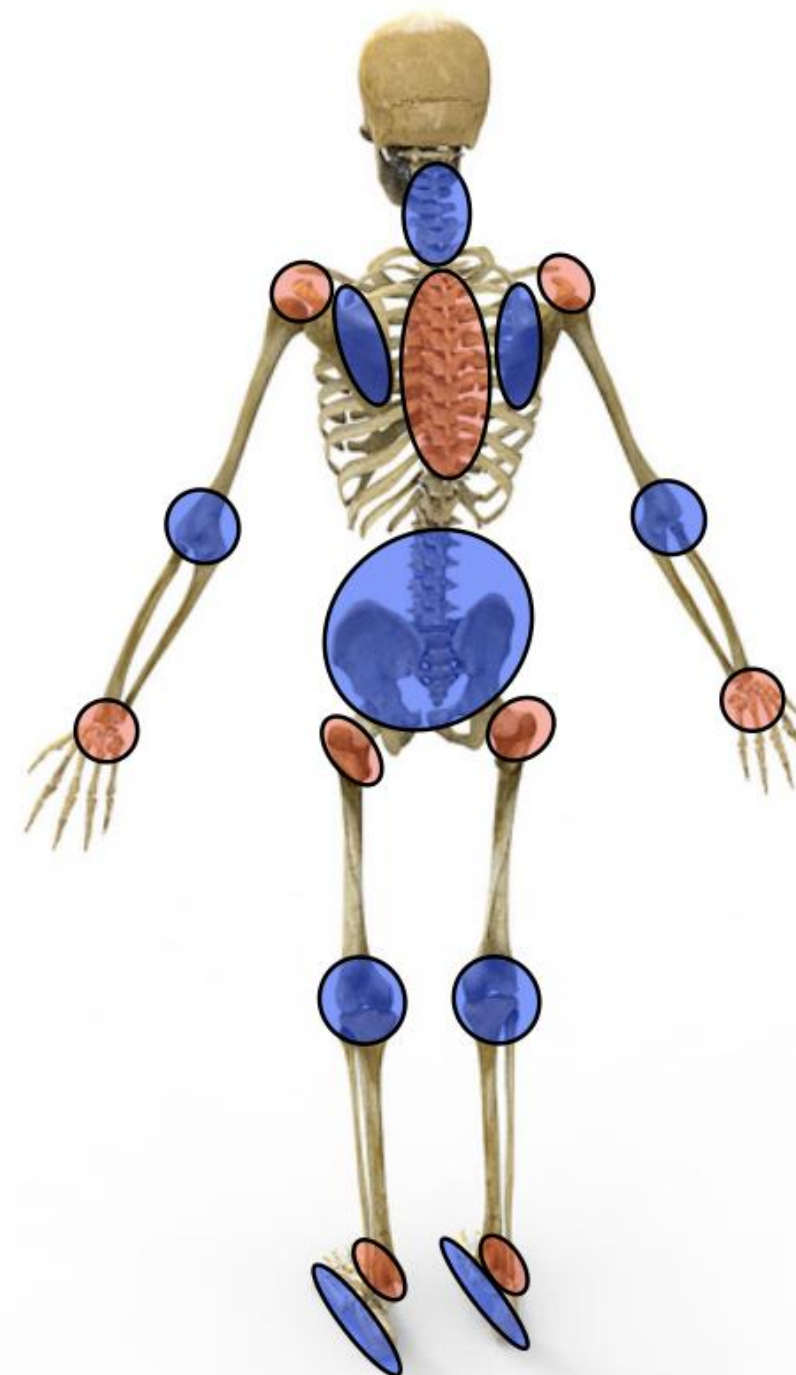
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PREPARING THE BODY

- Assessing the Body



Segment	Function
Cervical Spine	Stable
Wrist	Mobile
Elbow	Stable
Gleno-humeral/Shoulder	Mobile
Scapulo-Thoracic	Stable
Thoracic Spine	Mobile
Pelvis/Sacrum/Lumbar Spine	Stable
Hip	Mobile
Knee	Stable
Ankle	Mobile
Foot	Stable

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PREPARING THE BODY

- **Foam Rolling/Myofascial Release**
- **Corrective / Mobility**
- **Dynamic Warm Up**
- **Activation Exercises**
- **Light-Load Skill/Technique Movements**



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PREPARING THE BODY

- **Foam Rolling/Myofascial Release**
 - **Calves**
 - **TFL, (Not the IT Band)**
 - **Piriformis**
 - **Adductors**
 - **T-Spine / Lats / Pecs**



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PREPARING THE BODY

- **Corrective / Mobility**
- **Ankle Distraction**
- **Hip Distraction**
- **Shoulder Distraction**
- **T-Spine Extension / Rotation**



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PREPARING THE BODY

- **Dynamic Warm Up**
 - **Light Cardiovascular Exercise**
 - **Reach to Toe / “Sweep the Floor”**
 - **Body Weight Squats**
 - **Hip Openers Closers**
 - **Lateral Lunges**
 - **Lunge with Reach Backs**
 - **(Other Variations per Individual)**



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PREPARING THE BODY

- **Activation Exercises**
- **Clam Shell Matrix**
- **CLAM / REVERSE CLAM /BENT KNEE LEG LIFT / “WINDSHIELD WIPER”**
- **Shoulder Matrix (90/90)**
- **Palms Forward / Palms Forward Rotating /Palms In Rotating / Palms Out Rotating**
- **Core Activation**



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PREPARING THE BODY

- **Light-Load Skill/Technique Movements**

DO WHAT YOU DO BEST.... COACH!



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THANK YOU!!

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