

#ideaworld



LIMITLESS

**PREPAREDNESS:**

Augmenting Health & Human Performance

PRESENTED BY

**ViPR PRO®**

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**JOEL EMBIID, NBA**





# WORKSHOP OBJECTIVES

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# BE UNBREAKABLE:

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## ANATOMY OF PROGRAMMING

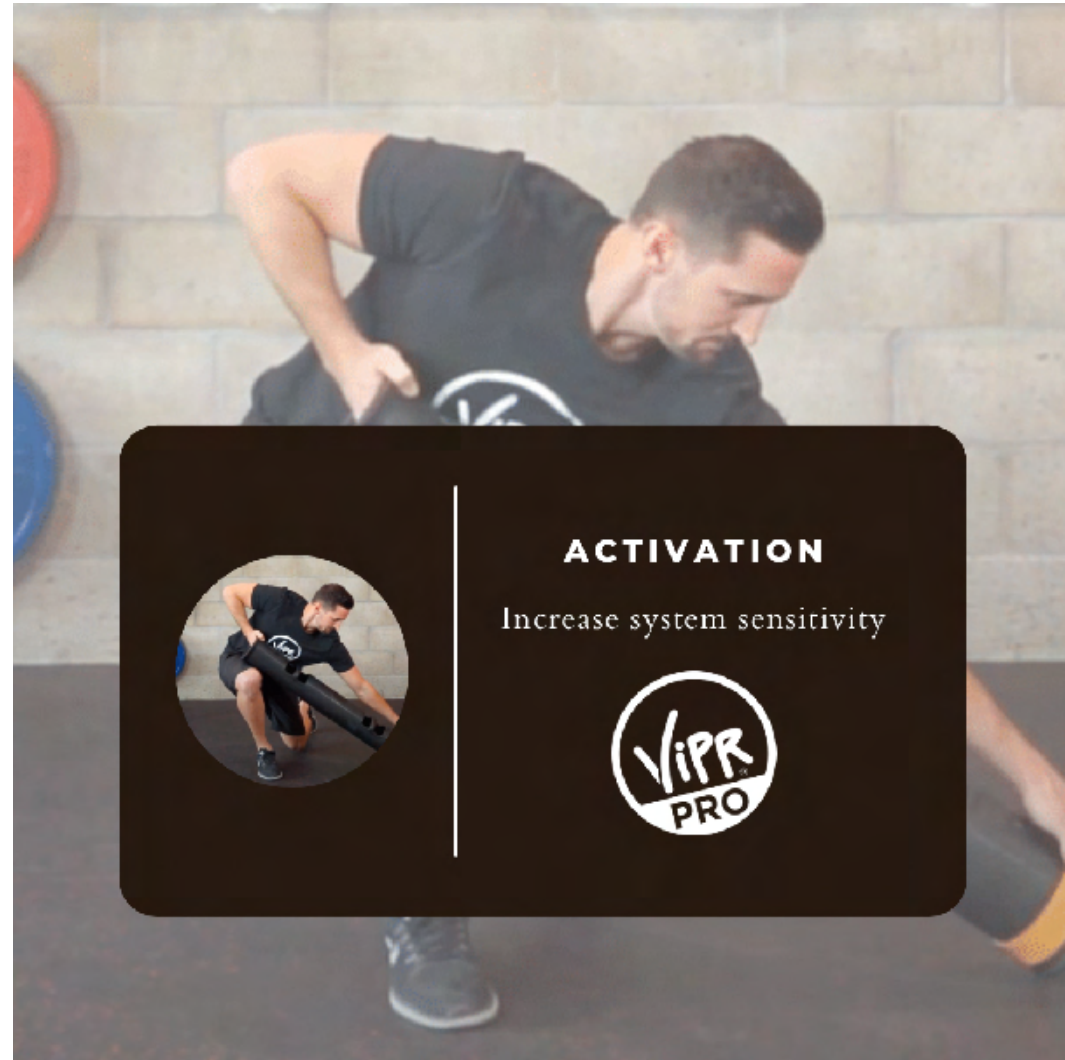


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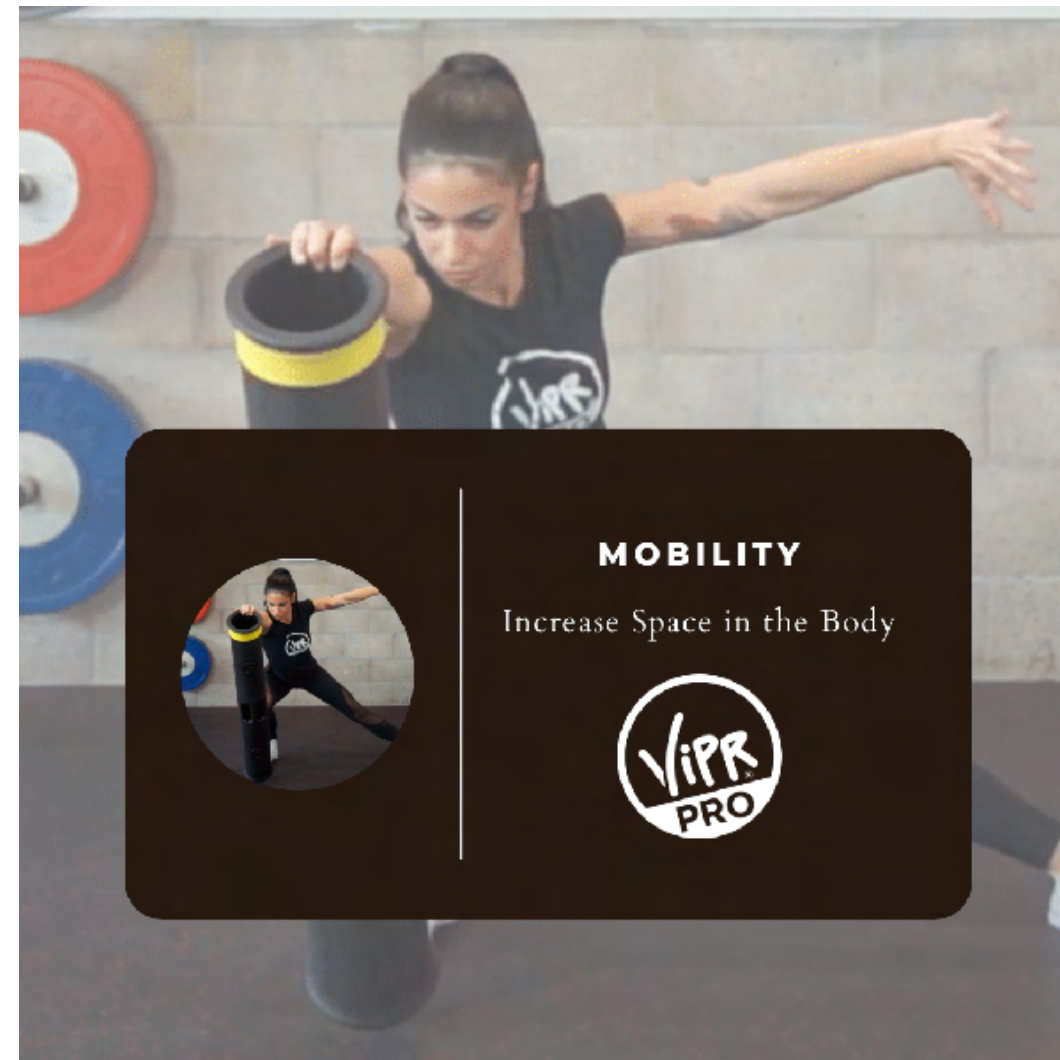





