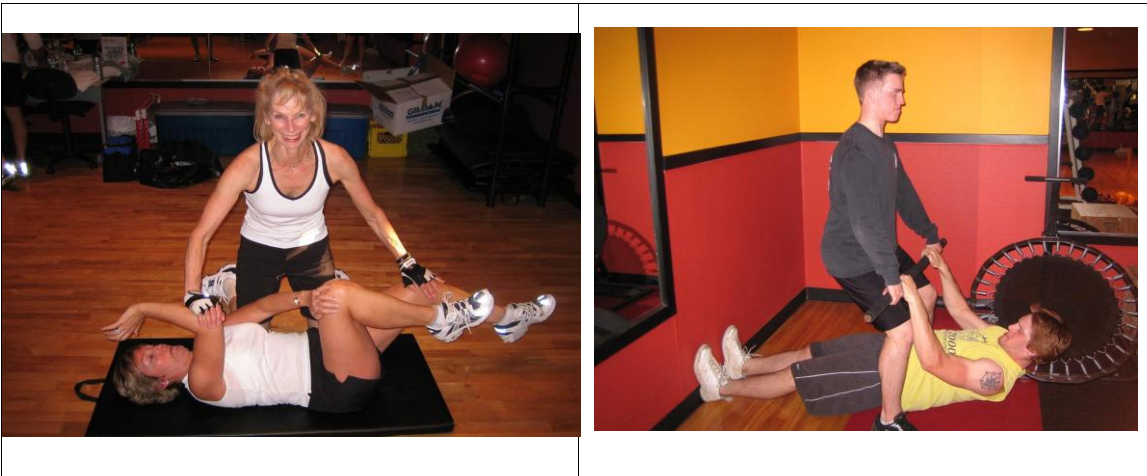


No Equipment – No Problem

Chad Benson MSc, Practicing Kinesiologist, CanFitPro PTS

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 hand contact. Exercise Rx should include bridge, side plank, plank, bend, horizontal & vertical push, horizontal & vertical pull, 3 way 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, Running, Shuffling, Skipping, Hopping, Jumping, Bounding.
- ✓ Prescribe DROM, low amplitude, 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 é 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	Arms
Deceleration	Bwd	Butt kicks	Ankle
Movement initiation	Lat	Jab Step	March
Transitional Bal	Diag	Carioca	Run
Speed	Fwd2bwd	Crossover	Shuffle
Agility	Horizontal	Twisting	Skip
Reaction	Vertical	Rotational	Hop
	Hor2Vert		Jump
			Bound
			Specific



Rx & Exercise Progression

FM	Core ACTivation	FS 1	FS2 & / Or Movement
Bridge	2Ft Wide Knees Hip Width Hip Lift or Camel Pose	+ Partner Add / Abd	4 Legged Table Top + Partner Split Jumps
Quad Kneel Plank / Push	Contra Cat Camel Spinal Flexion and Extension	+ Partner Knee Tuck Switches	Push-up & Chase or Push-ups + Qwik Knee, or T Jump
Kneeling Side Plank + Lift	+ Fwd Bwd Arm Clock or Hip Lift	+ Partner MR <u>Hip Lift</u> Side Lateral Raise or + DB Side Lateral Raise	<u>Kneeling</u> Side Plank & Top Leg Abd + DB Si Lat Hold Partner Stepoverters
Side Bend	Split Kneel Side Bend or Crane	Kneeling Side Bend + MR Opp Hand and Adductor Push Pull	MR Partner or <u>Tubing</u> Weightshift or <u>Bounding</u> Ward-off
Arms	Bridge Sprinter or Pullover Sit-up & Shoulder Rotation	<u>SitFit</u> Seated Eye to Pocket Arm Sprint	<u>BOSU</u> 1ft Sprinter
Pull	Partner Prisoner Shoulder Push and <u>Opposite Hip Pull</u>	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	<u>1</u> or 2ft Squat Hold + Knee Push and Pull	<u>1</u> or 2ft Around the World Tennis Ball Drop & Catch	<u>Eyes Closed</u> Jump Squat, Land and Perturb
Chop / Lift	Split <u>Kneel</u> Squat Hold + Abd & Add Hand Tracking Rotation	Split Squat Hold + Partner MR or <u>Tubing</u> Straight Arm Diagonal PNF Lift	<u>Tubing</u> Agility Chops + Partner Fwd or Bwd <u>Overhead Hold</u>
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 Crunch + Reverse Pec Deck Straight Leg Lower	Crunch + Partner Resistance Reverse Pec Deck	Diag Crunch + Opp Arm and Leg Rev Pec
Spinal Extension	Elbows Under Hip Alternating Leg Lifts & Chest Up Floor Press	Front Lying Opp Arm and Leg Lift Swimmer Switches	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 Push-up or Plank + High Knee Run or Tuck Jumps (x4-10athletes/line)

Bbar = BodyBar, Tubing = Covered Tubing, MB = Medicine Ball, DB = Dumbell, MR = Manual Resistance, POF = Position of Flexion, SitFit = SitFit Disc