

Jacked Up!

Why you Move like Frankenstein
(with a stick up his butt)

And

How to Fix it.



What I'll Drone on About

- 4 Basic Movement Patterns
 - Squat
 - Lunge
 - Push
 - Pull
- Mobility- Stability Continuum
- Desk Jockey Syndrome
- Fascial Connection- Soft Tissue

Running my mouth more:

The Fix:

- Posture:
 - Cervical/ Thoracic Spine
 - Lumbar Spine/ Hips
- Soft Tissue Work
- Glutes- Drivers of Movement

I can talk a lot:

- Activation
- Strength
- Tips
- Q&A



“But before we move on, allow me to belabor the point even further...”

4 Basic Movement Patterns

Squat:

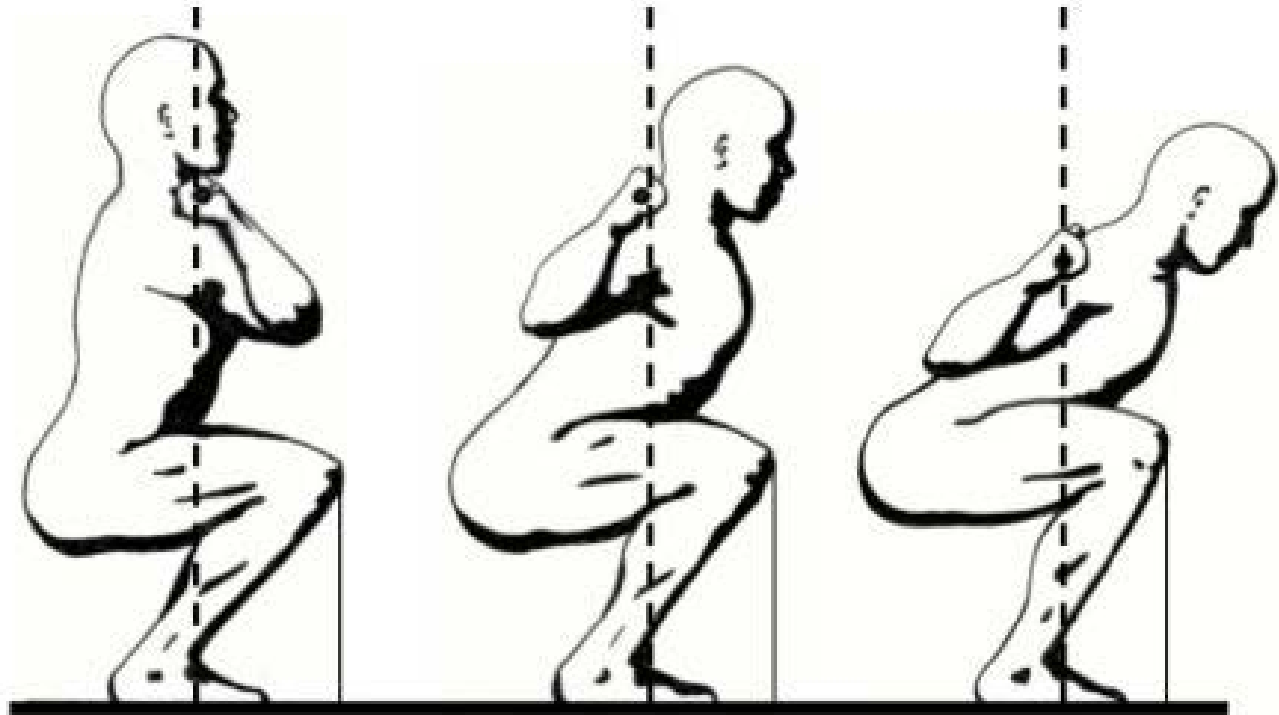


Figure 2-31. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.

- Squat: • **NORMAL** to be able to perform this movement.
- Not being able to perform this is typically a sign of movement **DYSFUNCTION**.



If these Geezers can do it so can you.



Lunge: Single Leg Stance



Lunge:

- 90/ 90 Position- hip hinge
- Torso Upright
- Heel Drive



If you look like this:





YOU'RE DOING IT WRONG

Push:

- Elbows “tucked” not “flared”
- Chest open
- Shoulders down
- Hips in line/ tight
- Tight core

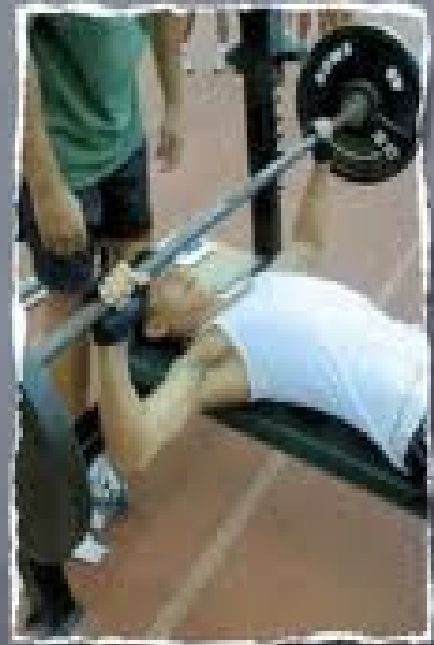


Push: Bench Press

This Is Proper
Bench Press Form...



Improper
Bench Press
Technique...



If you look like this:

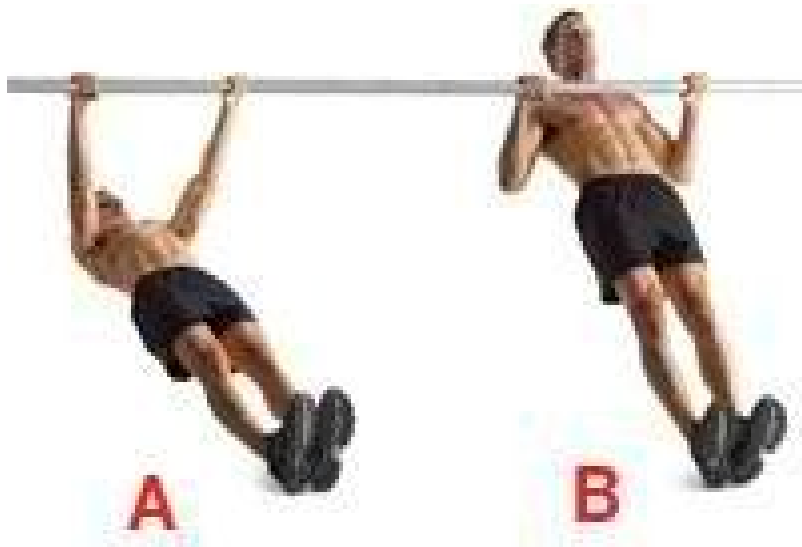




FAILURE

Everyone has a purpose in life. It could be that yours is to serve as a bad example.