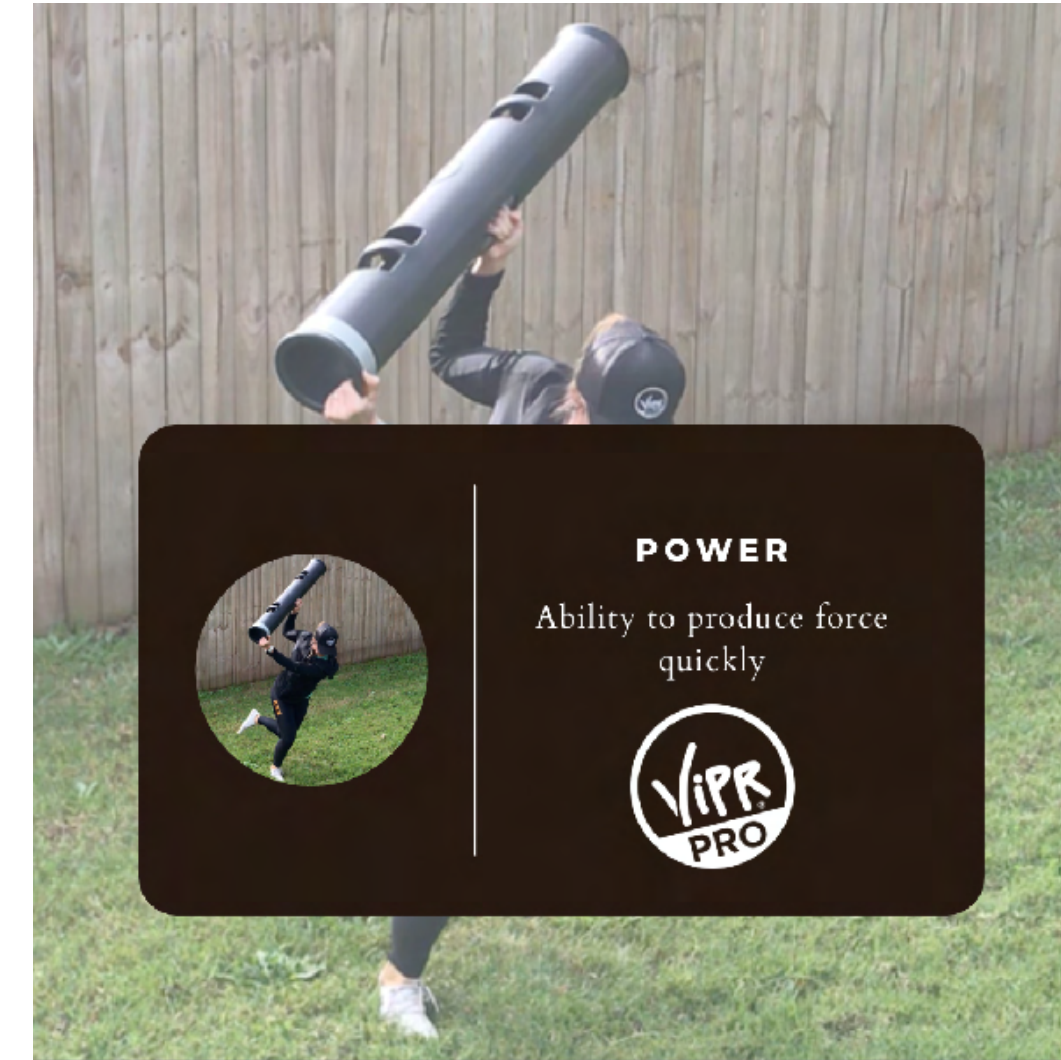

# PROGRAMMING THEMES




**ACTIVATION**  
Increase system sensitivity



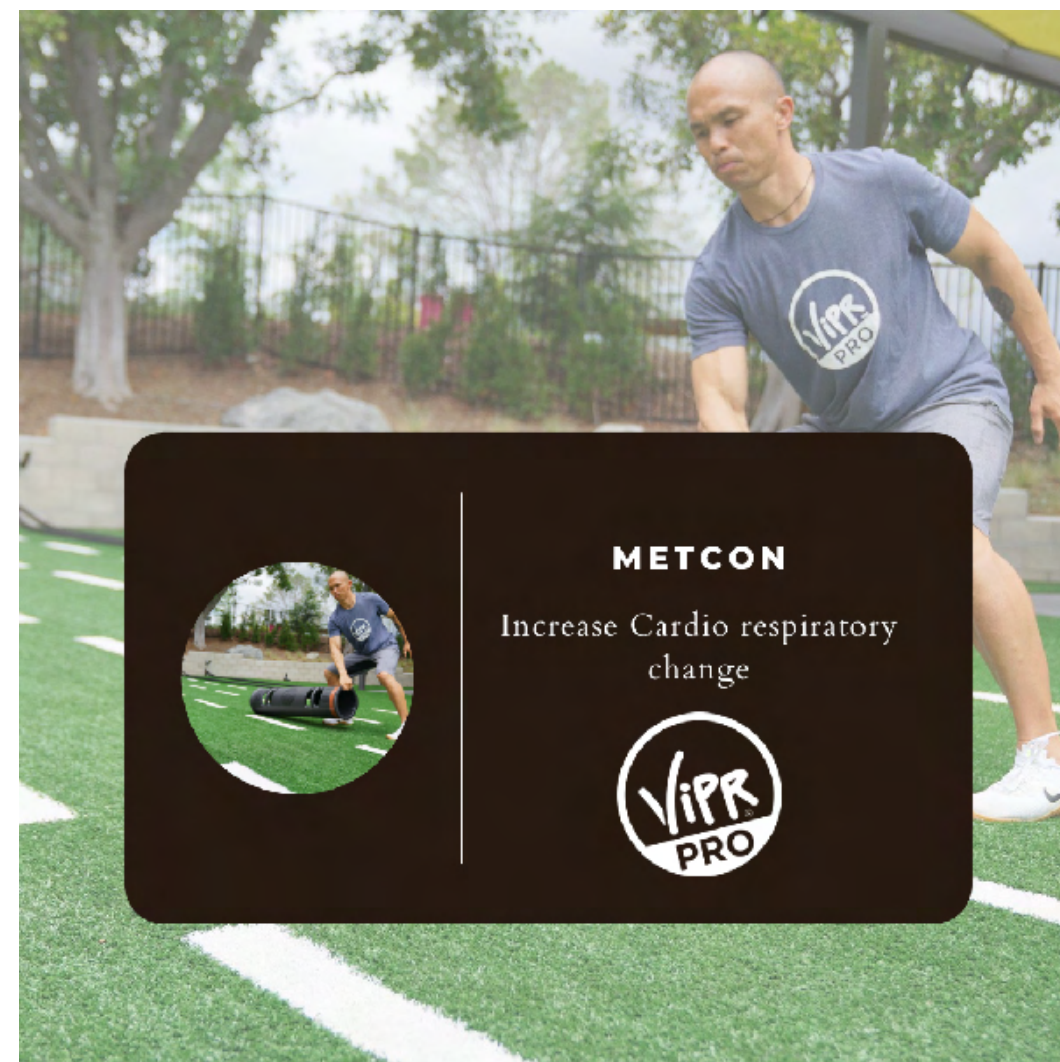
**MOBILITY**  
Increase Space in the Body



