

PILLAR PREPARATION

The pillar is the combination of your **Shoulders, Hips and Torso**; it is the center of ALL MOVEMENT

WHY IS PILLAR PREPARATION IMPORTANT?

- + **Proximal Stability** - If you think of the body as a wheel, the pillar is the hub, and the limbs are spokes. If you remove that hub, the wheel doesn't have much ability to hold form and work at a high speed. The hub is essential for that wheel to spin.
- + **Posture** - Our Pillar holds posture in order for us to perform daily tasks. Posture affects pattern. Try sitting with poor posture slouched over and now raise your arms overhead. Now sit with good, tall posture and put your arms overhead. Feel the difference?
- + If the pillar lacks stability & mobility, we lose posture leading to poor kinetic linking, inefficient movement and energy leaks.

ENERGY LEAKS

If you fail to hold form/posture and you therefore do not transfer as much energy from one segment of the body to the next, you display Energy Leaks

Example - Picture a piece of cooked spaghetti on the table next to a piece of uncooked spaghetti. Flick the end of the uncooked piece with your finger and what happens? Because it is rigid and holds form (posture), it slides across the table. Now flick the end of the cooked piece. You don't get the same result. Because it is not rigid and does not hold form, it doesn't transfer energy and slide across the table.

KINETIC LINKING

The ability to hold posture and transfer energy through your body's segments is called Kinetic Linking

Example - Think of the difference between a Major League pitcher and a Little League pitcher throwing. The Little Leaguer uses all arm, initiating the movement with the extremity (distal part of the body). The Major Leaguer links his body together and initiates with the hips (proximal part of the body), then transfers to the torso, then shoulders and ends with the arm. Each segment builds on the last (see the figure above). It is important to move from proximal to distal. This increases performance, while decreasing risk of injury.

PROXIMAL STABILITY

Like a hub on a wheel to allow for transfer of force

THE PILLAR

Hips / Torso / Shoulder

POSTURE

Maintain posture for optimal movement pattern

KINETIC LINKING

Connect all segments of the pillar to increase speed, power, and efficiency

ENERGY LEAKS

Increase risk of injury and decrease performance



MOVEMENT PREPARATION

Movement Preparation is a training component designed as an efficient, systematic approach to help people prepare for the specific demands of the day's training session. "Movement Prep" is a series of active and dynamic stretching involving movements that imitate those inherent to the activities for which you are preparing.

BENEFITS OF MOVEMENT PREPARATION

- 01 **ACTIVATES.** Effective in improving balance and body awareness, the ability to sense the position, location, orientation and movement of the body and its parts.
- 02 **ELONGATES.** Actively lengthens muscles promoting proper posture and ability to move freely through a full range of motion.
- 03 **INCREASES CORE TEMPERATURE.** Increases core body temperature and circulation throughout the body's systems.
- 04 **REINFORCES.** Reinforces proper movement patterns. Remember – "Practice makes permanent"
- 05 **PRIMES.** Primes the central nervous system (CNS) and lets the body know that "it is time to move"

COMPONENTS	LINEAR	MULTI-DIRECTIONAL
<i>Glute Activation</i>	- Mini Band Linear	- Mini Band Lateral
<i>Dynamic Flexibility</i>	-Anterior Hip -Posterior Hip -Anterior Thigh -Posterior Thigh	-Lateral Hip -Medial Hip -Global Hip
<i>Movement Skills Integration</i>	-Linear March -Linear Skip	-Lateral March -Lateral Skip
<i>Neural Activation</i>	-Linear Rapid Response	Lateral / Rotational Rapid Response