- # Pull:
- Shoulders blades down and back.
 - Chest up
 - Full elbow extension
 - Tight Core/ No saggy hips



Pull: Pullups

- Same rules apply
- Arms Bent is wrong



- Kipping Pullups= STUPID

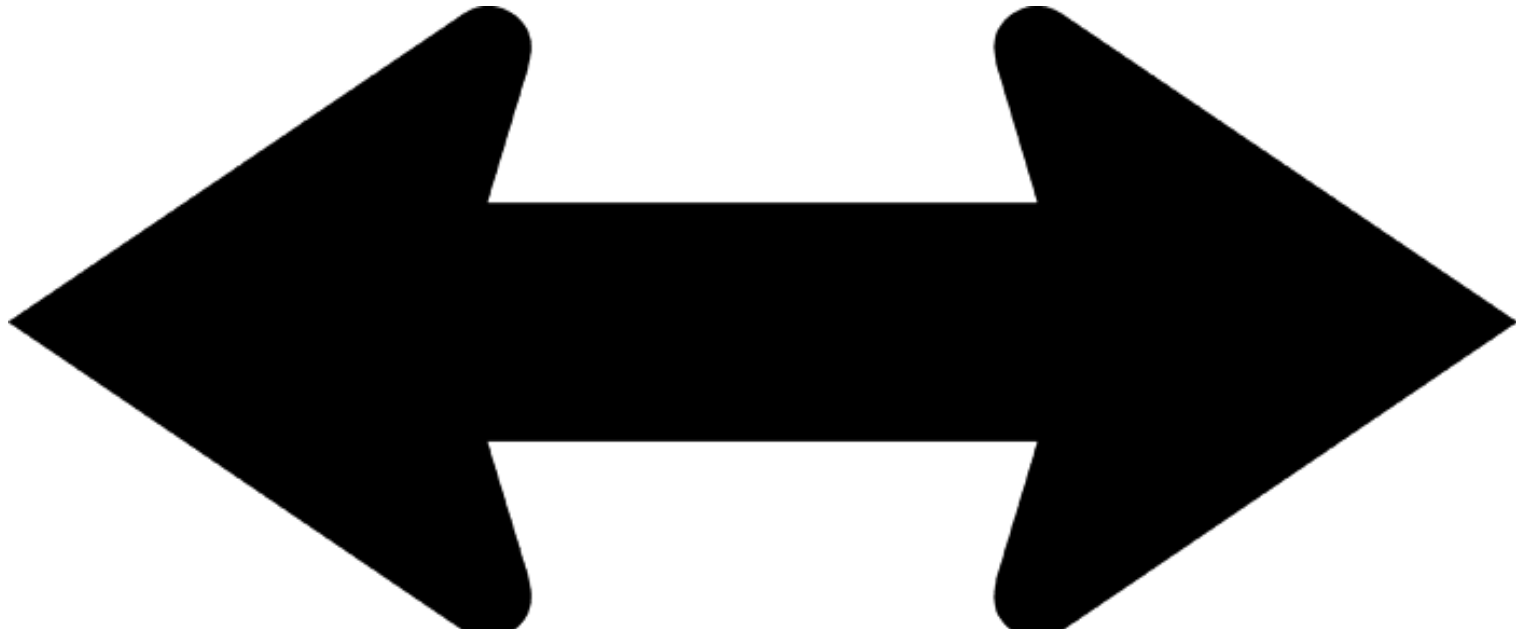
Your Movement Sucks Huh?



But it is a ***DEEP BURN***

www.hsu?

Stability- Mobility Continuum



More Stability

More Prime Mover Activation

Less Stabilizer Activation

Less Stability

Less Prime Mover Activation

More Stabilizer Activation

Mobility BEFORE Stability



Don't Load a Poor ROM!



“Cannonball From a Canoe”

Adding strength to poor motor patterns and a limited range of motion is adding:

Fitness to Dysfunction

This *is* what you’ve been doing, this *is* why you suck.



WHY???

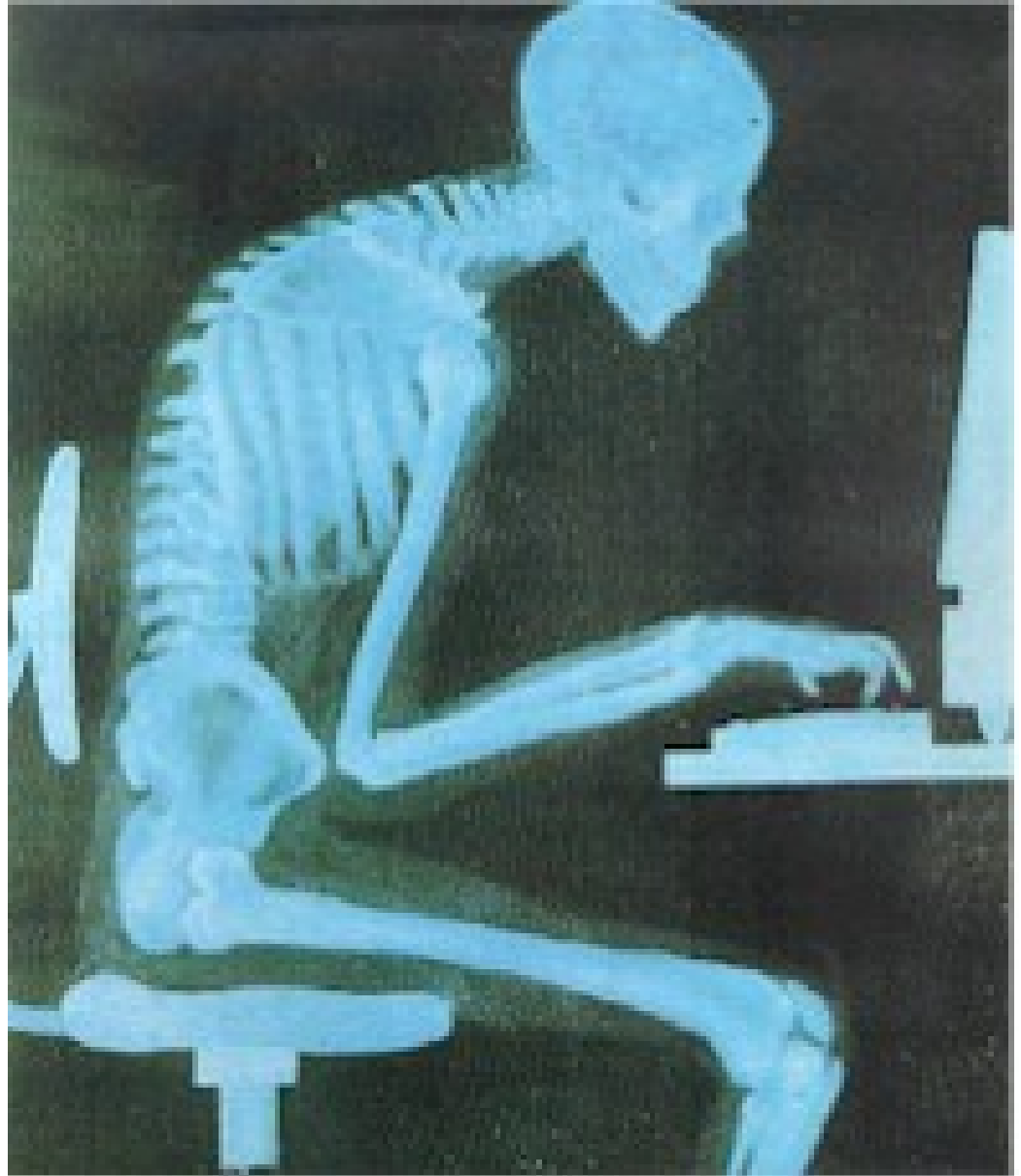
WHY GOD WHY!!!