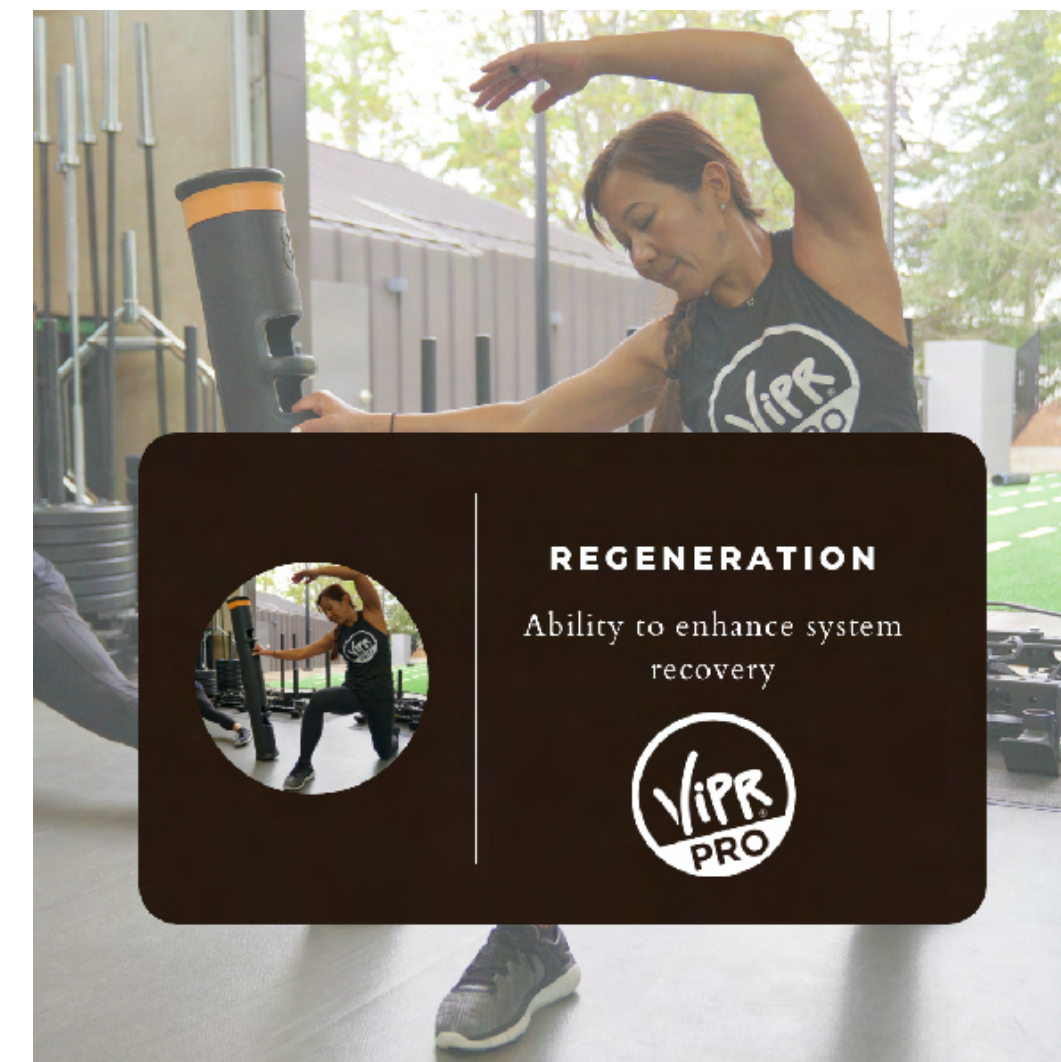

**POWER**  
Ability to produce force quickly




**STRENGTH**  
Ability to produce and resist forces



**METCON**  
Increase Cardio respiratory change



**REGENERATION**  
Ability to enhance system recovery



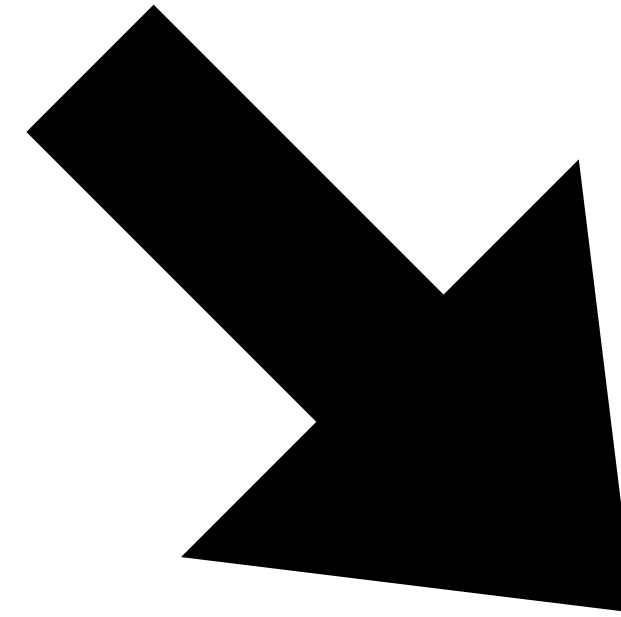
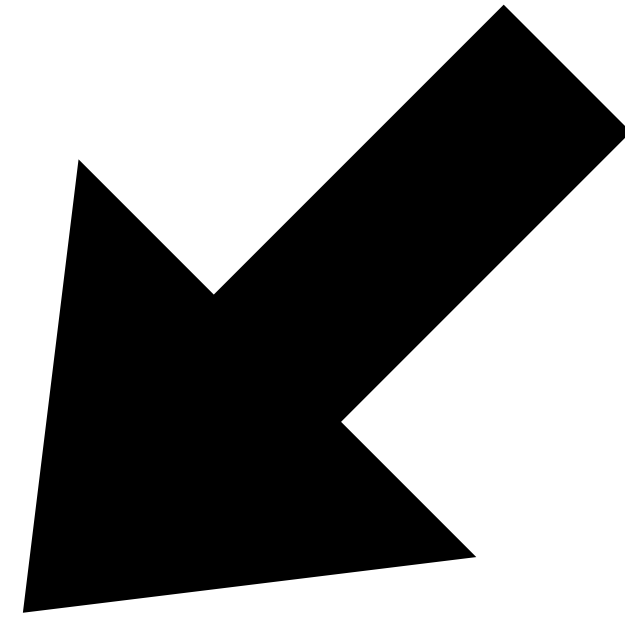
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# PROGRAMMING ROAD MAP

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**PREPARATION**

**PERFORMANCE**

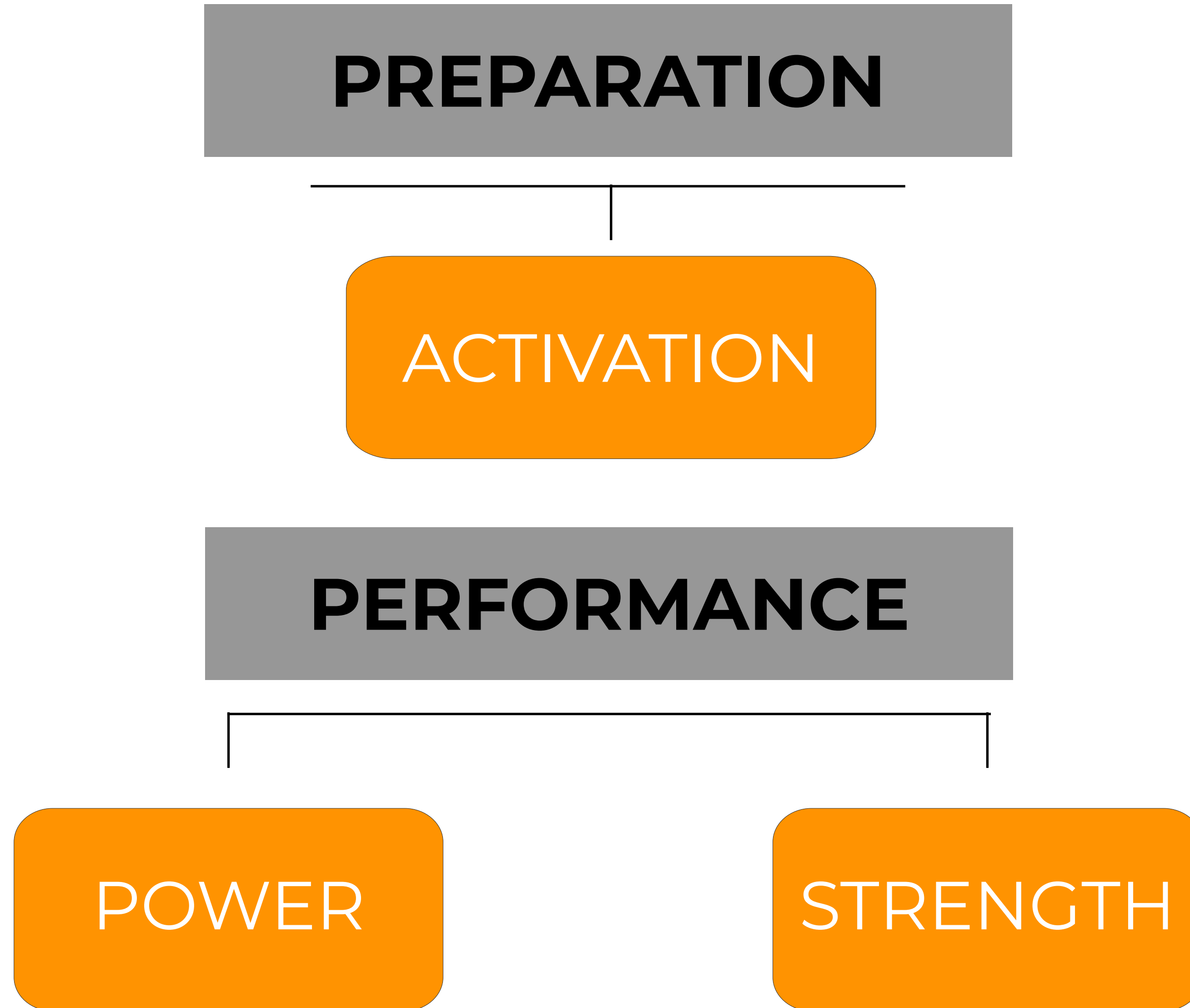


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# PROGRAMMING ROAD MAP



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# PREPARATION



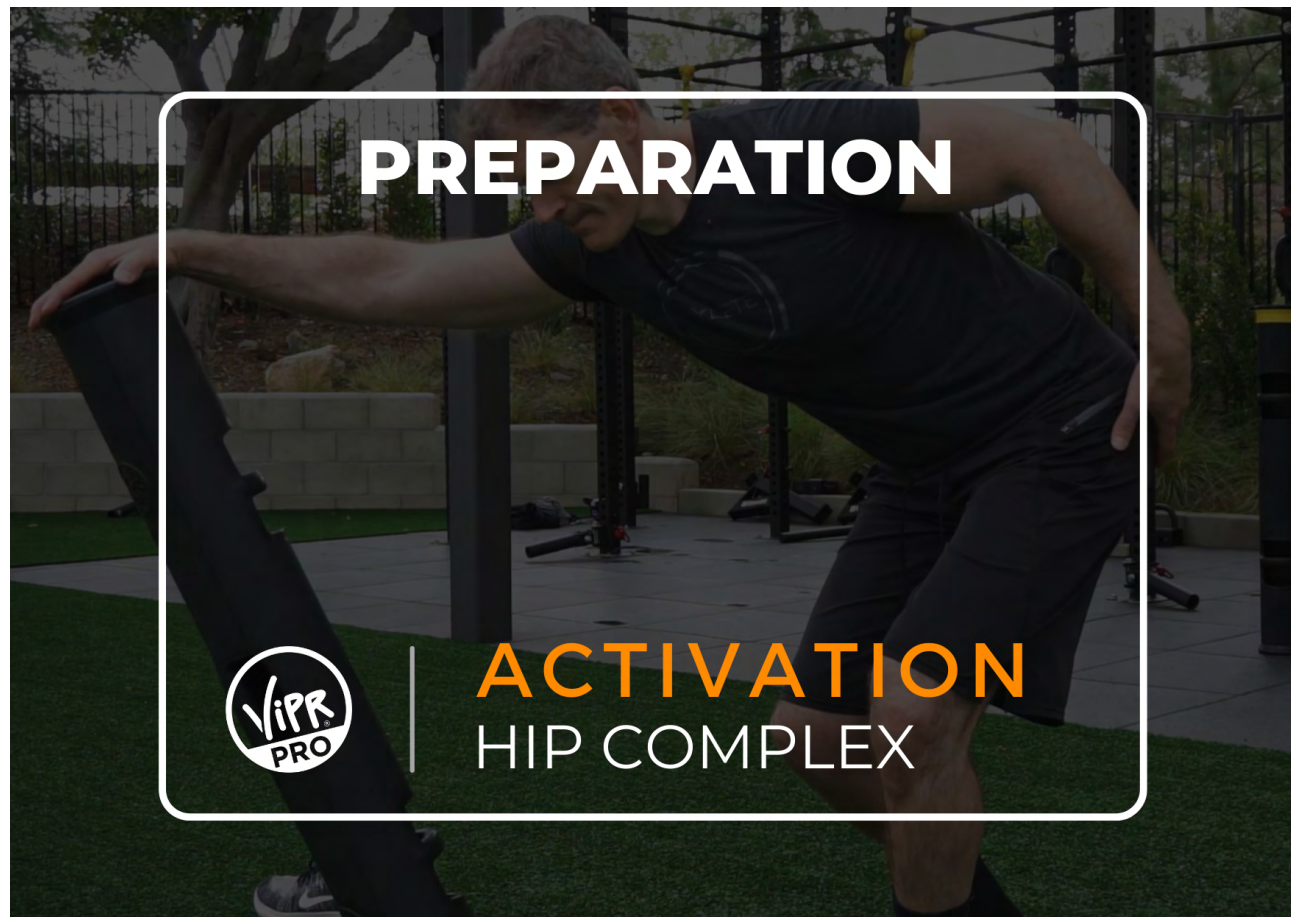
**FORCED & PERCUSSIVE**  
Inhalation/Exhalation



