Our greatest glory is not in never falling, but in rising every time we fall.

Confucius
• MINDSET - GOALS, VISION BOARD, WATCH, IMAGINE

• HOW LONG WILL IT TAKE ME TO GET BACK INTO SHAPE?

• WHAT IS SPECIFIC CONDITIONING?

• HOW CAN I KEEP UP REBOUND?

• SCHEDULE -
TO PROPERLY PERFORM SKILLS, THE ATHLETE NEEDS THE NECESSARY AMOUNT OF STRENGTH AND FLEXIBILITY
ORDER OF LEARNING

• 1. SHAPE (FLEXIBILITY/ HOLDS)

• 2. STRENGTH (SLOW ->FAST)

• 3. SKILL (BASIC->DIFFICULT)
Poor posture
STRAIGHT
SHOULDER FLEXIBILITY
HIP FLEXIBILITY
HIP STRENGTH
SINGLE LEG DEAD LIFT
SINGLE LEG HIP RAISE
(COOK LIFT)
PLANK
STRAIGHT EXAMPLES
KEY POINTS

• SPREAD THE CURVE FROM HANDS

• START SIMPLE (SEPARATE UPPER HALF AND LOWER HALF)

• START WITH SLOW SHAPING AND BUILD TO FAST SNAP

• ALSO WORK HOLDING
WHOLE
FROM ARCH TO HOLLOW
INCORPORATE SHOULDERS
ANOTHER WAY
SKILL EXAMPLES
ARCH
KEY POINTS

• REQUIRES HIP AND SHOULDERS FLEXIBILITY

• STRENGTH OF GLUTES (BUTT) UPPER BACK (LATS ETC.)
SHOULDER STRETCHES
SHOULDER ARCH STRENGTH
DYNAMIC FLEXIBILITY
ARCH STRENGTH
FROM FLAT LYING
USING ARMS
EXPLOSIVE
SKILLS WITH ARCH
SINGLE LEG HAMSTRING STRETCH
Calf
Calf and Hamstring
• WHEN STRETCHING BOTH LEGS, THE STRETCH SHOULD BE FELT IN THE INTENDED MUSCLES NOT THE LOW BACK JOINT
PIKE
STRENGTH
V UP FROM FLAT LYING
LEG LIFT
ADD WEIGHTS
L-SEAT LEG LIFT
SKILLS
PRESS ->CAST
BALL PRESS 1/2 WAY
BALL PRESS HAND
STRAIGHT ARM RAISE
ROLL PRESS
PRESS 3/4
PRESS
LIFT TO STRADDLE
STRADDLE CAST
STRAIGHT BODY
CONSECUTIVE CASTS
CAST WITH WEIGHT