1. Range of Motion
2. Strength (“Functional”)

Desk Jockey Syndrome:

- Head Forward
- Rounded Thoracic region
- Scapula tilted upward
- Tight Pecs and Biceps
- No lumbar curve
- Tight hip Flexors
- Tight hamstrings
- No Ass





TERMINATOR 3

RISE OF THE MACHINES

THE WAR BEGINS JULY 2

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Lies, Damn Lies and the Gravitron

- The Gravitron/ assisted pullup machine can not improve your ability to properly perform a pullup!



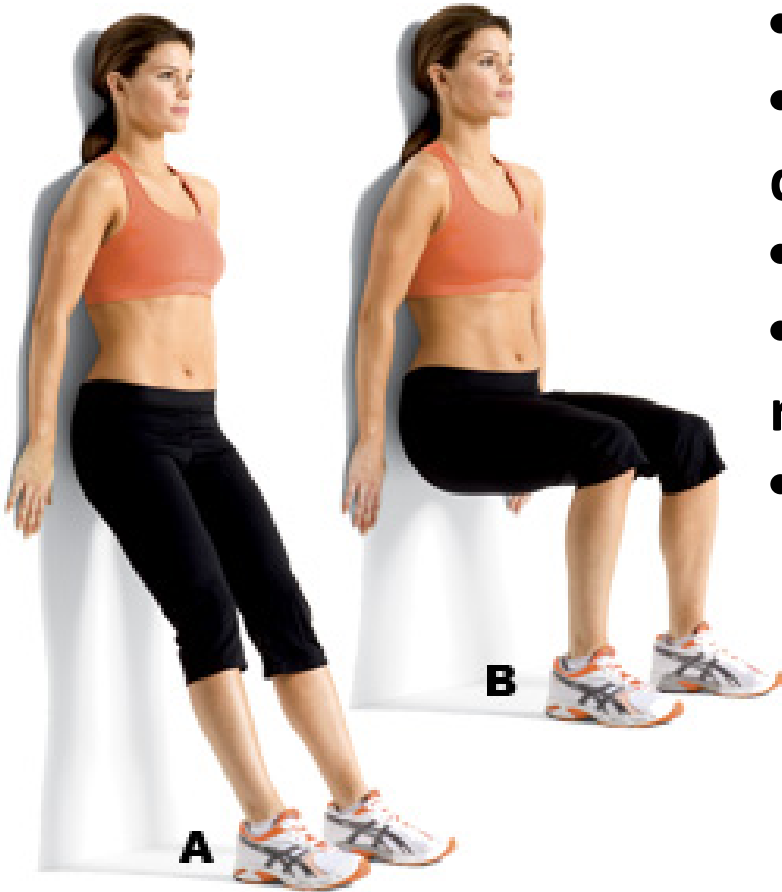
***“Functional” Strength Can’t be Built if
Stability is Artificially Provided .***

Yes! The muscles “used” in a pullup get stronger.

However

*The muscle activation and stabilization patterns
are **different.***

Wall Squat – Same Deal



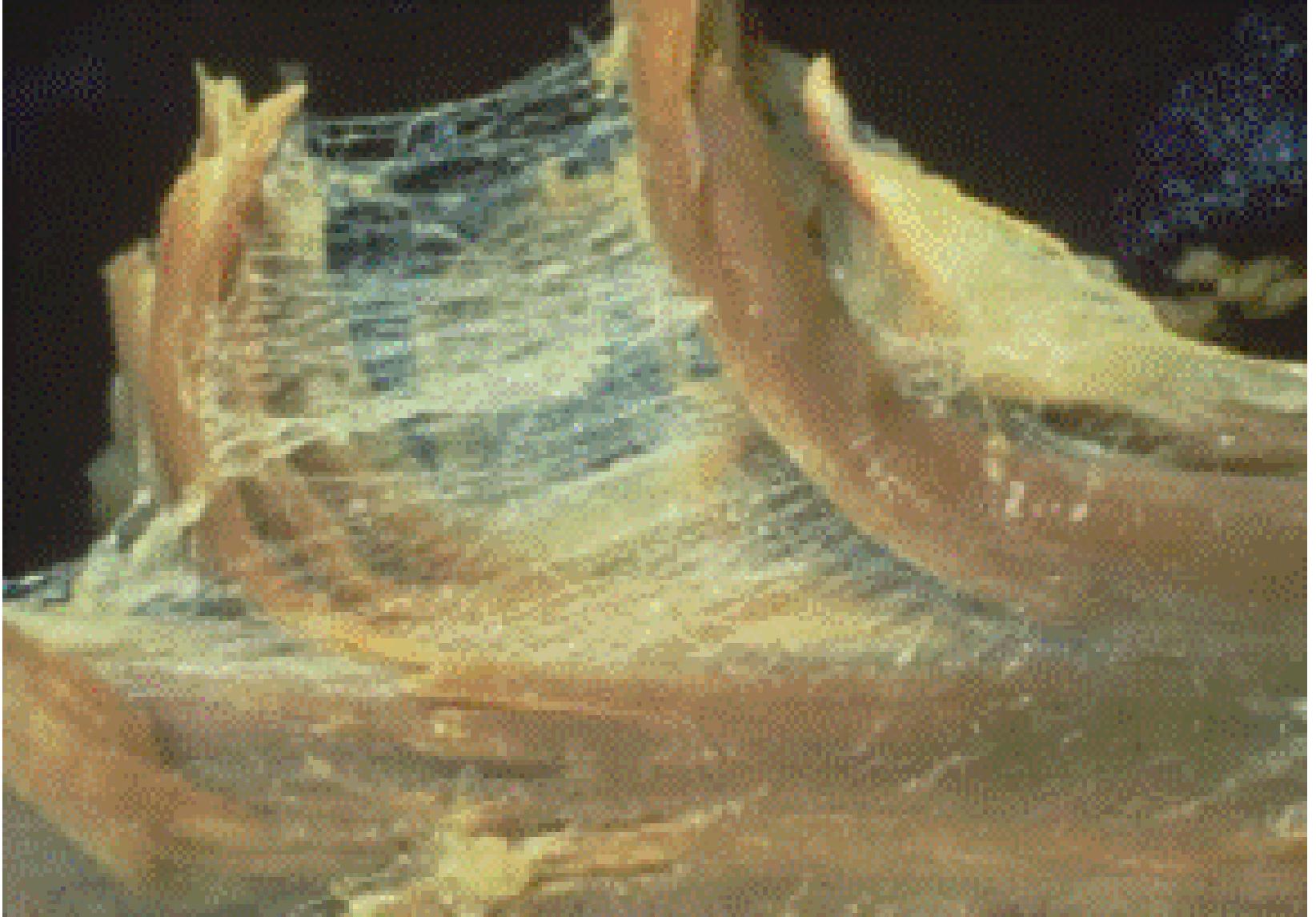
- Limited Hip range of motion
- Knee Provides majority of rotation/ depth
- Little ankle mobility
- Limited hamstring/ glute recruitment
- Core recruitment/ stabilization is non-existent.

Mobility- Stability: Machines are a Crutch

- ***Machines*** provide stability not muscles.
- Mobility is artificially enhanced.