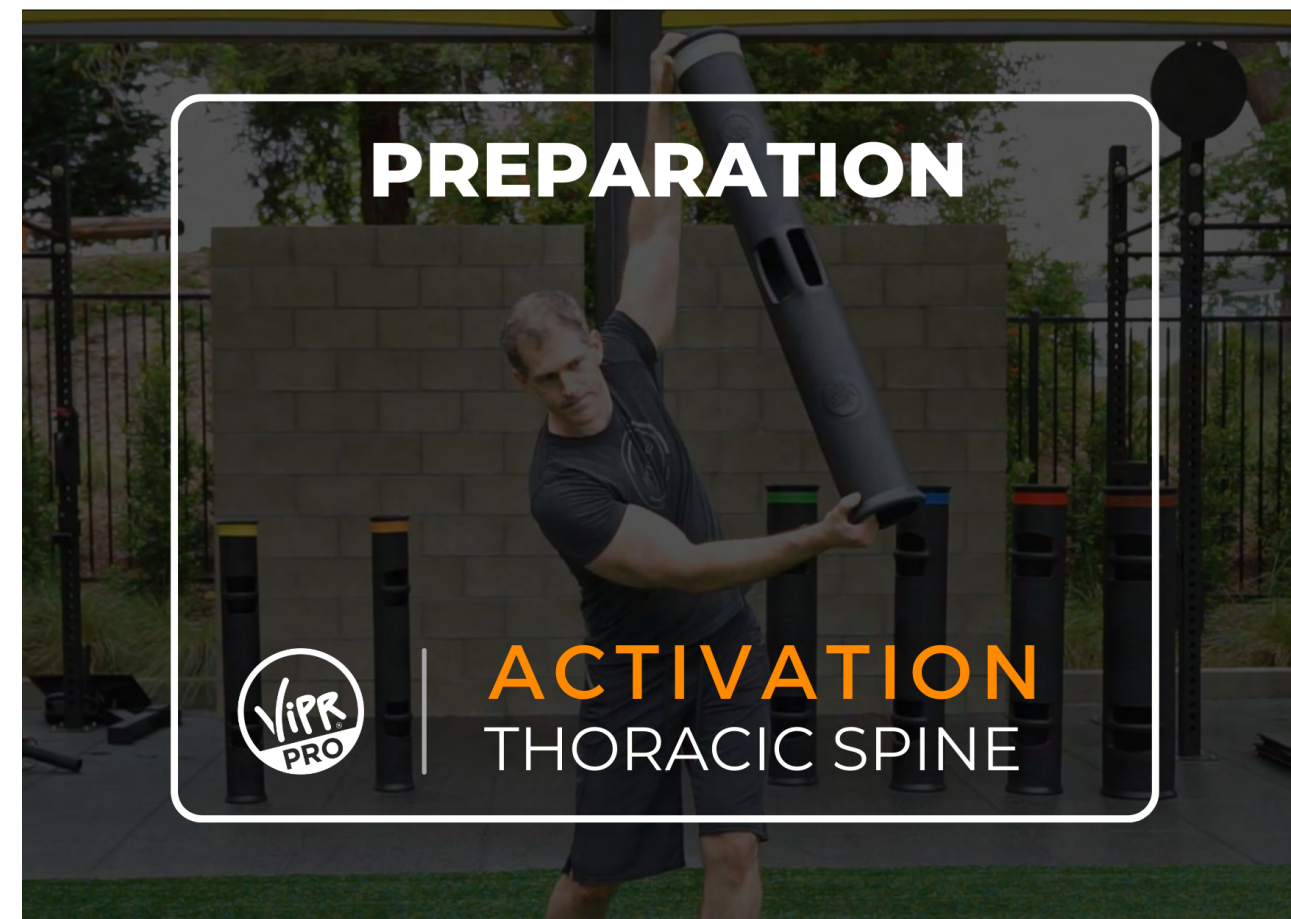
**TRACKING**



**GROUND REACTION**



**3D MOTIONS**



**TYPE 1&2 SPINAL MOTIONS**



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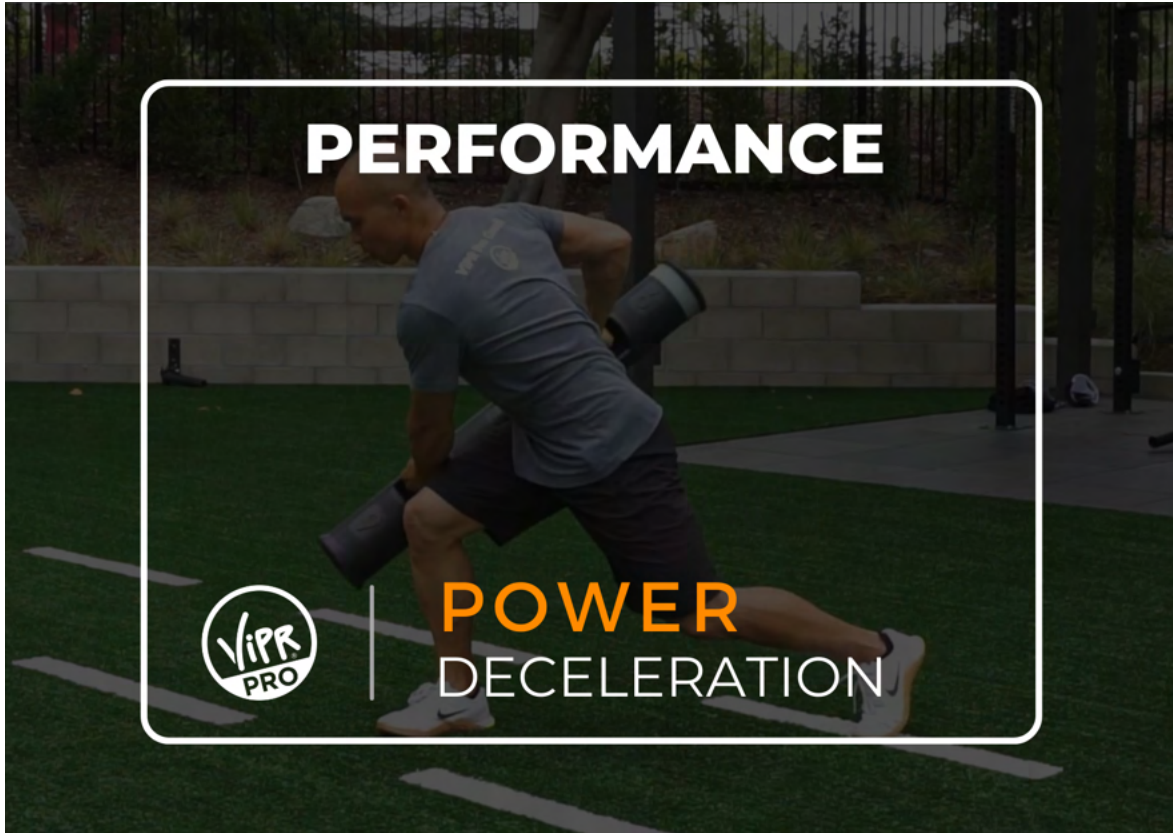
**POWER**

