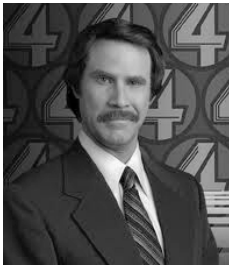


Avoiding Common Programming Bloops and Blunders

Rants, Diatribes, Observations, and other
Miscellaneous Miscellanea of a Strength
Coach

Shout Outs to People Who Are Kind of a Big Deal



- Charlie Weingroff, Nick Tumminello, Dr. Stuart McGill, Eric Cressey, Mike Boyle, Mike Robertson, Rick Kaselj, Bret Contreras, Gandalf the White, etc.
- Future Dr. Lewis!
- You !

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Gentilwho?

- Brief History
 - BA in Health Ed
 - CSCS, CPT
 - Co-Founder Cressey Performance
 - T-nation, LiveStrong, Men's Health, pretty much the best blog on Earth
- Likes – lifting heavy things, eating dead animal flesh, Jason Bourne, old school rap
- Dislikes – BOSU balls, trainers that suck, cats



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Outline/Overview/What Have You

- ⌚ I have ADD
 - ⌚ Not really
- ⌚ Common programming faux pas (upper body)
 - ⌚ Speaking of faux pas →
- ⌚ Inside Look at CP
- ⌚ Observations, thoughts on everything from RC training to technique to core training.
- ⌚ Becoming a master chef of program design



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Program Design is Like Cooking

- ⌚ Boyle – “well, I use some of your stuff, a little of Mark Verstegen’s stuff, and.....”
- ⌚ Some people can really cook, others need cookbooks and recipes
- ⌚ Everything in a recipe has purpose, much like program design



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Continued.....

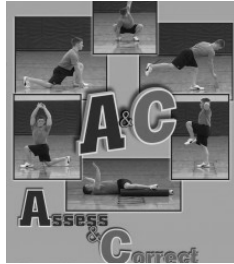
- ⌚ Beginner – you’re a cook, follow the recipe and stick to it
 - ⌚ Don’t combine recipes
- ⌚ Intermediates – sous chef
 - ⌚ Developed ability to alter recipe without spoiling it. Ingredients can be altered, but still follow general plan.
- ⌚ Advanced – 5+ years. Master chef
 - ⌚ Okay to break the rules, just make sure you understand the rules first

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1. A (sorta) Brief Word on Assessment

- ⦿ If you're not assessing, you're guessing
- ⦿ FMS, Assess and Correct, NASM, etc
- ⦿ More of a "screen."
- ⦿ CP Assessment?
 - ⦿ Upper Body



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Assessment Cont.....



- ⦿ Objective is NOT to make them feel bad
- ⦿ Don't jump at every chance to tell them how much of a train wreck they are
- ⦿ Many get carried away
- ⦿ Don't go out of your way to look for dysfunction
- ⦿ Remember, they are still there to get a training effect

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CP Initial Assessment

- ⦿ Height/Weight/Before Pics****
- ⦿ Testing: Broad Jump, Vertical Jump, 3RM Chin-Up
 - ⦿ Also test 1RM Front Squat
- ⦿ High Schod Leaderboard
 - ⦿ Front Squat: 350 lbs, 265 to get on board
 - ⦿ 3RM Chin-Up: 282 lbs, 250 to get on board
 - ⦿ Broad Jump: 115 inches, 103 to get on board
 - ⦿ Vertical: 35.6 inches, 30.2 to get on board



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CP Initial Table Assessment

- Thomas Test
- Seated Hip IR/ER
- Supine Hip R/ER
- Adductor Length
- Hamstring Length
- Prone Quad Test
- Prone Hip IR/ER
- Shoulder IR/ER (total ROM)
- GIRD?
- Shoulder Flexion

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Demonstrating Test for Shoulder ROM

- Do's/Don'ts
 - IR: Scapulae fixed!!!
 - ER: R1-R2
 - Goniometer?
- Internal vs. External ROM



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Internal/External/Total ROM

- Total ROM should be symmetrical on left and right side
 - Loss of IR normal adaptation
 - Total ROM is the "red flag"
- Again, scapulae fixed
- Real World Example (CP athlete)
 - Right: 19 IR + 103 ER = 122 Total ROM
 - Left: 53 IR + 90 ER = 143 Total ROM
- 21 degree Total motion deficit, and 34 degree GIRD
- Asymptomatic does not equal healthy

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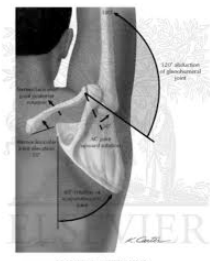
Shoulder Flexion