Fascia



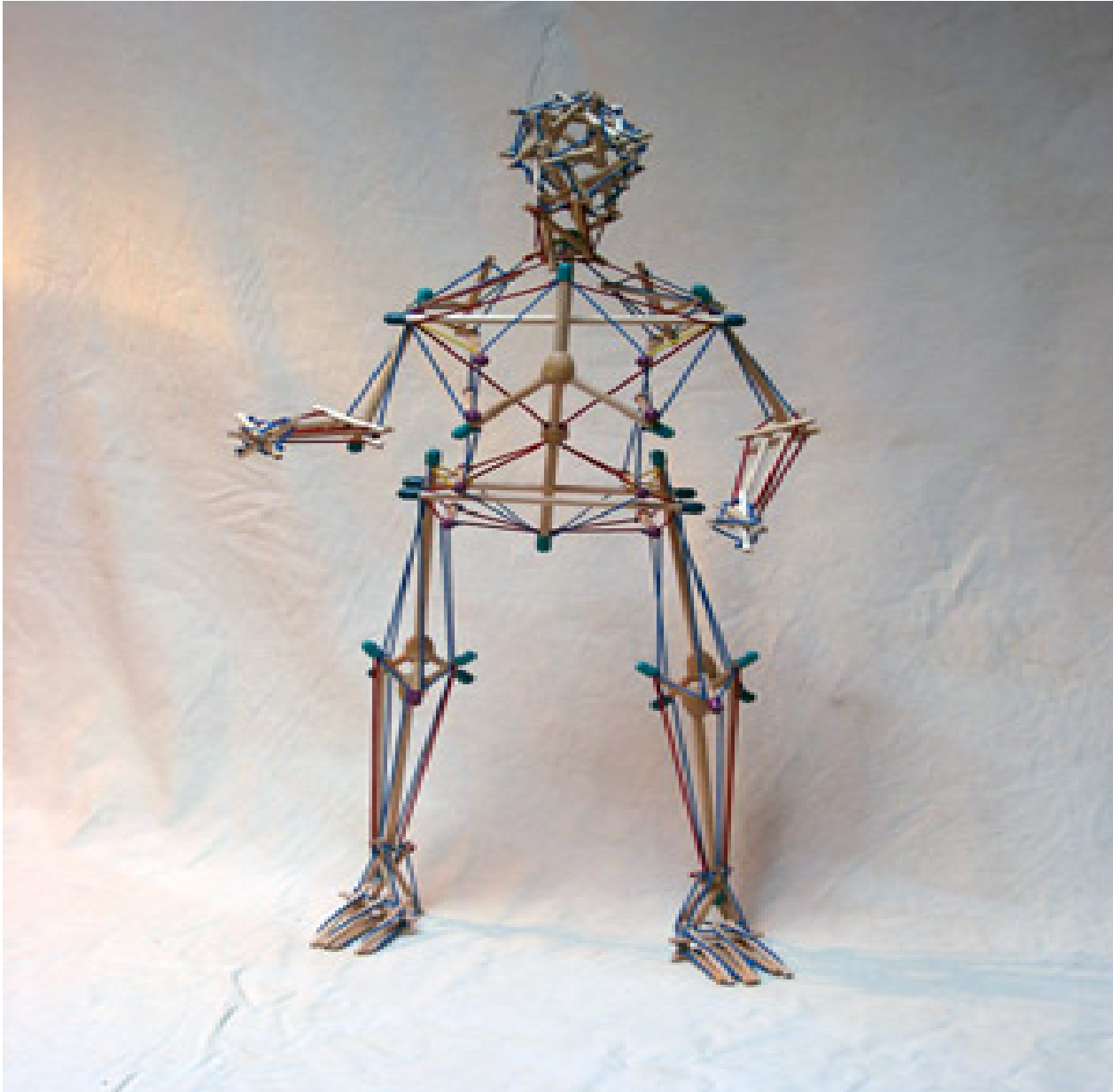
Fascia: It's Important

- *“fascia forms the biological container and connector for every organ (including muscles).”* - Thomas Myers
- ***“the body—and the fascial net in particular—is a single connected unity in which the muscles and bones float.”*** – Myers

Fascia:

- Most injuries are connective-tissue (fascial) injuries, not muscular injuries.
- There are ***10 TIMES*** more sensory nerve endings in your fascia than in your muscles.
- **Traditional anatomy texts of the muscles and fascia are inaccurate, based on a fundamental misunderstanding of our movement function.**

Muscles Do NOT work in Isolation



Tensegrity Model

Why Do I Move Like Frank?

- Poor Movement Patterns
 - Loss in mobility- Shortened Range of Motion/
Tissues
 - Lack of stability (strength)
- Tight/ Overactive/ Adhesion Riddled Facial-Muscular system.



The Fix:



THE FIRST STEP

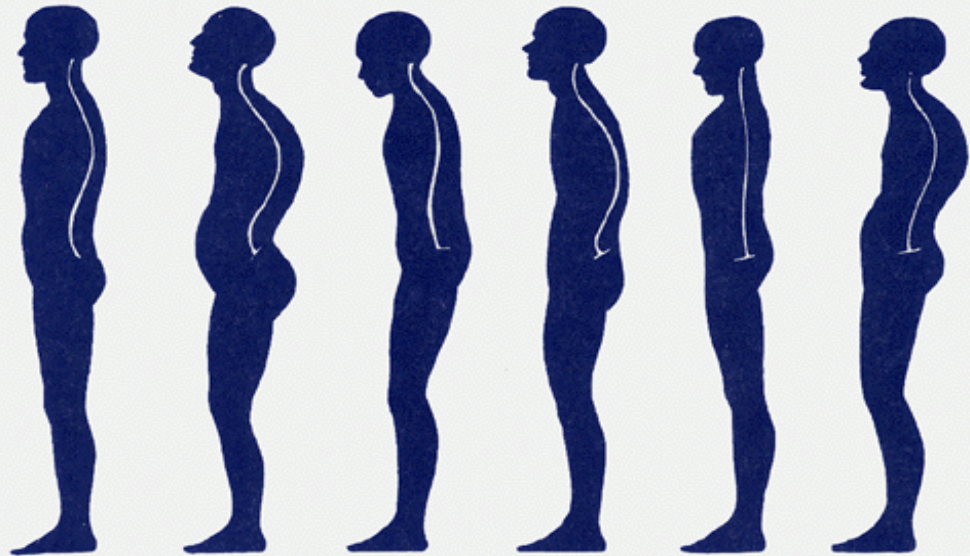
Posture:

Very difficult to reverse bad movement patterns if poor posture is allowed to continue.

This *includes* sleep!

168 hours in a week:
3-5 hours in gym
correcting movement
leaves 160+ hours to
screw it up again.