**PERFORMANCE**

**STRENGTH**



**ACCELERATION**



**DECELERATION**



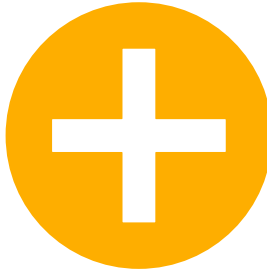
**DEAD STRENGTH**



**ODD POSITION**



**CONVERSION**



SPEED  
AGILITY  
QUICKNESS

PLYOMETRICS



**STRENGTH ENDURANCE**



**AGILE STRENGTH**



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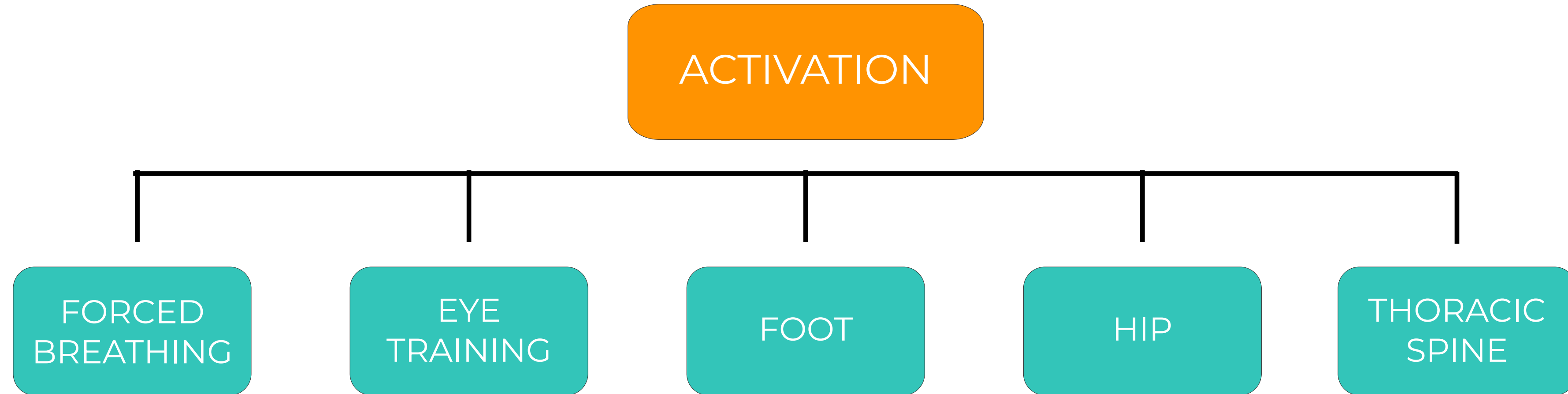




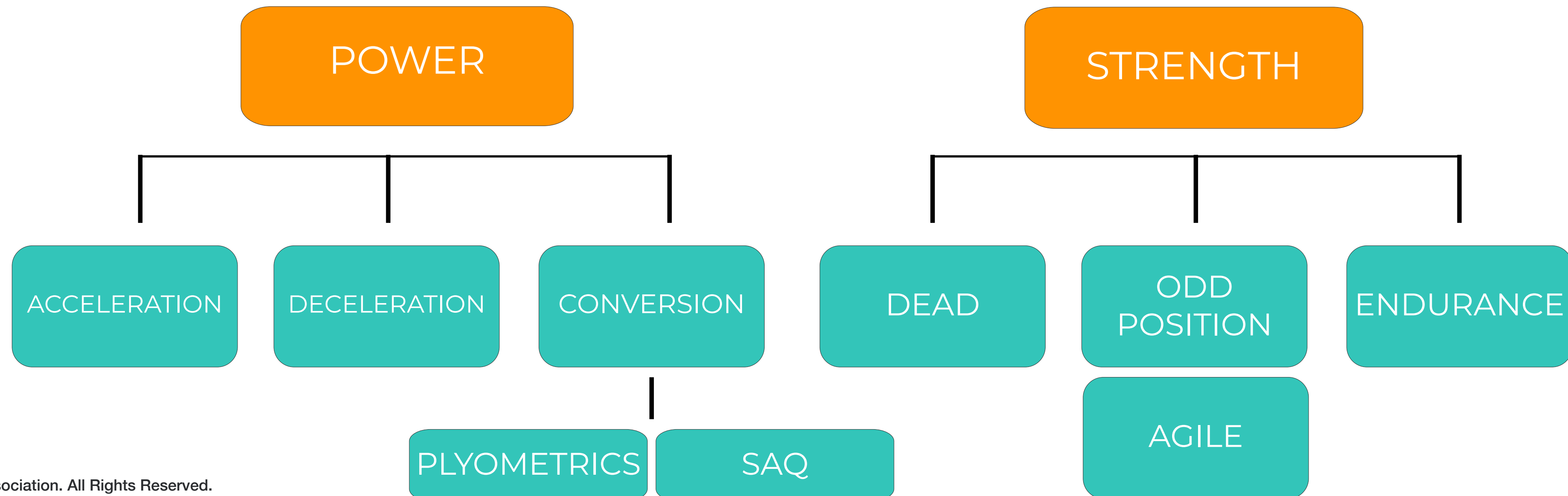


# PROGRAMMING ROAD MAP

## PREPARATION



## PERFORMANCE



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# PROGRAMMING ROAD MAP

## PREPARATION

ACTIVATION

FORCED  
BREATHING

EYE  
TRAINING

FOOT

HIP

THORACIC  
SPINE



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# PREPARATION



**FORCED & PERCUSSIVE**

INHALATION/EXHALATION | HIP COMPLEX

3D MOTIONS

PREPARATION  
ACTIVATION  
STRAINING

CKING

PREPARATION  
ACTIVATION  
FOOT

GROUND REACTION

PREPARATION  
ACTIVATION  
THORACIC SPINE

TYPE 1&2 SPINAL MOTIONS



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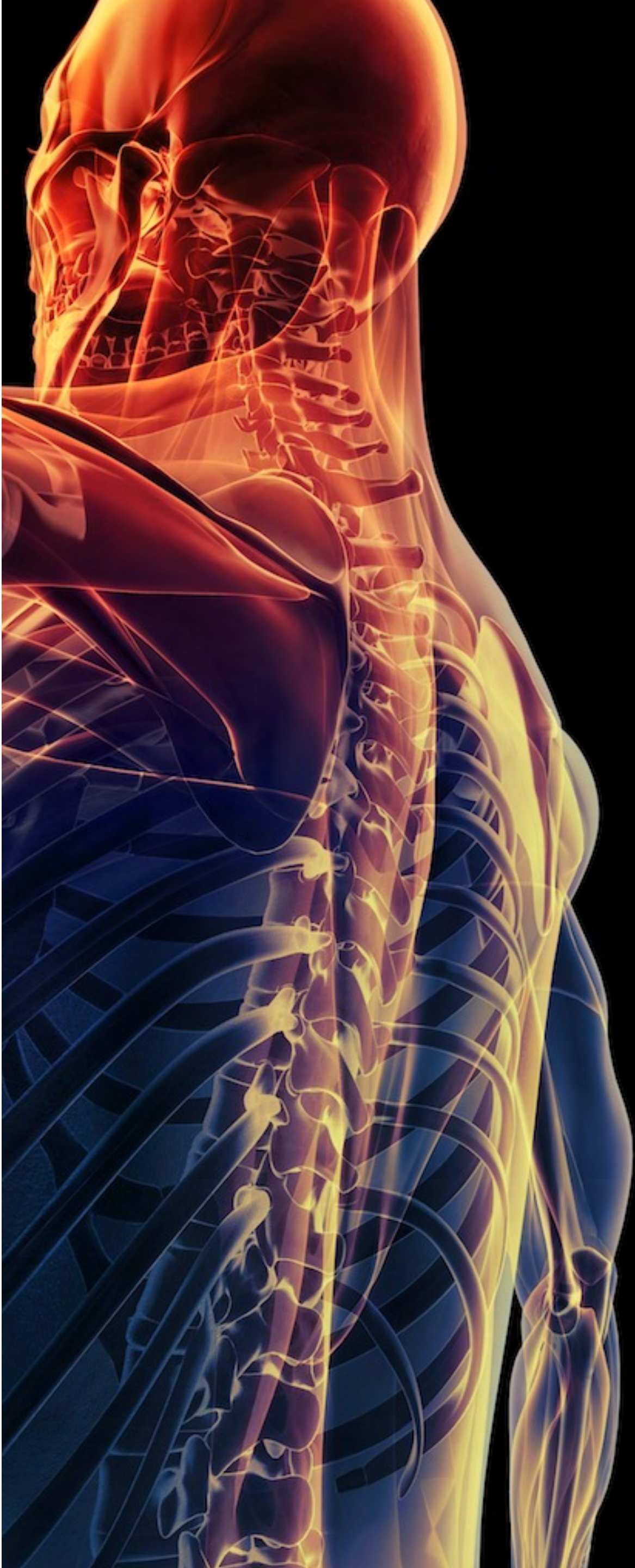
# BREATHING

- Forced Inhalation and Exhalation incorporate accessory breathing muscles, which are primarily type 1 (slower to fatigue), stability muscles.
- Designed to up-regulate deep core activation and motor unit coordination. This serves as complete preparatory protocol for both athletes and day to day person.



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Muscles are, first and foremost, TASK DRIVEN. (research by Zajac and Gordon)

This means they coordinate (through nervous input) to optimize an outcome. Think of walking ... rarely are we conscious of it, and if we are, we generally impair its coordination.