- 🕒 Things to look for
 - 🕒 Shrugging
 - 🕒 Lumbar extension
 - 🕒 T-spine



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Scapulohumeral Rhythm



- 🕒 After first 30 degrees of scapular elevation, both GH and scapula move in a 2:1 ratio
- 🕒 Watch for shrugging
- 🕒 Landmarks: base of spine, inferior angle



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Thoracic Mobility

- 🕒 Lumbar Locked Rotation – Greg Rose, Titleist Performance Institute
- 🕒 Advantageous because it doesn't allow for any cheating.
- 🕒 By "locking" the lumbar spine into position, we can't use it to produce more range of motion.
- 🕒 For general population clients, we're looking for anywhere from 50-70 degrees of rotation. Comparatively, for rotational sport athletes, we'd want to see 70-90 degrees – although 90 degrees is freaky.



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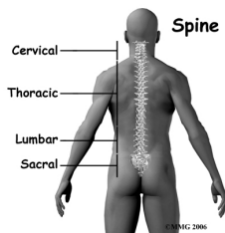
Lumbar Locked Rotation



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T-Spine Shenanigans



☛ Coincidentally, THIS is where you want your Rotation to come from

☛ T-Spine = 7-9 degrees per SEGMENT (T1-T-12), roughly 70 degrees

☛ Lumbar Spine = 0-2 degrees, 13 degrees TOTAL

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Quadruped Extension-Rotation



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3-Point Extension-Rotation



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Side Lying Rib Roll



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Bent Over T-Spine Rotation



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2. CP Core Training Philosophy

☛ **Core Strength:** Side Bends, Stability Ball Crunch, etc

☛ VS.

☛ **Core Stability:**
☛ Not doing crunches, sit-ups, etc



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Why I'd Rather Jump Into a Live Volcano Than Have My Clients Perform Crunches



- ☛ Want a six pack? Be less fat
- ☛ Functional Anatomy: abs aren't a hamstring!
- ☛ Roles:
 - ☛ Stabilization and transfer of power
 - ☛ Prevention of Rotation
 - ☛ Optimal Pelvic Alignment – Force Couples
- ☛ RA: flexes trunk, depresses rib cage, prevents rotation, anterior stability, posteriorly tilts pelvis.
- ☛ Compressive Load with each rep exceeds 440 N (McGill)

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Core Training 101 (Cliff Notes Version)

- Anti-Extension: plank variations, fallouts
- Anti-Rotation: chops/lifts, Pallof Press variations
- Anti-Lateral Flexion: farmer carries
- 1-Arm Variations – iron work

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Planks

- Efficacy towards low back pain
 - Prone: 90-120s
 - Side: 45-60s
 - Symmetrical?
- Rate of diminishing returns
- Longer or more challenging?
 - Regular, 1-legged, perturbation



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Planks



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Prone Plate Switches



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Prone DB Slide



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Alligator Walk



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Stir the Pot



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Side Plank with Row



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Anti-Extension Rollout/Fallouts



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Barbell Rollouts

Rollout



Rollout with Push-Up



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Rollouts with Bands



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TRX Fallouts

TRXFallout



TRXBusdriver



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Slideboard Bodysaw



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Anti-Rotation

Pallof Press



Pallof Press - alphabet



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Anti-Rotation

Half Kneeling Cable Lift



Half Kneeling Cable Chop



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Anti-Rotation Anti-Rotation Chop



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Anti-Lateral Flexion

HAS (Heavy as Shit) Farmer Carries



Kettlebell Crossbody Carry



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Iron Work – lifting weights works your core, too!

1-Arm STRICT DB Overhead Press



1-Arm Bench Press



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Single Leg Variations

Offset Walking DB Lunge



Offset DB Step-Up



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Offset Variations

Bulgarian Split Squats

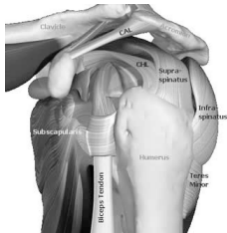
1-Legged RDL



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3. Rotator Cuff Training



Role of Rotator Cuff:

- External/Internal Rotation?
- Elevate arm in scapular plane?

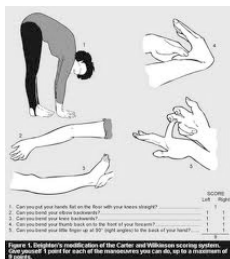
It's TRUE Function

- Center humeral head within glenoid fossa

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Rotator Cuff Training



No shoulder is the same

Lax shoulder?