LOOK AT YOUR POSTURE... OTHERS DO



Correct Posture

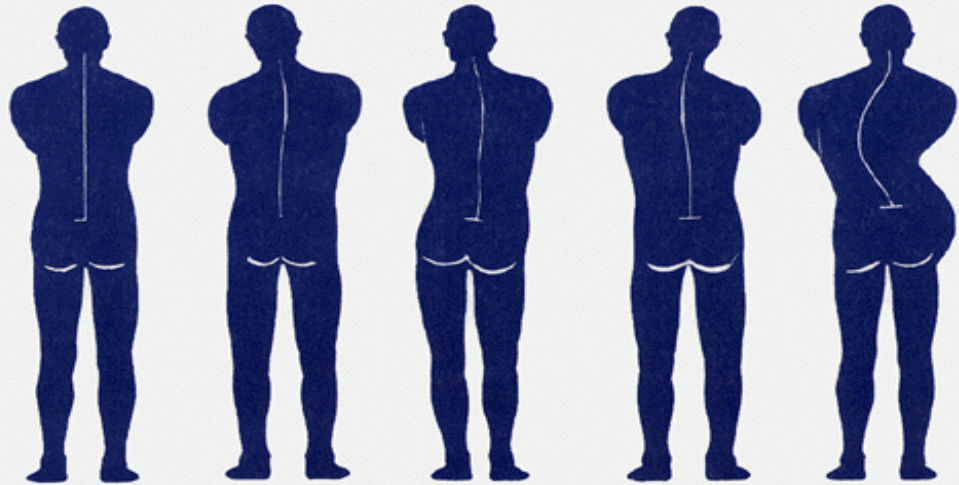
Hollow Back

Flat Pelvis

Slumping Posture

Military Posture

Round Shoulders



Correct

High Shoulder

High Hip

Head Tilt

Severe Scoliosis

Cervical/ Thoracic Spine:

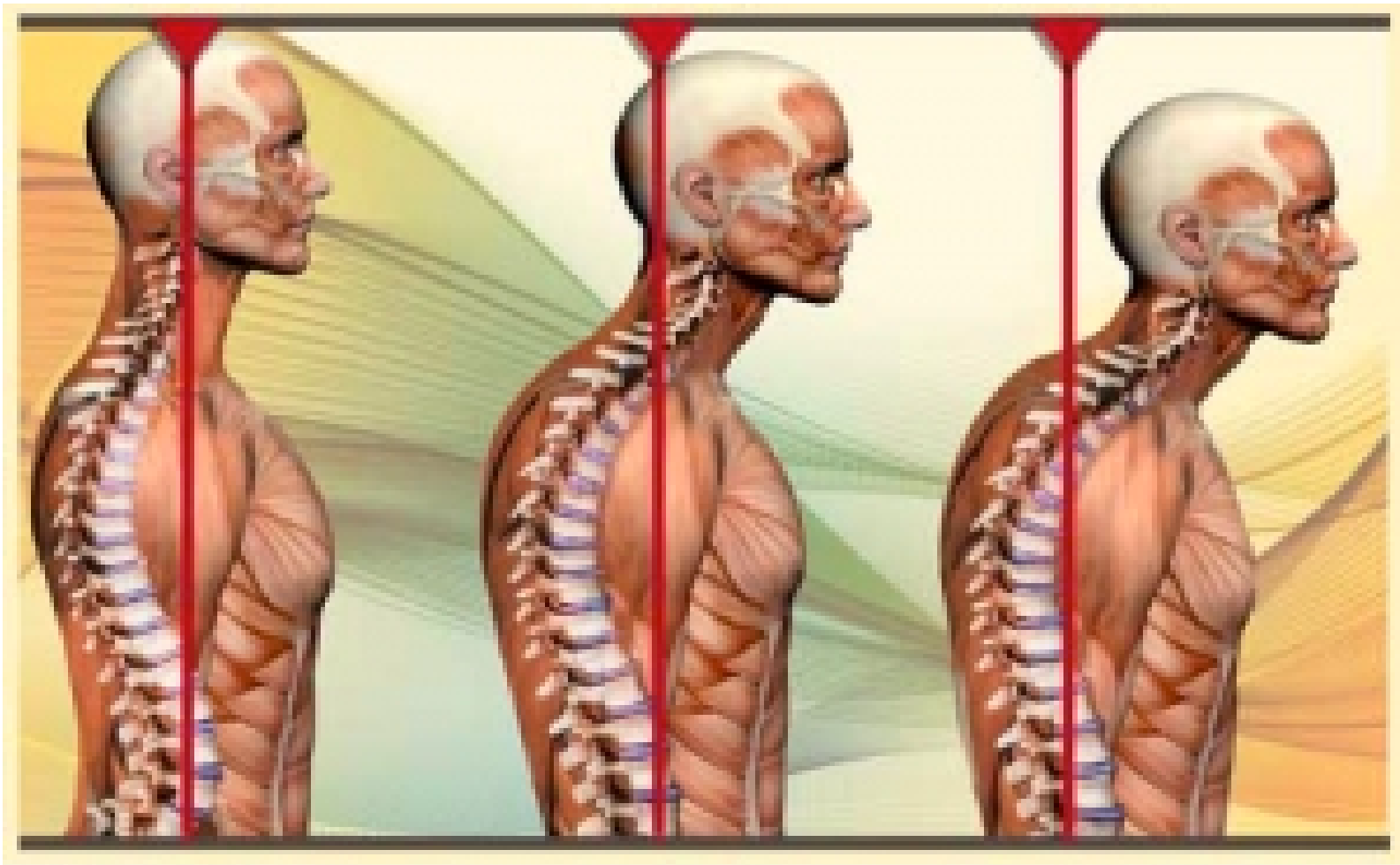


Figure 1

Lats, Scaps, Rhomboids

- Shoulder blades: *Down and Together*
- Should be able to pinch your shoulder blades without the shoulders rising, head jutting forward or leaning back.
- Pulling muscles are almost always far too weak vs pulling muscles...1:1 ratio

Rows, Rows and more Rows



A.



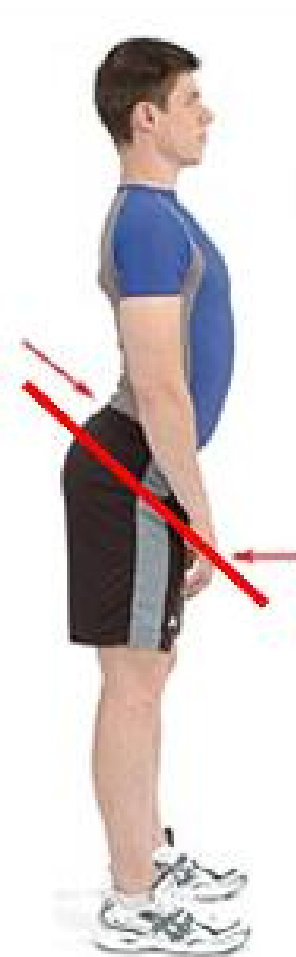
B.