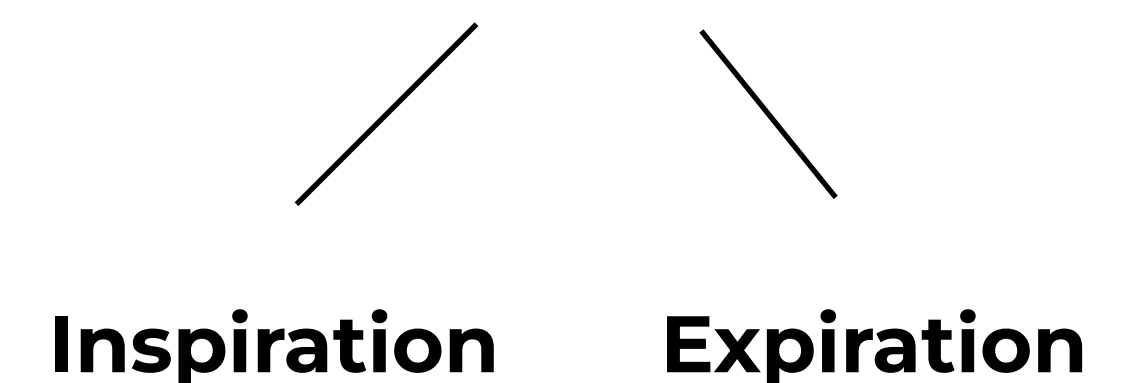
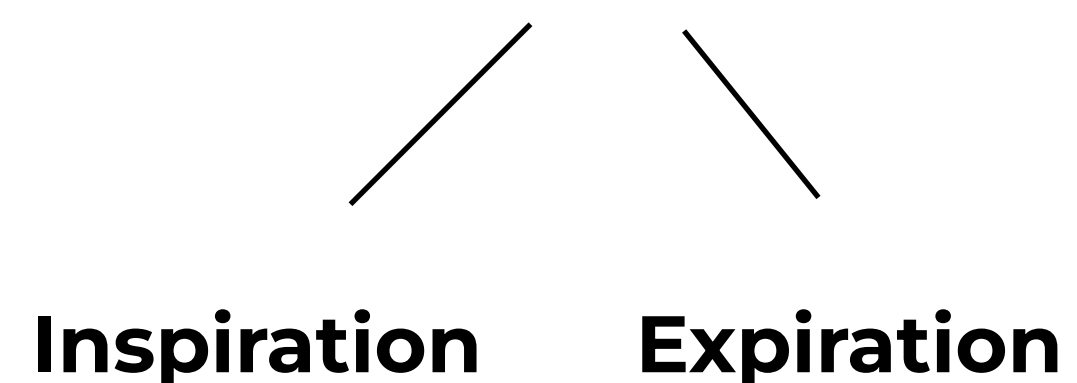
Thus, many different muscles can influence the action of breathing.

For most of these muscles, breathing is NOT their main function. Accessory breathing muscles (those involved in speeding up, slowing, down, stopping, relaxing or exciting breathing) are primarily TYPE 1 (slow oxidative) stabilization motor units.

Therefore, to influence deep stabilization of the lumbo-pelvic hip complex, we will teach:

**1 - Forced Breathing**

**2 - Percussive Breathing**



Small Motor Unit  
Recruitment

Excitation







# INSPIRATION

## Muscles

1 - Respiratory Diaphragm

2 - Pectoralis Minor

3 - Pectoralis Major

4 - Serratus Anterior

Muscles which lift the ribs from the scapular girdle

5 - Levatores Costarum

6 - Transversopinalis

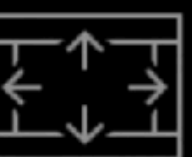
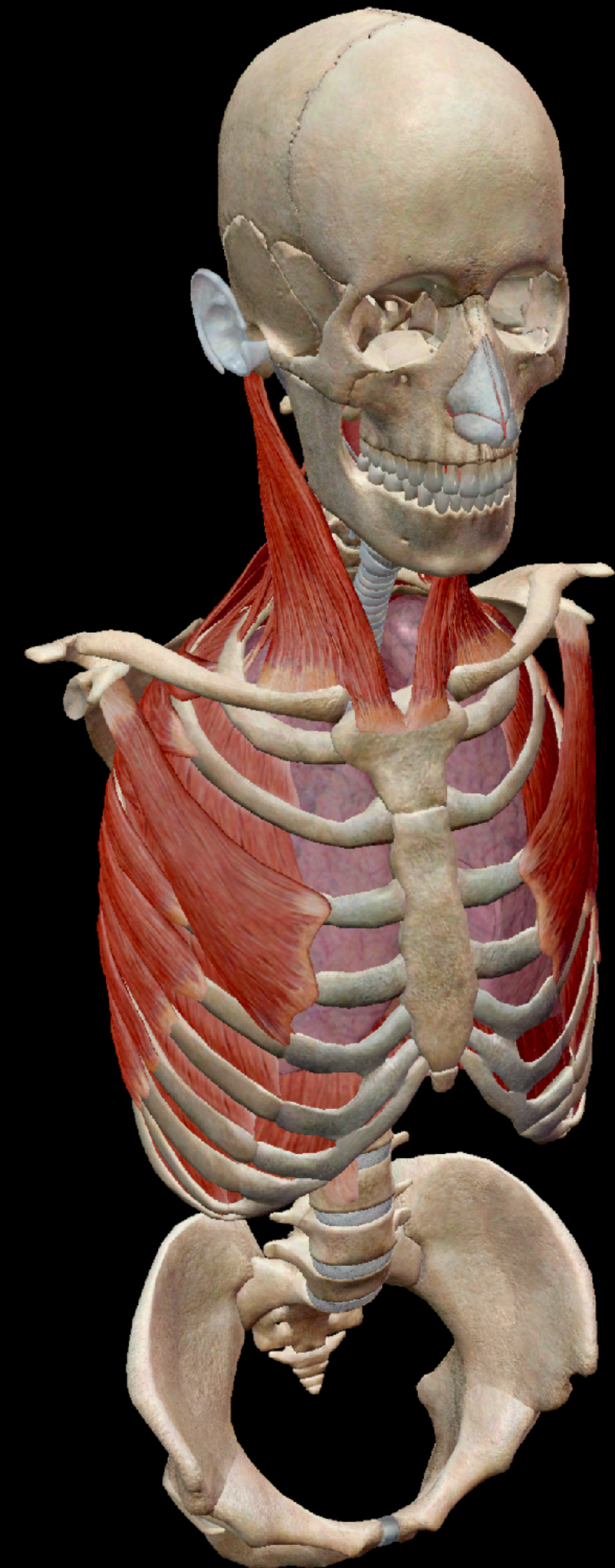
Muscles which lift the ribs away from the thoracic spine

7 - Serratus Posterior Superior

8 - Sternocleidomastoid

9 - Scalenes

Muscles which lift the ribs from the head or neck







# EXPIRATION

## Muscles

1 - Abdominal Muscles

2 - Pelvic Diaphragm (floor)

3 - Transversus Thoracis  
(at the inside of the rib cage)

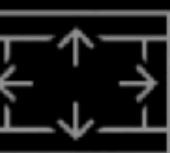
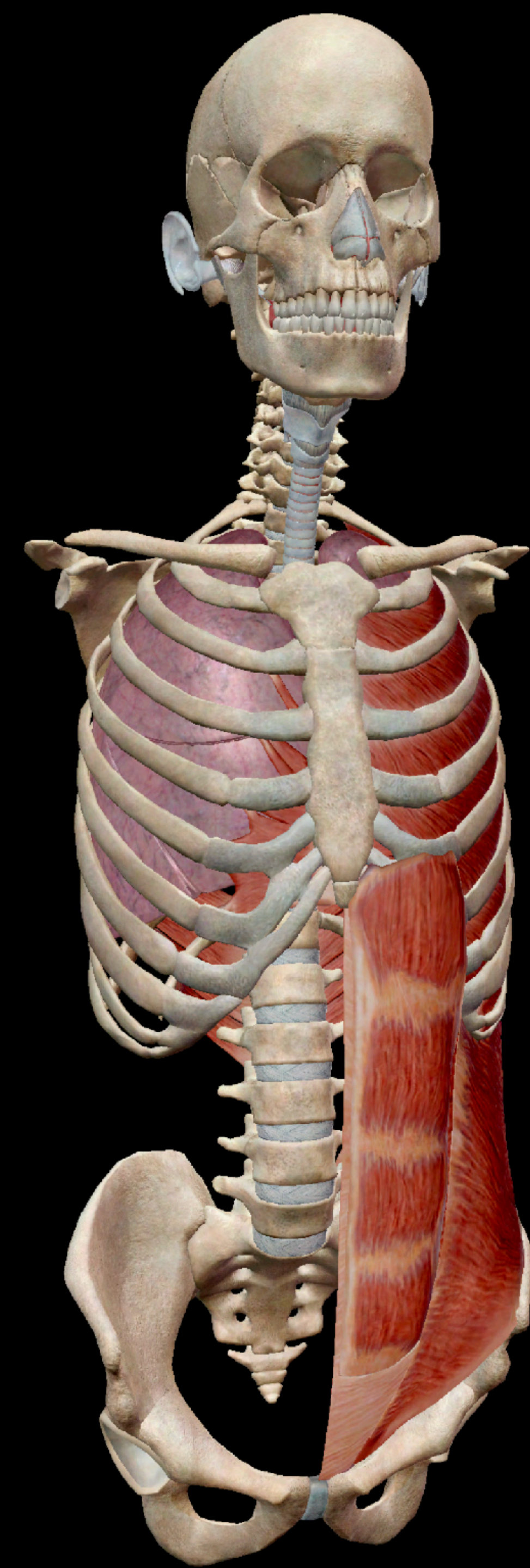
4 - Quadratus Lumborum

