

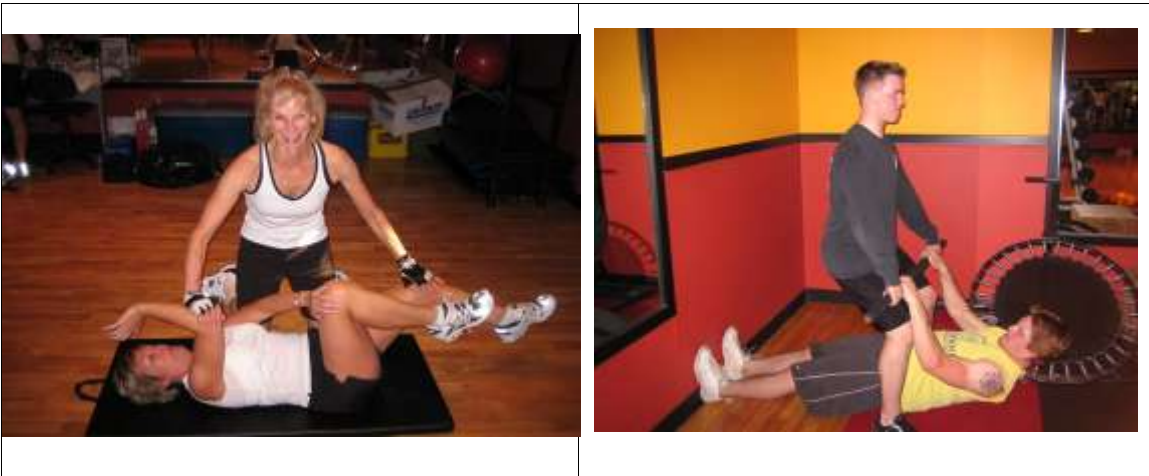


No Equipment – No Problem

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Functional Concepts:

- ✓ People are counter indicated, not exercises
- ✓ Partner and competitive strength training requires a base of strength, coordination, stability, postural control & reproducibility.
- ✓ Build & ACTivate functional movement & strength from the C of G (core) outwards
- ✓ Always ensure mastery of technique & stability of alignment (posture, core control, reactive joint stability) in each progression before increasing difficulty.
- ✓ A 360° ‘counterbalanced’ strength prescription can be created from a base of squat, split and 1ft standing + facedown, side, & face-up planks. Exercise Rx should include bridge / table top, side plank, front plank, bend, horizontal & vertical push, horizontal & vertical pull, lift & chop, split squat, squat, closed chain adduction & abduction.
- ✓ 360° ‘counterbalanced’ movement prescription can be created from a base of eccentric, transitional & concentric muscle actions, using a combination of Multidirectional Arm Swings, Ankling, Marching / Skipping, Running, Shuffling, Hopping, Jumping, Bounding.
- ✓ Prescribe DROM, low amplitude, low coordination, low fatigue & loaded short lever exercises early in a workout to ensure myofascial core sling activation and stability.
- ✓ High repetition, low load protocols offer higher risks, increased muscle damage / fatigue, and less hormonal response than moderate repetition mini-circuit formats.





What Additional Value Does Partner Training Offer:

- Competition
- Variable & Reactive Resistance
- Compliance
- Additional financial opportunities

Practical Prescription

Prescribing Partner Programs:

- ✓ Phase 1: programming should include ACTivation, DROM & controlled pace mastery of technique for all Phase 1 strength & movement patterns. A general dynamic warm-up or non MR set should occur prior to any athletic intervals or strength training.
- ✓ Phase 2: Introduce full pace Phase 1 programming (i.e. FS1), Phase 3 full paced Phase 2 programming (i.e. FS2).
- ✓ Volume: Wk 1 & 2 = 1 set per FS1 exer, Wk 3 & 4 = 2 sets per FS1 exer, Wk 5 & 6 = 2 sets per FS2 exer
- ✓ Frequency Wk 1 & 2 = 2x, Wk 3 & 4 = 2x, Wk 5 & 6 = 2,3x
- ✓ Intensity: follow phase progressions below