Lumbar Spine/ Hips/ Pelvis



**Good
Posture**

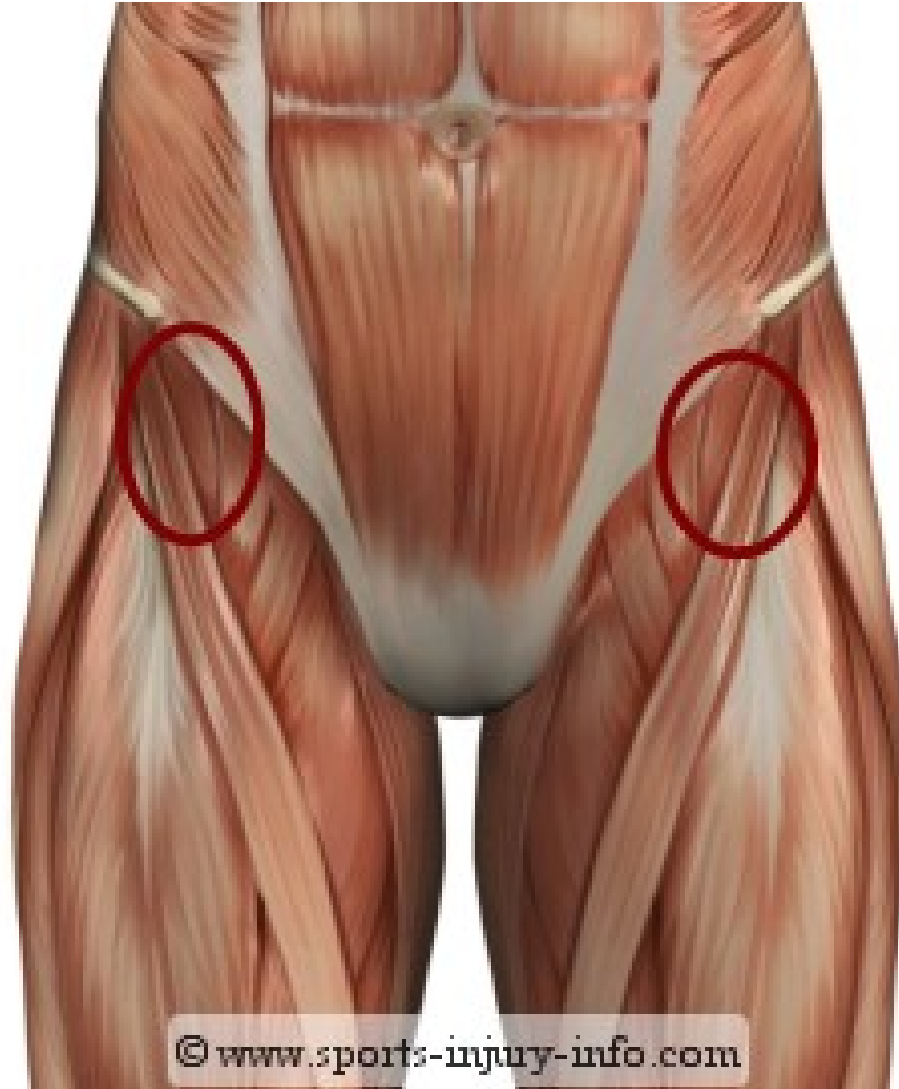


**Anterior Pelvic
Tilt**



**Posterior Pelvic
Tilt**

Hip Flexors



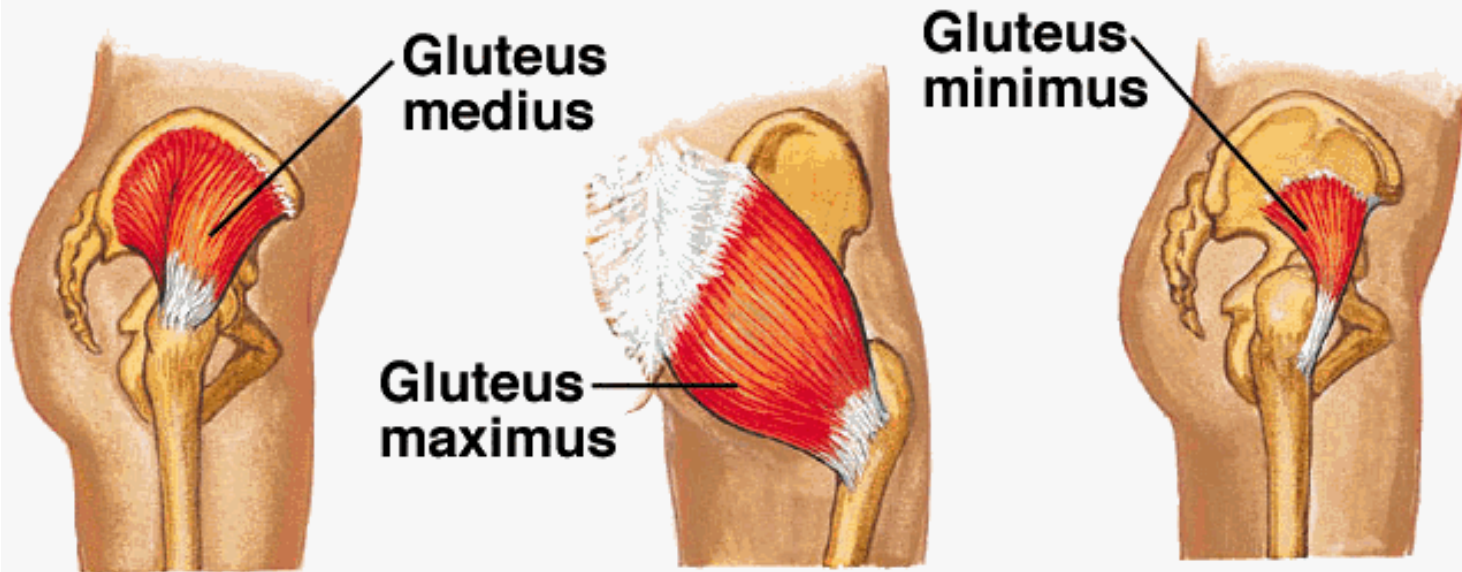
Hip Flexor Stretch



Glutes: Most Important Muscles

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Gluteal Muscles



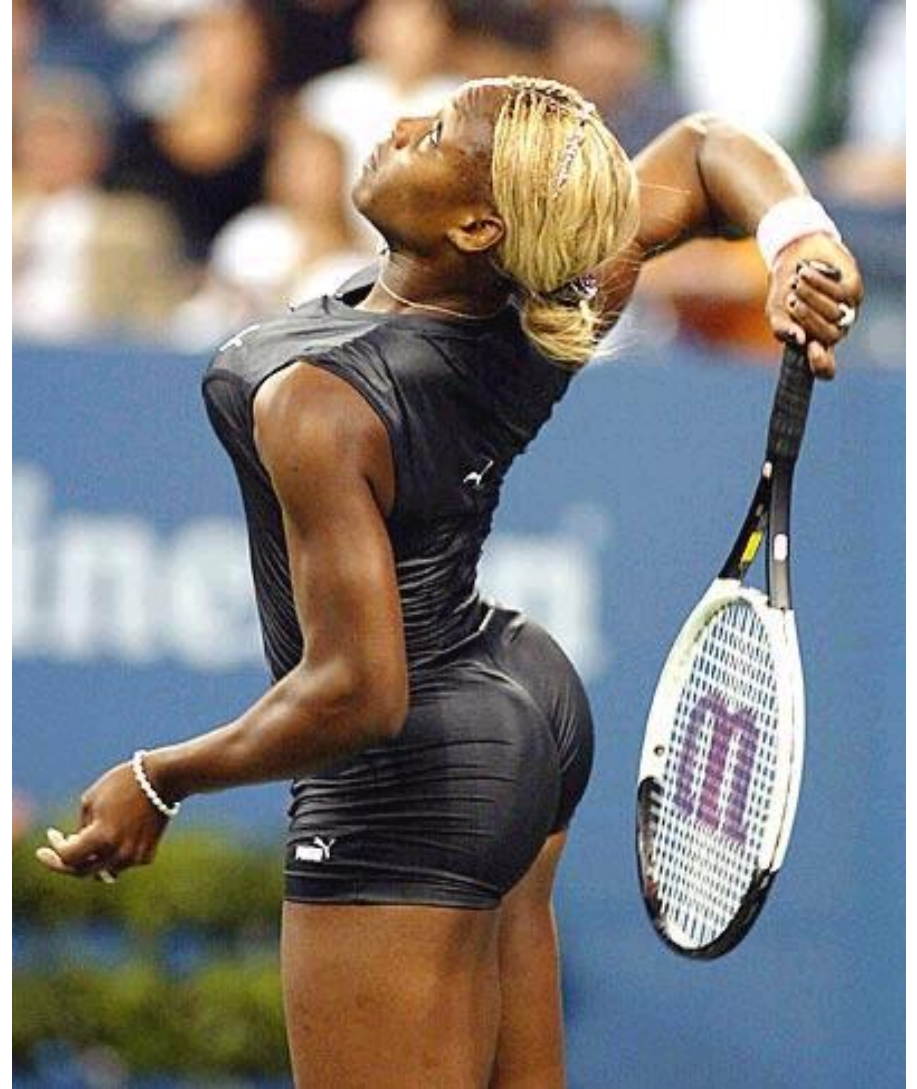
Glutes:

- Provide the “Base” for the rest of the body.- “Set” the pelvis
- Most powerful muscles of the body.
- Extend the hip and provide external rotation of the femur- duck walking.
- People who rely on movement to make money almost **ALWAYS** have good glute development.