- Anterior Instability
- Overhead Athletes

Band work isn't the end all, be all

Training to Fatigue – STOP DOING THIS!!!!

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Journal of Shoulder and Elbow Surgery
Volume 19, Issue 8 , Pages 1137-1144,
December 2011

- RC work to fatigue causes superior migration of humeral head
- Laymen's Terms = pissed off shoulder
 - Impingement?
- Side Lying External Rotations
- Cable ER



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Do You Pertubate?

Quadruped Rhythmic
Stabilizations



Ball-to-Wall Rhythmic
Stabilizations



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Supine Rhythmic Stabilizations



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RC Variations



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K.I.S.S

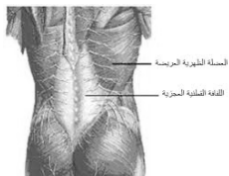


- ☞ Side Lying External Rotation – with 30 degrees of abduction
- ☞ Greatest EMG activity of RC

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4. Activate to Dominate



- ☞ Thoraco-Lumbar Fascia
- ☞ Glute-Lat Connection
- ☞ Latissimus Dorsi
 - ☞ Attaches from humerus to lumbar spine (L1-L5)
 - ☞ And all point between
- ☞ Serape Effect/Spiral Lines
- ☞ Implications toward bench, squat, deadlift

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Squat



- ☛ All Starts with Set-up
- ☛ Find Your "Shelf"
 - ☛ Shoulders pinched together
- ☛ Pull DOWN on bar
 - ☛ Bend the bar!
- ☛ More stable = more force



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Deadlift

Bad Set-Up



Good Set-Up



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Deadlift Continued



- ☛ SET-UP!!!!
- ☛ Lock shoulder blades – depressed!
- ☛ "Pull" yourself into position – activate lats!!!
- ☛ Chin Tucked – Pack the Neck (more later)



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And.....the Bench Press



- ⌚ We don't spot at CP, we hand off
 - Proper hand-off is crucial
- ⌚ Retraction/depression of scapulae
- ⌚ "Set" the shoulders
- ⌚ Pull bar down to chest



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5. Bench Press Technique

- ⌚ Body building vs. Powerlifting
- ⌚ BB: flat back, elbows out, feet in the air (?) = makes my eyes bleed
- ⌚ PL: Arch in back, chest out, elbows in, glutes activated
- ⌚ Both stress shoulder



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6. Stop Benching 3x Per Week: Seriously, It's Not the End of the World.

- ⌚ Monday: National Bench Press Day
- ⌚ Conventional Wisdom: balance out movement patterns
- ⌚ UN-Balance Training to Balance It
 - 2:1, maybe 3:1 ration (pulling:pushing)
- ⌚ Push-Ups



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Push-Ups Are Wimpy?

Band Resisted Push-Ups

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Bodysaw Push-Up

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Push-Ups Are Wimpy?

Spiderman Push-Ups

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T-Push-Up

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7. Head, Shoulders, Knees, and Toes (What About the Elbows?)



- ⚙ Not just a hinge joint
- ⚙ Medial/Lateral Epicondylitis
- ⚙ Zones of Convergence
- ⚙ Athletic vs. General Population considerations
- ⚙ Programming Considerations
- ⚙ Lemonade out of Lemons



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Elbow

- Big Players: medial & lateral epicondyles
- 16 muscles cross the joint!
- Zones of Convergence
 - Medial Epicondyle
 - Lateral Epicondyle
 - Posteriorly – triceps
 - Anteriorly – biceps



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And You're Telling Me This Because.....??

TISSUE
QUALITY
IS HUGE



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Overhead Athlete Considerations

- Valgus stress (lay back position)
 - 64 N = 40 lb DB pulling down on elbow
- UCL – what the heck!
 - Takes on 54% of the stress on each throw, yet only takes 35 N to rupture in cadavers
- Again, TISSUE QUALITY!!!!!!



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General Population (Meathead) Considerations



- Did I mention tissue quality is important? Tissue quality is important.
- Tennis Elbow (lateral)
 - Eccentric training, but refer out soon!
- Medial Elbow (weight training crowd)
 - Gripping



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Programming Options

- Lower body specialization
- Straps okay
- Switch to pronated grips
 - Thumbless might help
- Back squatting probably not a good idea
- Manual Resistance



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Manual Resistance


Manual Resistance 1-Arm Press



Manual Resistance 1-Arm Row




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8. Pack the Neck

Safety Issue
HYPER-lordotic back while deadlifting?
Why, then, allow HYPER-lordotic neck?
Stability

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That's All I Have To Say About That



🔗 Again, thank you!

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🔗 www.cresseyperformance.com

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