Table 1. Movement Skill Acquisition / Prescription Chart

<i>Movement Quality</i>	<i>Directions</i>	<i>Type of Movements</i>	<i>Movements</i>
Coordination	Fwd	High knee	Arm Swing
Deceleration	Bwd	Butt kicks	Ankling
Movement initiation	Lat	Jab Step	March / Skip
Transitional Bal	Diag	Carioca	Run
Speed	Fwd2bwd	Crossover	Shuffle
Agility	Horizontal	Twisting	Hop
Reaction	Vertical	Rotational	Jump
	Hor2Vert		Bound
			Specific



Rx & Exercise Progression

FM	Core ACTivation	FS 1	FS2 & / Or Movement
Bridge	Crossover 1ft Bridge	+ Partner Add / Abd	4 Legged Table Top + Partner Skater Bound
Quad Kneel Plank / Push	Cat Camel Spinal Flexion and Extension	+ Partner Knee Tuck Switches	Push-up & Chase or Push-ups + Hi Knee Run, or <u>T Jump</u>
Kneeling Side Plank + Lift	Side Plank + Arm Clock or Hip Lift	+ Partner MR <u>Hip Lift</u> or + DB Side Lateral Raise	<u>Kneeling</u> Side Plank & Top Leg Abd + DB Si Lat Hold Partner Step or Stride Overs
Side Bend	Split Kneel Tricep Side Bend	Kneeling Side Bend + MR Elbow Push Pull	MR Partner or <u>Tubing</u> Weightshift or <u>Bounding</u> Ward-off
Arms	Bridge Sprinter or Pullover Sit-up & Shoulder Rotation	½ FR Partner Seated Draw Gunslingers	BOSU or ½ FR 1ft Sprinter
Pull	Partner Prisoner Posterior Sling ACT or <u>Tubing</u> Partner X Squat	Partner Towel or <u>Tubing</u> Assisted Sit-up & MR Row	Partner 1arm Towel Own the Bone Row Or <u>Tubing Jump Squat Row</u>
Squat	1 or 2ft Prisoner Squat Hold + Shoulder Knee Push and Pull	1 or 2ft <u>Around the World</u> Tennis Ball Drop & Catch	<u>Eyes Closed</u> Jump Squat, Land and Perturb
Chop / Lift	Elbow Side Lying Reach & Rotate	Split Hinge Hold + Partner MR Rotating Airplane or <u>Tubing</u> Straight Arm Diagonal PNF Lift	<u>Tubing</u> Agility Chops + Partner Bwd Overhead or Front Hold
Split Squat	Split Kneel + Fwd Straight Leg & Bwd Bent Knee Bend	<u>Eyes Closed</u> Split Drop & Opp. Forehand Press	Partner Hand2Hand or <u>Tubing</u> Cycle Cycle Drop
Spinal Flexion	1ft Alternating Knee Tuck Crunch	Bent Elbow Dead Bug Hold + MR Partner Isometric Reverse Pec Deck	Diag Crunch + Opp Arm and Leg MR Partner Isometric Reverse Pec Deck
Spinal Extension	Elbows Under Hip Alternating Leg Lifts & Chest Up Alt Hand Lift Floor Press	Front Lying Opp Arm and Leg Lift Swimmer Switch w 3xPulse	Partner MR Arms Overlapped Cooperative Full Body Extension
Optional Movement Drills	3 Man Shuffle Tag (1 Plank Hold, 2 Shuffling) or 2 or 3 Man Towel Tag	Hop Hop Bound + Partner Bound Stick & Perturbation	Leap Frog Plank + High Knee Run or Tuck Jumps (x4-10athletes/line)

Bbar = BodyBar, Tubing = Covered Tubing, BOSU = BOSU Trainer, 1/2FR = ½ Foam Roller, MB = Medicine Ball, DB = Dumbell, MR = Manual Resistance, POF = Position of Flexion, SitFit = SitFit Disc