Glutes: Athletes



Athletes= no flat asses!



Hip Hinge= Glute Development

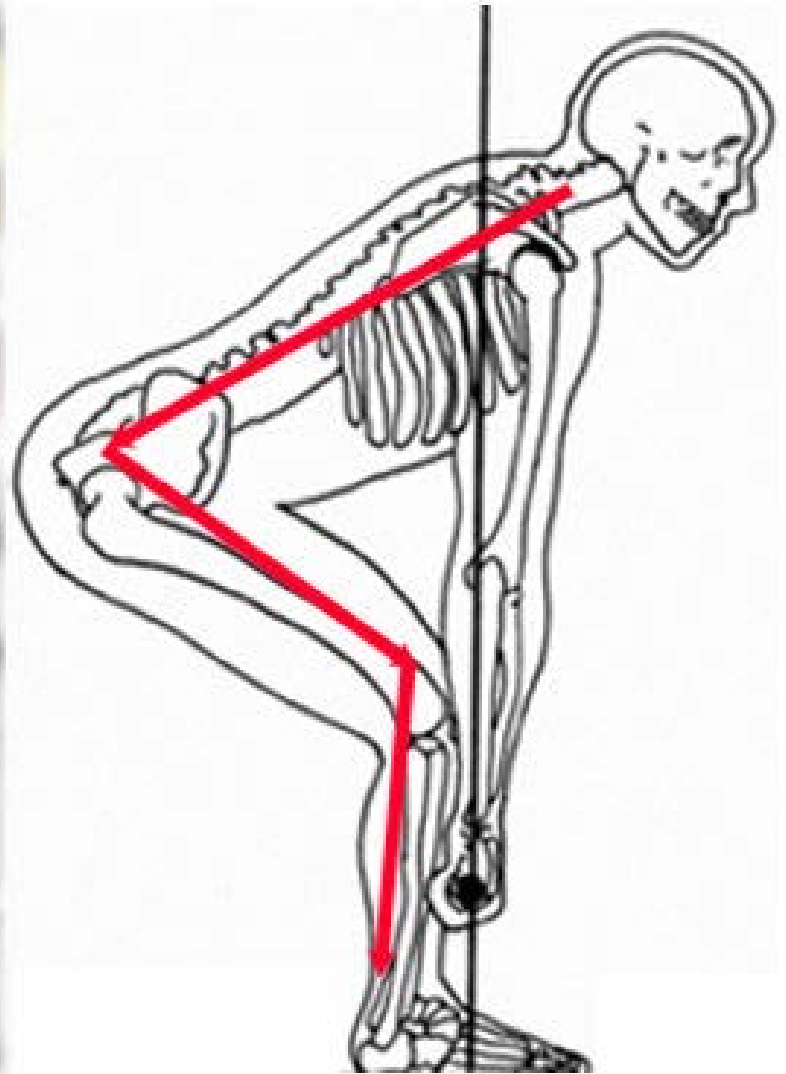
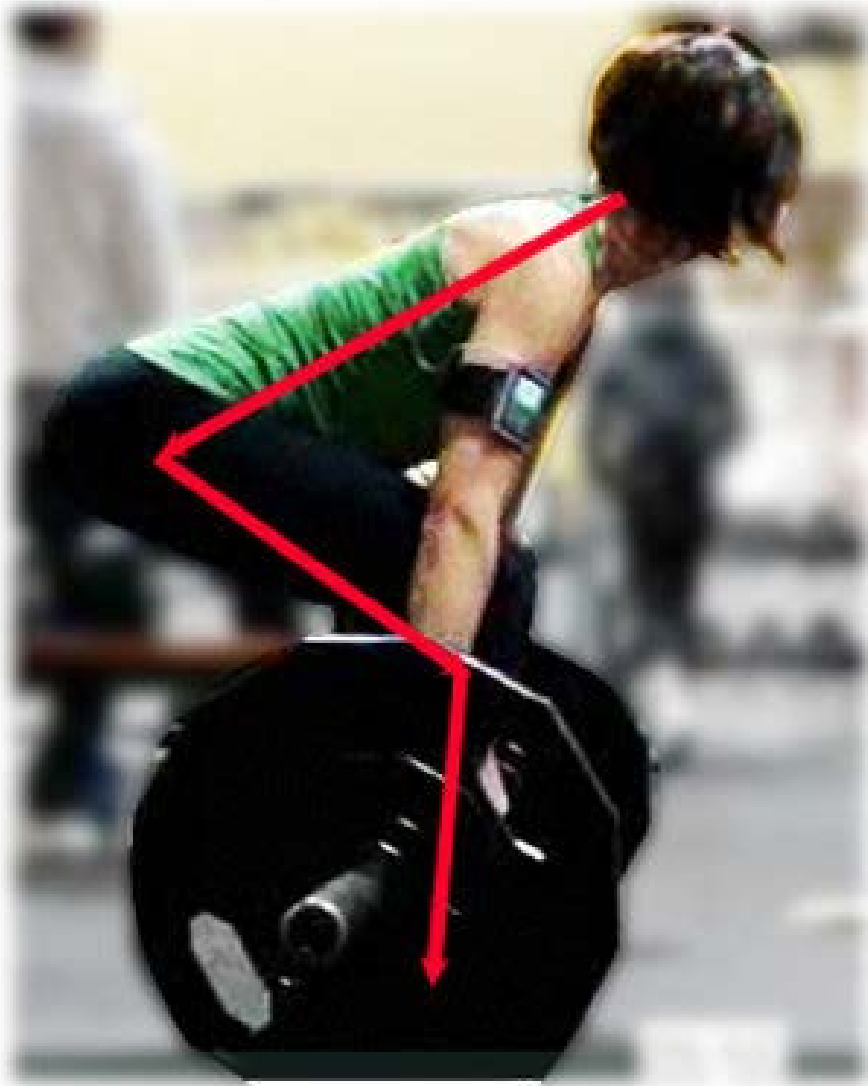


The Most Important Motion to Move Like a Person Again!

Hip Hinge:



Hip Hinge:



Hip Hinge



Hip Hinge: *Not* Back Hinge



Hip Hinge: Back Hinge



Glutes:

- Need to be stretched during the movement to be fully activated.

“What’s stretched is what’s activated”- Gray Cook

Use a Full ROM !



Movement Specialist??



