


 **INTEGRATED
FUNCTIONAL
STRENGTH
TRAINING**

Bridging “That” Gap!
Performance Integration

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**AFM
FITTEST** 

**BIG
SHOUT
OUT!!**

Thank you!

**Gray and Lee
FMS Team
FMS Community
My family**




Goal

- Make Movement Better Everyday
- The System Decides
- Training Integration Opportunities
- Share Examples



Functional vs. Corrective?



Biggest Opportunity?

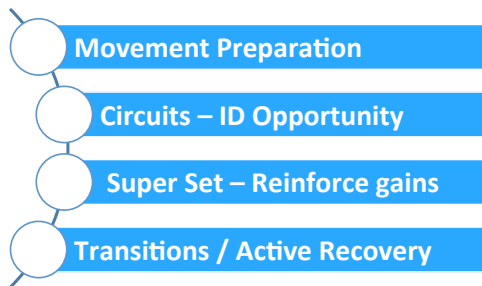


Screening to Coaching

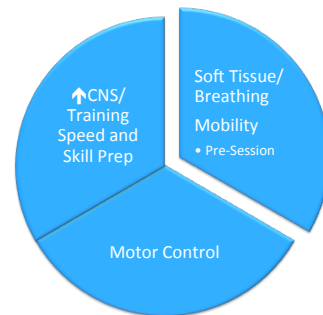
- FMS Screen – 1st Priority, ID biggest need
- Planning?
 - Individual? Semi-private training? Group/team?
 - Time? Schedule?
 - Training age? Experience?
 - Periodization? Lifting protocols?



Integration Points



Build MP Based on FMS Priority



MP: Example with FMS Focus

- Trunk Stab
 - Women’s Soccer/ Volleyball
- Set up pre-session work
- Focused MP
- Finish with Dyn WU

| Focus | Task/Exercise/Drill | Variations |
|---------|--|--------------------------------------|
| MOB | Breath Work: Crocodile | Balloons, postures |
| MOB | Soft Tissue : Quad, Ham, T-spine, Lat, Pec | Foam Roll or soft tissue other tools |
| MOB | HK Hip Flexor – Core Activation | Band, partner |
| MOB | HK Hip Flexor - Rotation | OH Reach, dowel |
| Stat MC | Plank | Leg Lift, Arm lift |
| Stat MC | Mountain Climbers | Reactive, Resisted |
| Dyn MC | Push Up Walkouts | Add lateral steps |
| Dyn MC | Crawls- Fwd/Bck | Side, Cross Over |
| Dyn WU | March-Knee strike | Fast Leg/Knee Strike |
| Dyn WU | Decel Box Drill-fwd/side/bck | MD skips |

MP Example: Trunk Stab Focus



Building Conditioning Circuit

Level Changes

- Hinge
- Squat
- Lunge
- 1 Leg

UB Movement

- Push
- Pull

Core Stability

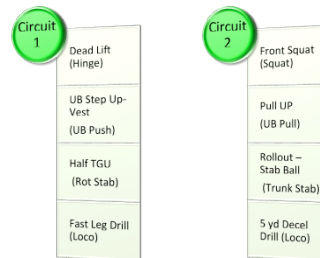
- Rotary Stability
- Trunk Stability

Locomotion

- Deceleration/Acceleration
- Speed, Agility, Quickness

Target Opportunity in Circuit

- Example: Conditioning Focus/Total Body
- Adaptable to indiv, SMT, GT
- Example two circuit training session



ID Opportunities to Modify Circuit #1

| Strength | Mobility | Static MC | Dyn MC |
|---------------------------|-------------------------------|-----------------------|------------------------|
| Dead Lift (Hinge) | ASLR: Leg Lowering | ASLR: HK Chop | ASLR: 1L/1A Dead Lift |
| UB Step Up-Vest (UB Push) | SM: T-Spine Rib Grab | SM: T-Spine Arm Sweep | SM: Push Up w/Rot |
| Half TGU (Rot Stab) | RS: Leg Raise Core Activation | RS: Bird Dog-Resisted | RS: Hard Roll |
| Fast Leg Drill (Loco) | HS: Stride Stretch / Rotation | HS: 1L Pulldown | HS: Step Up to 1L - KB |

Mod's for Circuit #1 Example

| Strength | Mobility | Static MC | Dyn MC |
|-------------------|--------------------|------------------|-----------------------|
| Dead Lift (Hinge) | ASLR: Leg Lowering | ASLR: HK Chop | ASLR: 1L/1A Dead Lift |
| | | | |
| MOB | | Static MC | |
| | | | Dyn MC |

Mod's for Circuit #1 Example



| Strength | Mobility | Static MC | Dyn MC |
|---------------------------|----------------------|-----------------------|------------------------|
| UB Step Up-Vest (UB Push) | SM: T-Spine Rib Grab | SM: T-Spine Arm Sweep | SM: Push Up w Rotation |
| | | | |
| MOB | | Static MC | |
| | | | Dyn MC |