5 - Serratus Posterior Inferior

6 - Intercostals  
(Internal / External)

Muscles that move the ribs

Muscles with variable actions







# Forced Exhalation/Inhalation



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# Forced Exhalation/Inhalation



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# Forced Exhalation/Inhalation



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# PREPARATION



PREPARATION

PREPARATION



ACTIVATION  
BREATHING



ACTIVATION  
FOOT

FORCED & PERCUSSION

GROUND REACTION



ACTIVATION  
EYES TRAINING

TRACKING



ACTIVATION  
HIP COMPLEX



ACTIVATION  
THORACIC SPINE



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# HAKA, Maori Ceremonial Dance



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# Rory McIlroy

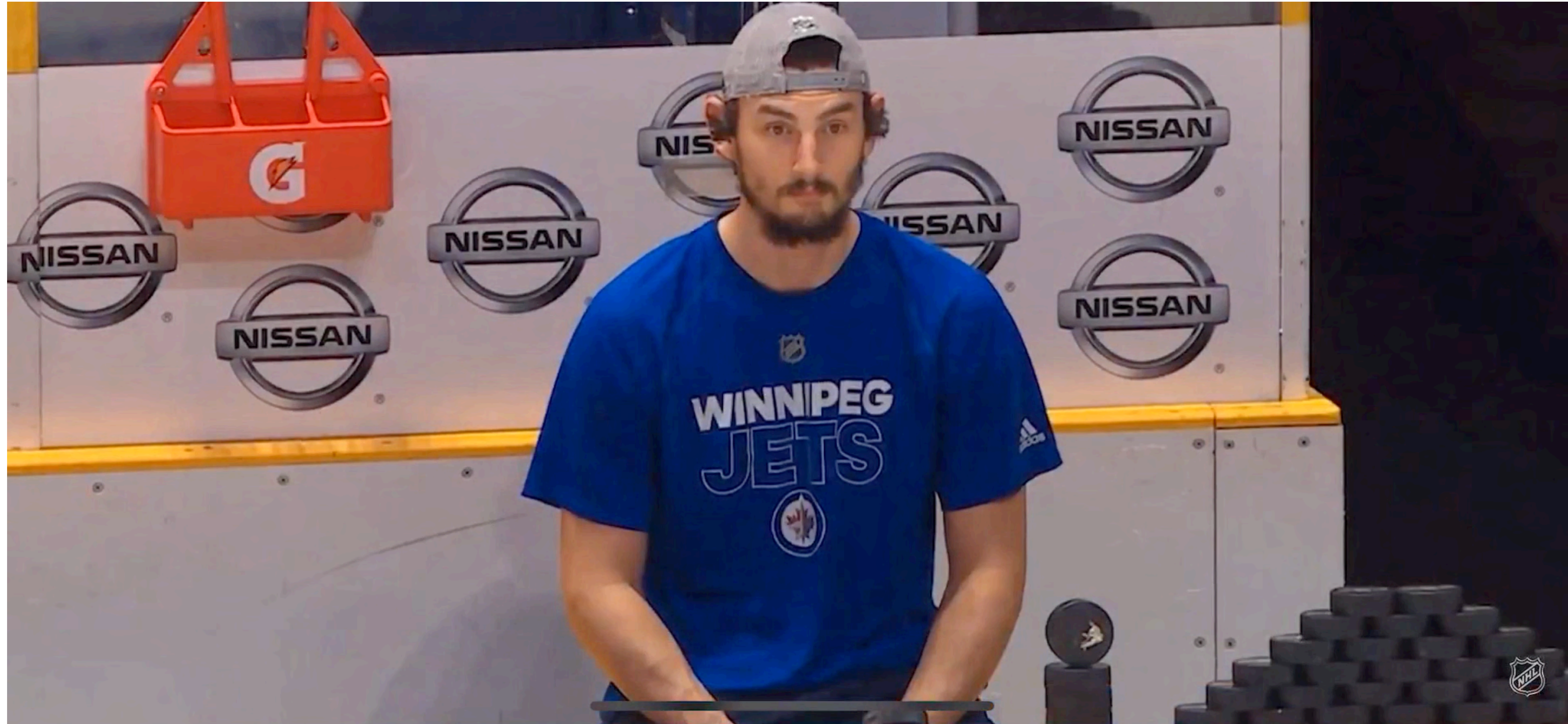


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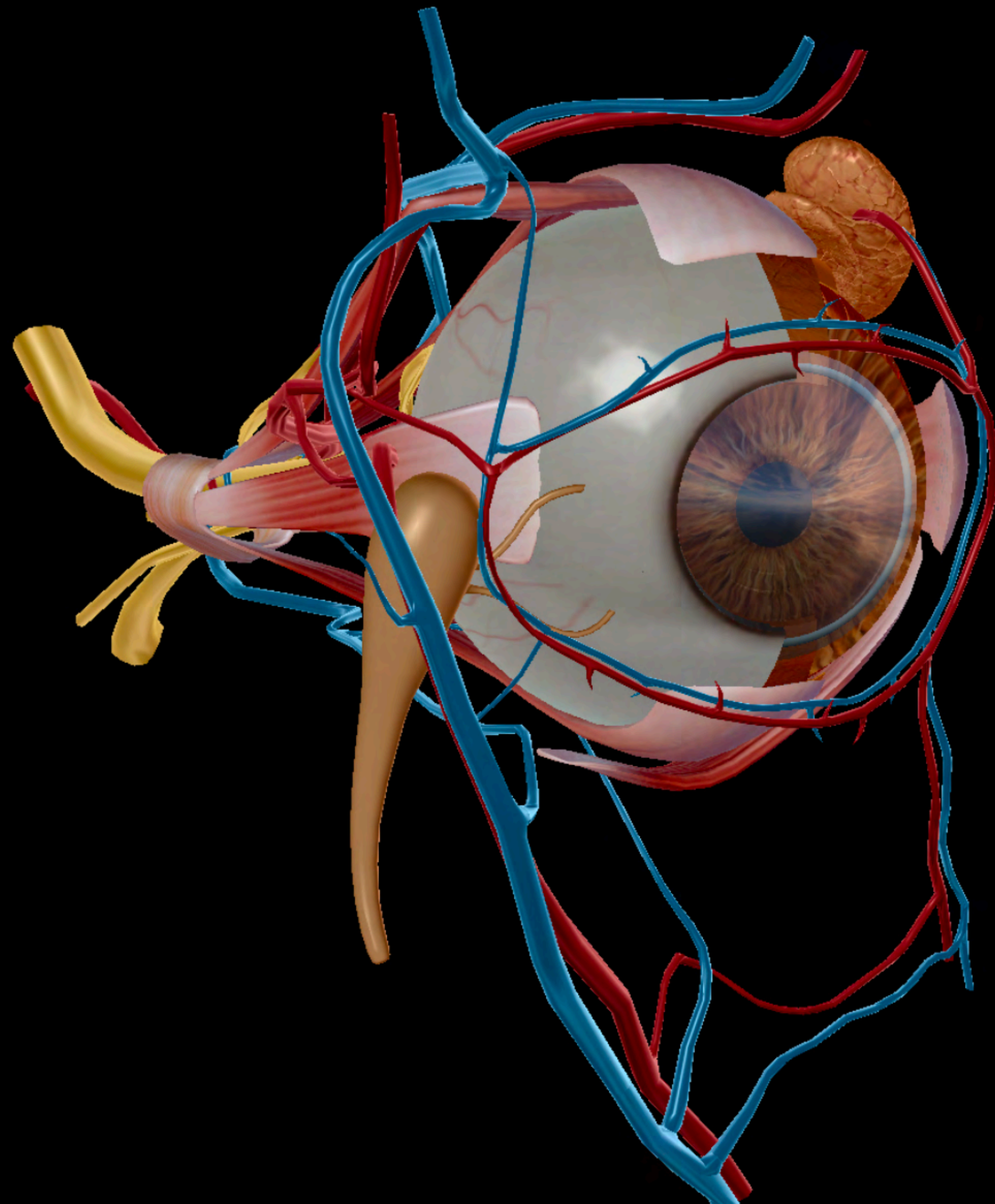
# Connor Hellebuyck, Winnipeg Jets



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# EYE



## Nerves

Optic (ii) Sensory  
Oculomotor (iii) Motor  
Trochlear (iv) Motor  
Abducens (vi) Motor

Focal Length  
Iris  
Ciliary Muscle

## Eye Movement

Medial Rectus (iii)  
Lateral Rectus (vi)  
Superior Rectus (iii)  
Inferior Rectus (iii)  
Superior Oblique (iv)  
Inferior Oblique (iii)

Levator Palpebrae (iii)  
Orbicularis Oculi (vii)



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# Grip Switch Eye Tracking



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# Zig Zag Eye Tracking



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# Lateral Flag Eye Tracking



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# PREPARATION

PREPARATION

ACTIVATION BREATHING

FORCED & PERCUSSIVE

PREPARATION

ACTIVATION EYES TRAINING

TRACKING



PREPARATION

ACTIVATION FOOT

PREPARATION

ACTIVATION HIP COMPLEX

3D MOTIONS

GROUND REACTION

ACTIVATION THORACIC SPINE

TYPE 1&2 SPINAL MOTIONS



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# FOOT



- 1/4 of the body's bones
- 150 ligaments
- 33 joints (vertical)
- 20+ muscles
- Talus is unique
- Distinct arches
- Hallux
- Lever vs. adaptor