Fascia: Soft Tissue Work

- Foam Rolling- Self Massage
- Improves Tissue Tone (tightness, GTO's)
- Improves Tissue Length



Gets the Knots Out



Stretching

- Improves tissue length- Passive ROM
- Improves muscle response to length/ tension changes (muscle spindles).
- Restores shortened muscles to **ORIGINAL** length.
- Overstretching may induce injury. “***static stretching deadens the muscle from a neural perspective – diminishing the stretch reflex and reducing peak strength and power***” - McGill

Active Range of Motion

- Improve *active* ROM



Active Range of Motion



Muscle Activation

- “Sleepy” muscles need to be activated before they will fire in the correct pattern.
- Don’t want to stress the primary movers. Focus is on the smaller muscle groups.

Activation Exercises

- Glutes: Bridge



Peak Performance

X-Band



Activation

- Upper Back/ Scapula:

Wall Slide



Pull aparts



Strength Training

- Everyone needs it.
- You won't get slower (unless you train that way).
- You are not strong enough (in fact you're probably very weak)
- Always use a full range of motion
- Master body weight before adding external resistance- *typically*

Ladies:

This will not happen: This was LOTS of training, nutrition, steroids and genetics....not a 25lb dumbbell.

“ It wasn’t the weights that bulked you up, it was the beer and pizza”. – Todd Hamer



Heavy Weights:

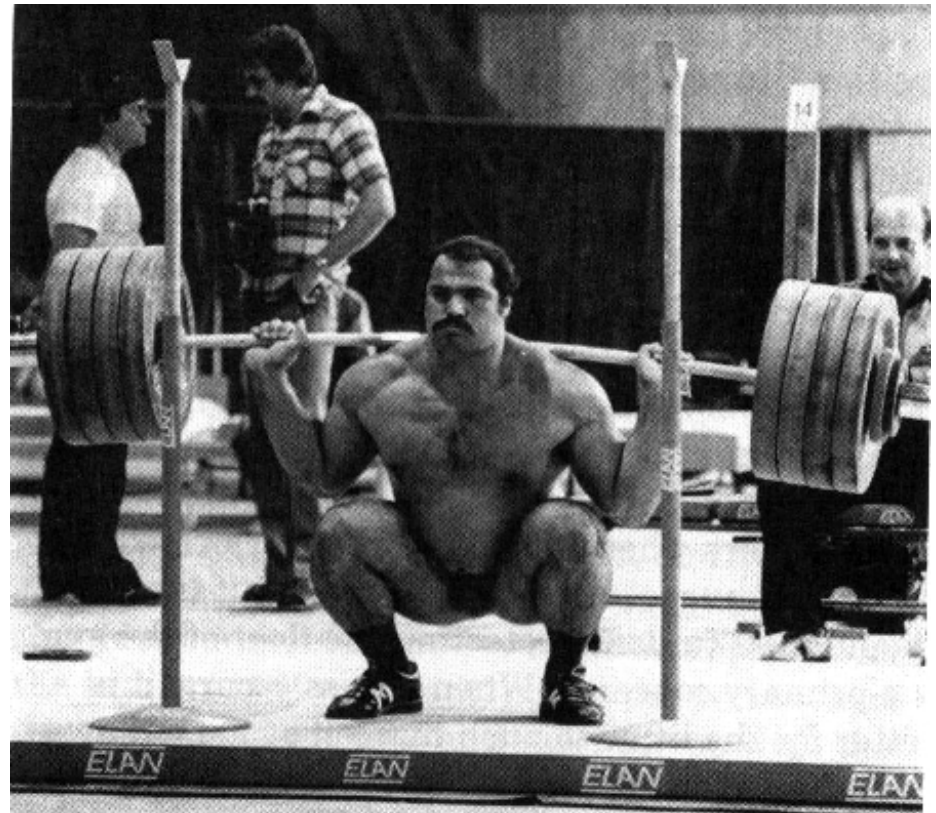
Don't believe the hype, you **CAN NOT** get stronger by lifting light weights!

Unless you are very, very weak to begin with.

This has been **Proven** both in labs and in **THE REAL WORLD** for years.

Relative Intensity

Remember *Heavy* is a relative term.



Modify...Don't Change

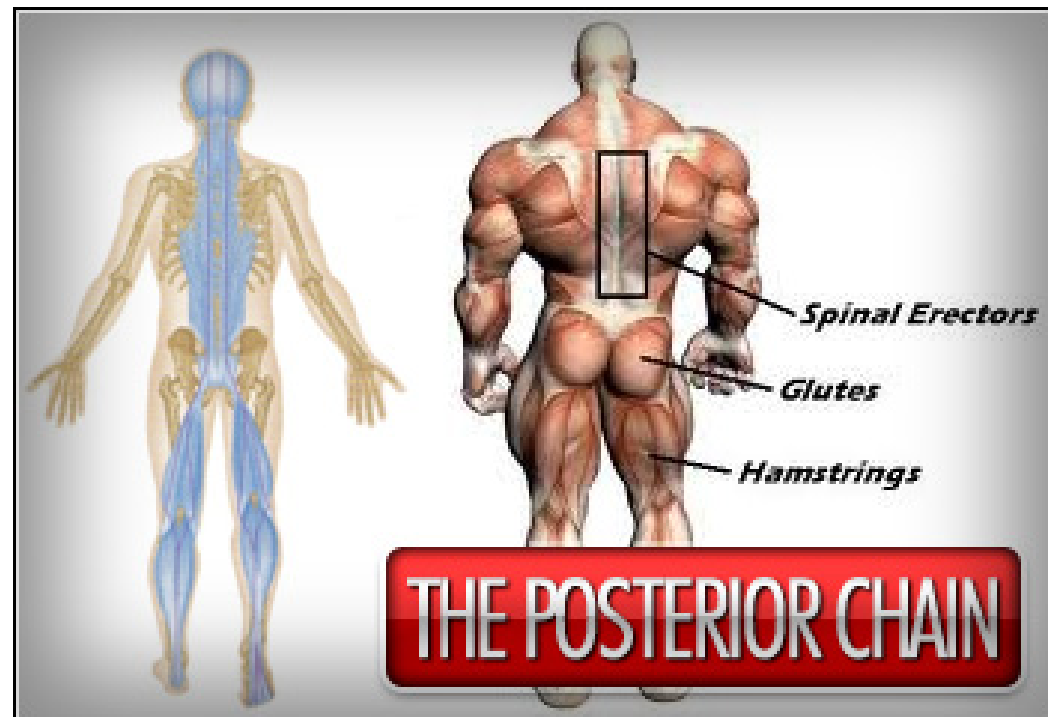


Putting it Together:

- Master the 4 basic movement patterns:
 - Squat
 - Lunge (single leg stance)
 - Push
 - Pull
- Improve your tissue quality/ passive mobility (muscle, fascia)
 - Self massage- foam rolling, the stick, lacrosse balls
 - Stretch- passive range of motion

Still not together yet:

- Improve Active Range of Motion (ROM)
- Activate muscles
- Get Stronger- Through a full ROM
- Focus on the “posterior chain”
 - Glutes
 - Hamstrings
 - Lats
 - Rhomboids
 - Scapula



Quick Tips

- Rowing to pushing **2:1** ratio- does not include pullups.
- Posterior chain work of some form every workout.

***“Muscles up front are for show,
muscles in back are for go”***

- Soft tissue work **every day**.

Thank You Much!

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