Mod's for Circuit #1 Example


| Strength | Mobility | Static MC | Dyn MC |
|---------------------|------------------|---------------------------|---------------|
| Half TGU (Rot Stab) | RS: Leg Lowering | RS: Leg Raise w Core Act. | RS: Hard Roll |
| | | | |
| MOB | | Static MC | |
| | | | Dyn MC |

Mod's for Circuit #1 Example

| | | | | | | | |
|-----------------|-----------------------|-----------------|-------------------------------|------------------|-------------------|---------------|------------------------|
| Strength | Fast Leg Drill (Loco) | Mobility | HS: Stride Stretch w Rotation | Static MC | HS: 1L Pulldowns: | Dyn MC | HS: Step Up to 1L - KB |
|-----------------|-----------------------|-----------------|-------------------------------|------------------|-------------------|---------------|------------------------|

MOB



Static MC



Dyn MC

ID Opportunities to Modify Circuit #2


| | | | | | | | |
|-----------------|-----------------------------------|-----------------|---------------------------|------------------|-----------------------|---------------|---------------------------|
| Strength | Front Squat (Squat) | Mobility | SQ: Dorsiflexion Stretch | Static MC | SQ: TK Chop/Lift | Dyn MC | SQ: Squat w RNT |
| | Pull Up (UB Pull) | | SM: T-spine w Reach | | SM: Trunk Rotations | | SM: Prone Row |
| | Roll Out - Stab Ball (Trunk Stab) | | TS: HK Hip Flexor Stretch | | TS: Mountain Climbers | | TS: Walkouts w Lat Step |
| | 5 yd Decel Drill (Loco) | | ILL: Leg Lock Bridge | | ILL: HK Arm Switches | | ILL: Split Squat with RNT |

Mod's for Circuit #2 Example

| | | | | | | | |
|-----------------|---------------------|-----------------|--------------------------|------------------|-------------|---------------|-----------------|
| Strength | Front Squat (squat) | Mobility | SQ: Dorsiflexion Stretch | Static MC | SQ: TK Chop | Dyn MC | SQ: Squat w RNT |
|-----------------|---------------------|-----------------|--------------------------|------------------|-------------|---------------|-----------------|

MOB





Static MC


Dyn MC

Mod's for Circuit #2 Example

| | | | | | | | |
|-----------------|----------|-----------------|---------------------|------------------|----------------------------|---------------|---------------|
| Strength | Pull Ups | Mobility | SM: T-spine w Reach | Static MC | SM: Supine Trunk Rotations | Dyn MC | SM: Prone Row |
|-----------------|----------|-----------------|---------------------|------------------|----------------------------|---------------|---------------|

MOB



Static MC

Dyn MC

Mod's for Circuit #2 Example

Strength Rollout – Stab Ball or Wheel
Mobility TS: HK Hip Flexor Stretch
Static MC TS: Mountain Climbers
Dyn MC TS: Walkout w Lat Step

MOB **Static MC** **Dyn MC**

Mod's for Circuit #2 Example

Strength 5 yd Decel Drills
Mobility ILL: Leg Lock Bridge
Static MC ILL: HK Arm Switches
Dyn MC ILL: Split Squat w RNT

MOB **Static MC** **Dyn MC**

Super Sets Strategy

- a) Super Set – Strength
 - a) Specific Warm Up preceding strength in same pattern
- b) Super Set – Strength to Stability
 - a) Strength then exercise demanding increased stability demands to show stability is maintained when prime movers are fatigued

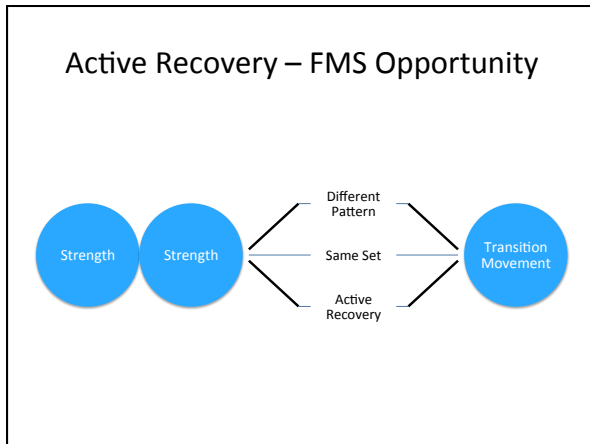
Super Set Strategy Examples

Strategy 1

1L/1A Contra Dead Lift $\xrightarrow{\text{FMS (green)}}$ Dead Lift $\xrightarrow{\text{Same Pattern}}$ Lunge

Strategy 2

Bench Press + Half TGU = Stability (MC) Retained



- ### Sidebar Suggestions
- Individually screen on intake if possible
 - Identify best scenario for individual at entry point
 - Personal training, small group, or group
 - Set up 1-2 initial sessions to educate and identify correctives for the individual
 - Empower them with homework (1-3 key exercises) and pre-session work accountability
 - In groups use focused Accelerated Movement Progression (AMP) classes that focus on pod organized session (ASLR, SM, TS, RS)

Genshai

“Never treat anyone or yourself in a manner that makes one feel small”

- Coaching
- Training
- Life

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Thank you!!!

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