

Avoiding Common Programming Bloop 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. Lew is!

☛ You !



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.....

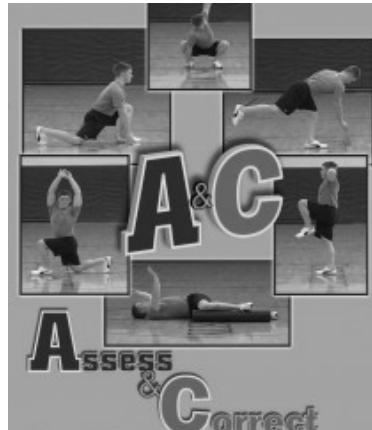
- ☞ Beginner – you’re a cook, follow the recipe and stick to it
 - ☞ Don’t combine recipes
- ☞ Intermediates – sous chef
 - ☞ Developed ability to alter recipe without spoiling it. Ingredients can be altered, but still follow general plan.
- ☞ Advanced – 5 + years. Master chef
 - ☞ Okay to break the 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 School Leaderboard
 - ✧ Front Squat: 350 lbs, 285 to even get on the 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 I/R/R
- Supine Hip I/R/R
- Adductor Length
- Hamstring Length
- Prone Quad Test
- Prone Hip I/R/R
- Shoulder I/R/R (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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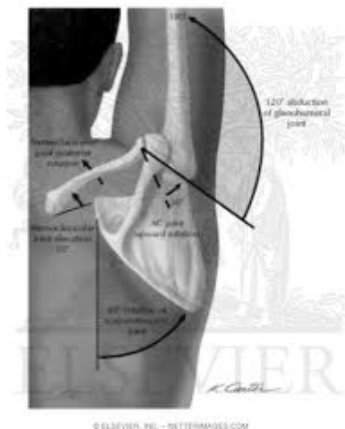
Shoulder Flexion

- ☉ 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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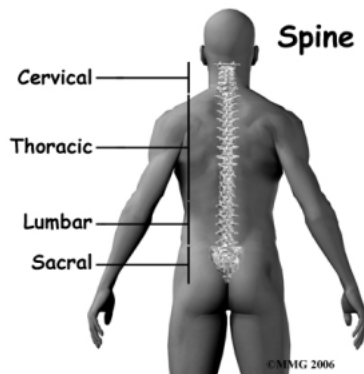
Lumbar Locked Rotation



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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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21

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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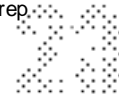
22

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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27

Prone DB Slide



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28

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

TRX Fallout



TRX Busdriver



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Slideboard Bodysaw



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Anti-Rotation

PallofPress



PallofPress - 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



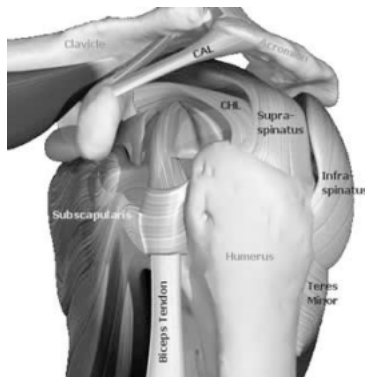
1-Legged RDL



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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 201

- ⦿ 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

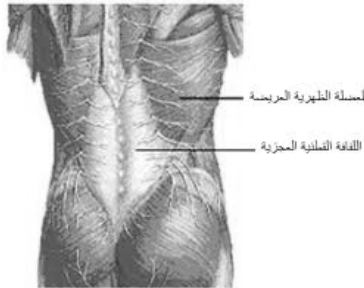


- Side Lying External Rotation – with 30 degrees of abduction
- Greatest EMG activity of RC

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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



Squat



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



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

- ⦿ Bodybuilding 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



Bodysaw Push-Up



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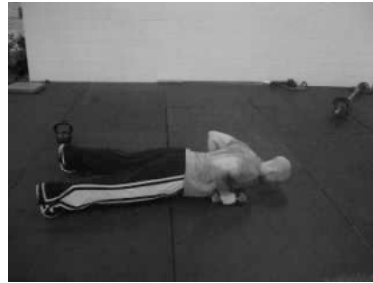


Push-Ups Are Wimpy?

Spiderman Push-Ups



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 – w hat the heck!
 - Takes on 54% of the stress on each throw, yet only takes 35 N to rupture in cadavers
- Again, TISSUE QUALITY!!!!!!!



63

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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

64

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Programming Options

- Low er body specialization
- Straps okay
- Sw itch 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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