# External Rotation Corkscrew Sweep



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# Internal Rotation Corkscrew flag



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# External rotation corkscrew sky reach



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# PREPARATION

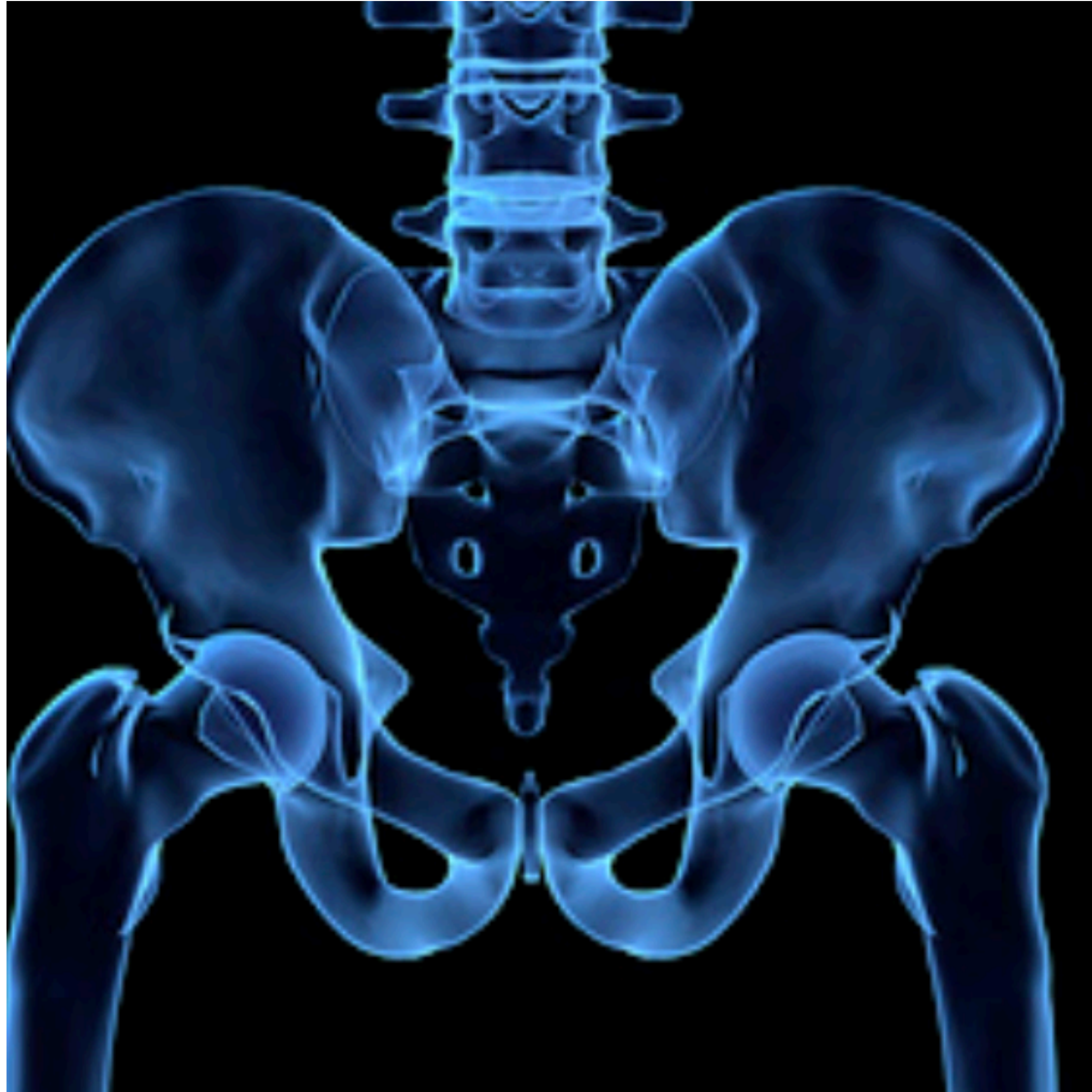


**3D MOTIONS**



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- Interdependent ring
- SI joints + pubis symphysis + sacrum
- Joints Vertical orientation
- Sacrum- the motion is subtle
- The ability to De-couple  
The pelvis to transmit  
The force up in the spine





# Split, Pronation Tilt|Medial Ward|Rotation



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# Wide Kneeling|Neutral Diagonal Shift Hold



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# Staggered|Ground Shift|Knee ward&Lift



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# PREPARATION

PREPARATION

ACTIVATION BREATHING

FORCED & PERCUSSIVE

PREPARATION

ACTIVATION EYE STABILIZATION

TRAC

PREPARATION

PREPARATION

ACTIVATION HIP COMPLEX

3D MOTIONS

PREPARATION

ACTIVATION THORACIC SPINE

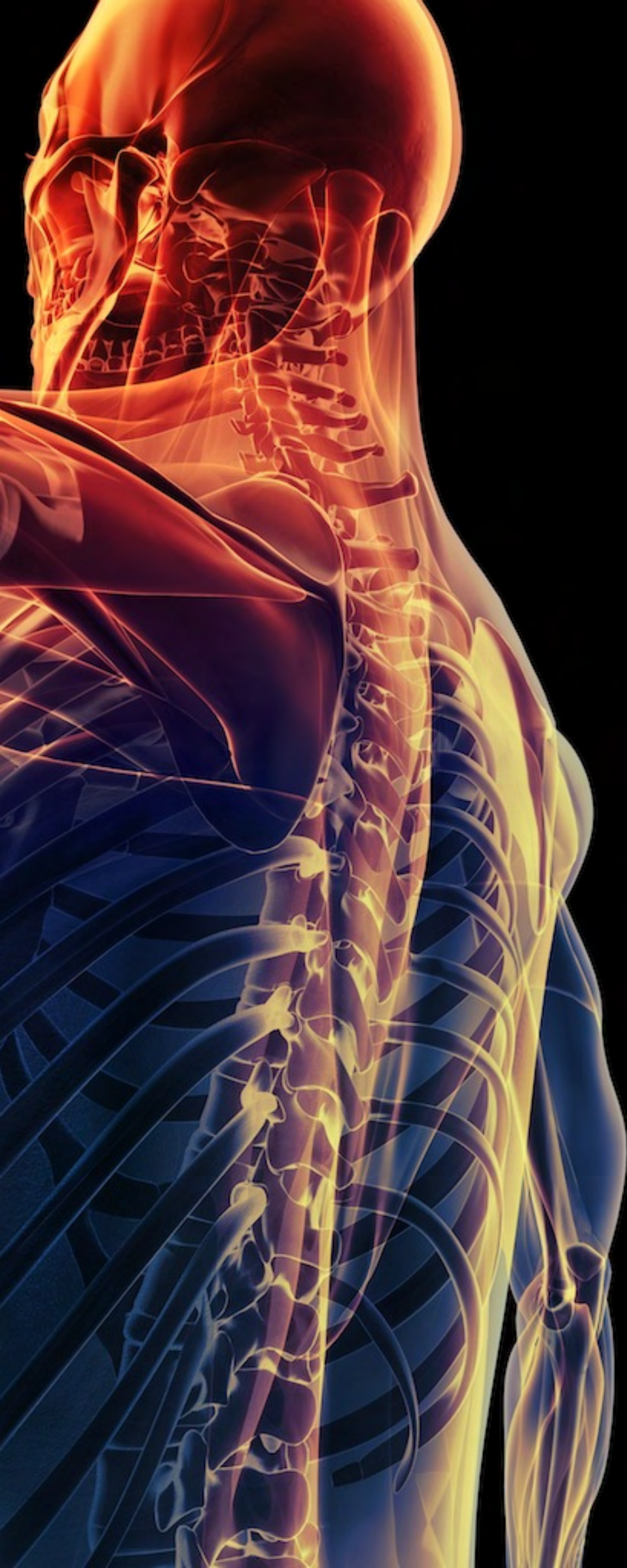
TYPE 1&2 SPINAL MOTIONS



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# THORACIC SPINE



## Type 1 Motion

Side Bending and  
Rotation in opposing  
directions)

**T6-T12**

## Type 2 Motion

(Side Bending and Rotation  
occurring 2-gether)

**T1-T5**



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# Hinge | Type-1 Thread The Needle Tilt



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# Lateral Squat | Type-2 Tilt Opener



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# Anterior Step | Type-1 Lift to Shift



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# EDUCATION

[www.vipr.com](http://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 in the hero section reads: 'LEVEL 1 ViPR PRO® FUNCTIONAL STRENGTH'. A circular badge on the left side of the hero section says 'TRAINER ViPR PRO BE UNBREAKABLE FUNCTIONAL STRENGTH'. To the right of the badge, there are three paragraphs of text describing the course. The first paragraph defines strength as the ability to generate force based on demand. The second paragraph defines functional strength as the ability to create purposeful force for various tasks, also referred to as 'Being Farm Strong'. The third paragraph states that the course will teach about the concept behind ViPR PRO®, explore exercises for five fundamental movement patterns, and how to implement them into programming.



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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



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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

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