

## POINTS

Swing

Squat

Push

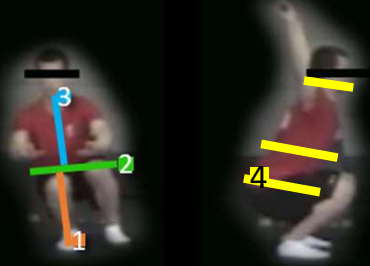
Pull

Trunk

Hip

Shoulder

## THE ESSENTIAL CUES



### THE LAW OF LINES

1. Leg Line
2. Belt Line
3. Zipper Line
4. Spine Lines (Pelvic, Rib, Head)

### The 6 COMMON MOVEMENT PROBLEMS



Dynamic Knee Valgus  
Bent #1



Trunk Lean  
Lean #3



Thoracic Collapse  
Close A + B



Butt Wink  
"Turtle"  
Close B + C



Open Scissor / Overarch  
Back B + C



Toe Out

### CENTRATION CUES – "SET 5"

1. TRUNK – Lower Abs "ON"
2. PELVIS: - "Gluts On"
3. SHOULDER: Down + "LATS On"
4. HEAD: Double Chin + Elf Ears
5. HANDS & FEET – Splay + Pad Pressure

### FOUNDATION KNOWLEDGE DOMAIN

- ☐ Understand Centration and System Stability
- ☐ Remember The Activation Cues?
- ☐ Know The Law of Lines
- ☐ Know the Common Movement Problems?
- ☐ Know Landing Cues
- ☐ Know Basic Sprint Mechanics

TAKE THE QUIZ



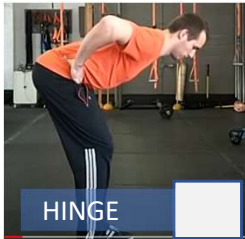
Push Hips Back  
Neutral Spine  
Centrate

Vertical Spine  
9090

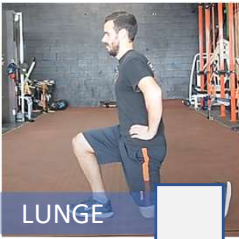
## THE 4 SQUATS LEAD TO POWER + SPEED

Click Image for Video

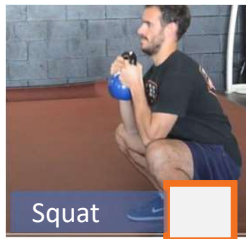
☐ Depth 5: Knee Below Hip ☐ Vertical Trunk (20 – 30D) ☐ Aligned Leg Line



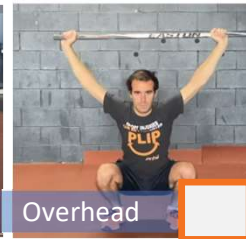
HINGE



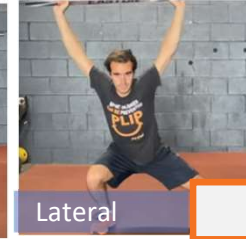
LUNGE



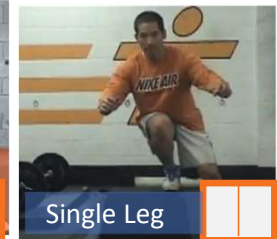
Squat



Overhead



Lateral



Single Leg

Rounded

Loss of Neural Spine

Loss of Canister

Trunk Lean  
Wobbly

Butt Wink

Thoracic Collapse  
Toe Out

Lateral Shift

Dynamic Valgus

Bar Not Over Heels

Arms Not Straight and Even (Bar Not Level)

Heel Raised

Thoracic Collapse  
Pain

Dynamic Knee Valgus

Trunk Lean

Internal Hip Rotation

Thoracic Collapse

Swing

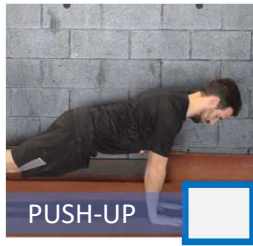
## HIP Development (Always CENTRATE. Achieve Range Of Motion Standards – Light Blue))

Hamstring	Adductor	Anterior Thigh (HF + Quad)	CARS	GLUT + Hip Abductor
Slide) Hamstring Curl / SL 10 reps   L2: Single Leg 10 reps	Isometric Squeeze (Supine, 45HF, 90HF)	Hanging) MB Hip Flexor	9090	Glut Activation Plank, Bear Crawl +
Hip-up Leg Straight 15	Supine Middle Single Split No Pain		9090 Switch	Mini Band Series Level I   Level II   Level III
Glut Hamstring Raise / SL*	Copenhagen Adductor Bridge Hold   Up and Down 15		Bear Sit	Hip Thruster [SL] Bar
Glut Hamstring Raise Launch Out	Standing Middle Split Thruster Straight Body Line + Elbows to Ground		9090 [Trail] +++ IN / OUT	
Hurdler Stretch / Modified Hurdler L1 - Touch Knee, L2 - Toe Touch, L3 - Touch Elbow	Seated Middle Split (Extension) L1 - Flat, L2 - Hands in Front, L3 - Elbows in Front	1/2 Kneeling Lunge L1: Neutral, L2: 15 extension	9090 [Lead] +++ IN / OUT	Pigeon Knee Flat inside shoulder
Downward Dog L1 - 45   L2 - Touch Knee with Nose	Supine Wall Middle Split L1 - 45D, L2 - 30D	Bulgarian L1: Neutral, L2: 15 extension		

## Shoulder and Upper Development

### Regressions

Bear Crawl and Plank Variations
Elevated
Slow Eccentric (On Knees for Return) 4:2:X
Slow Eccentric to Pause
Oscillations
Segmentation (Partials)



PUSH-UP

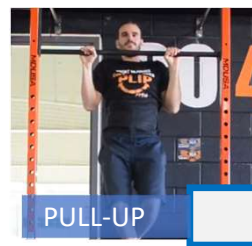
Bronze	10/20
Silver	18/35
Gold	35/50

Straight Body Line  
Elbows At Your Side / 45D  
Depth to Elbows to Trunk



Shoulder Control

Overhead Squat
Rack Carries
Windmill
Turkish Get-up
Shoulder Hygiene I
Shoulder Hygiene II



PULL-UP

Bronze	1/8
Silver	3/12
Gold	8/20

CENTRATE  
Dead Hang  
Chin Height

### Regressions

Assisted
Slow Eccentric
Slow Eccentric to Pause
Resistance Methods

## Trunk Development (MUST MAINTAIN CENTRATION CUES)

CENTRATION	Anti-Rotation	Side Flexion	Flexion + Extension	Rotation
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LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Plank 90s Side Bridge 60s	Plank 180s Side Bridge 90s		Lever
Base Position Control Bear Crawl + Activation Hollow Hold 45s Crunch 30	Add <b>Extremity Movements</b> to Base Positions (See VARIATIONS)	Add <b>Load 10lbs / Bands</b> to Full Range Extremity Movements (Upper + Lower)	Gymnastic

### Base Positions (Cues: CENTRATE, Add Variations, *Italics* = equipment at FITS or recommended)

Supine / Table-Tops	Hollows <i>Legs Straight</i>	Plank, Bear Crawl	Side Bridge
<b>Crunch</b> Palms to Knee 30   75   100	Split Stance / Standing See	<i>TRX Legs Suspended*</i>	<i>TRX Hands Suspended*</i>
<i>Inverted</i>	<i>GHR</i>	<i>Hanging (Runs, Toe Touch)</i>	<i>Standing</i>

ATHLETIC SPECIALIST SIGN-OFF



Complete ALL Base / Bronze/ Level I Standards and EARN SWAG