



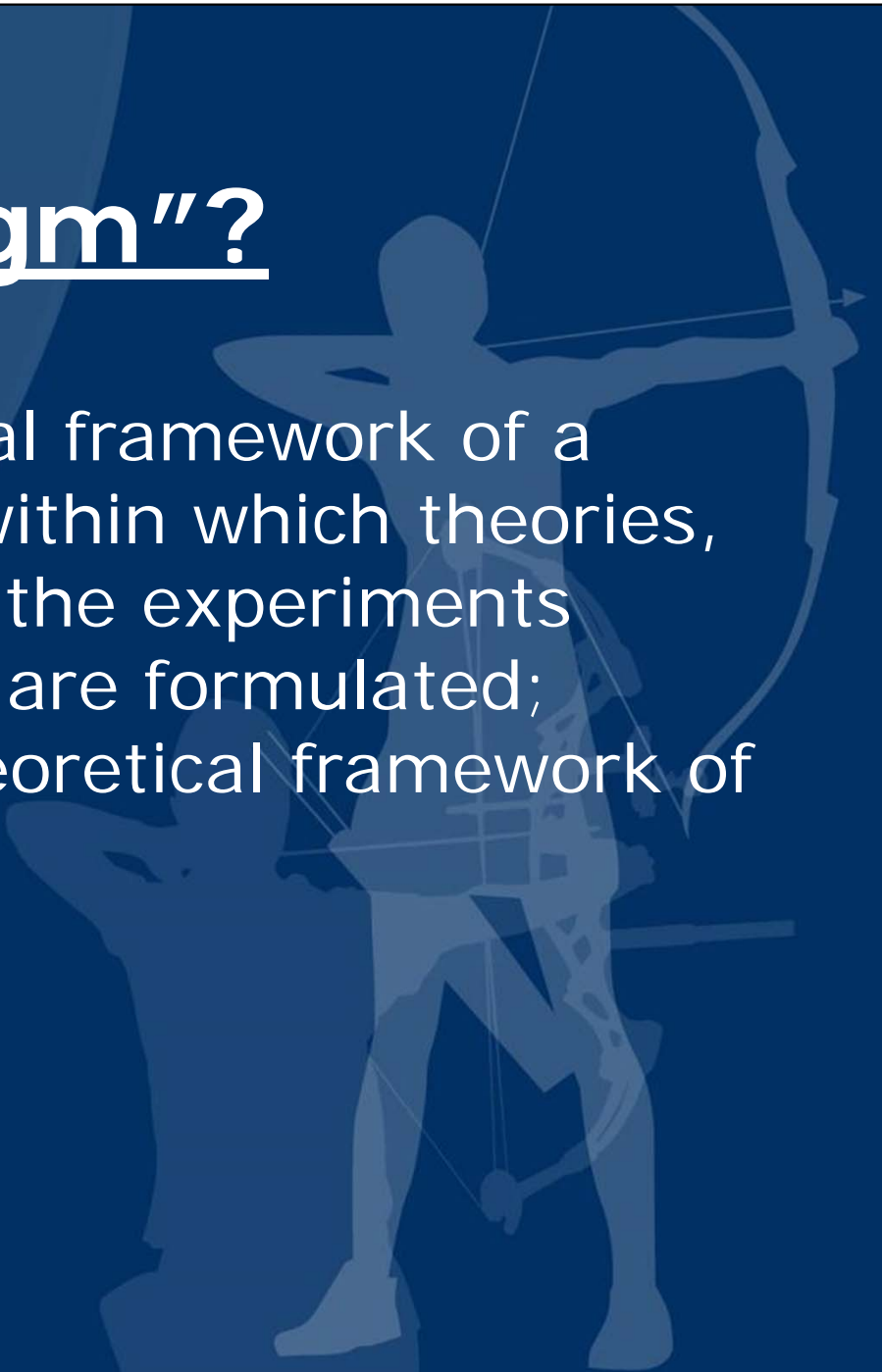
Mexico's Approach to Strength Training

Saquarema, Rio de Janeiro

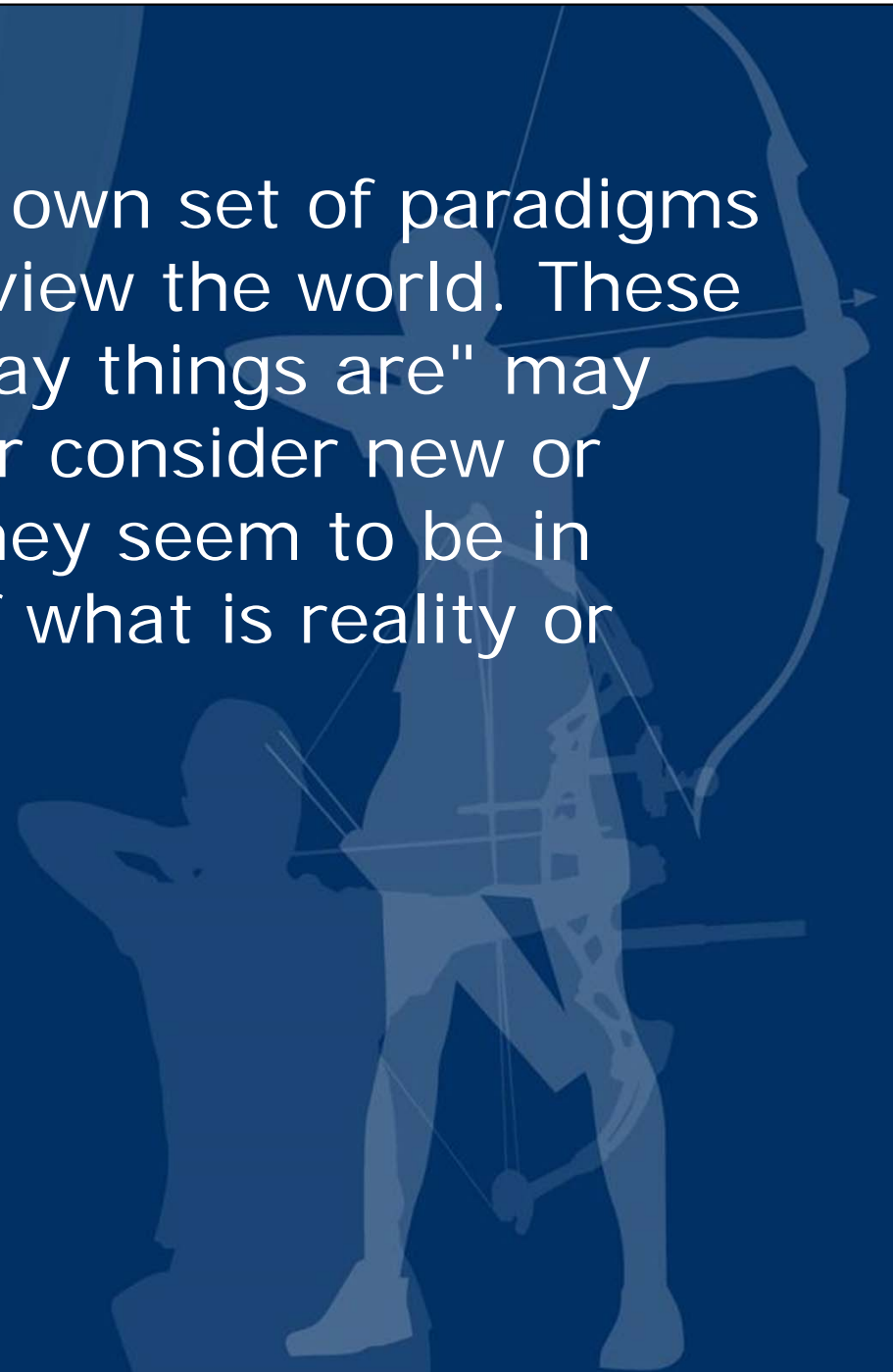
25-30 November 2013

What is a "Paradigm"?

"a philosophical and theoretical framework of a scientific school or discipline within which theories, laws, and generalizations and the experiments performed in support of them are formulated;
broadly: a philosophical or theoretical framework of any kind."

The background of the slide features a dark blue gradient with faint, semi-transparent silhouettes of archers in various stages of a shot, from drawing the bow to releasing the arrow.

In a sense, we each have our own set of paradigms or glasses through which we view the world. These personal viewpoints of the "way things are" may cloud our ability to perceive or consider new or different ideas, especially if they seem to be in conflict with our perception of what is reality or "truth."



Our Approach

- Core is essential
- Tools must be functional
- Basic Math (KISS)



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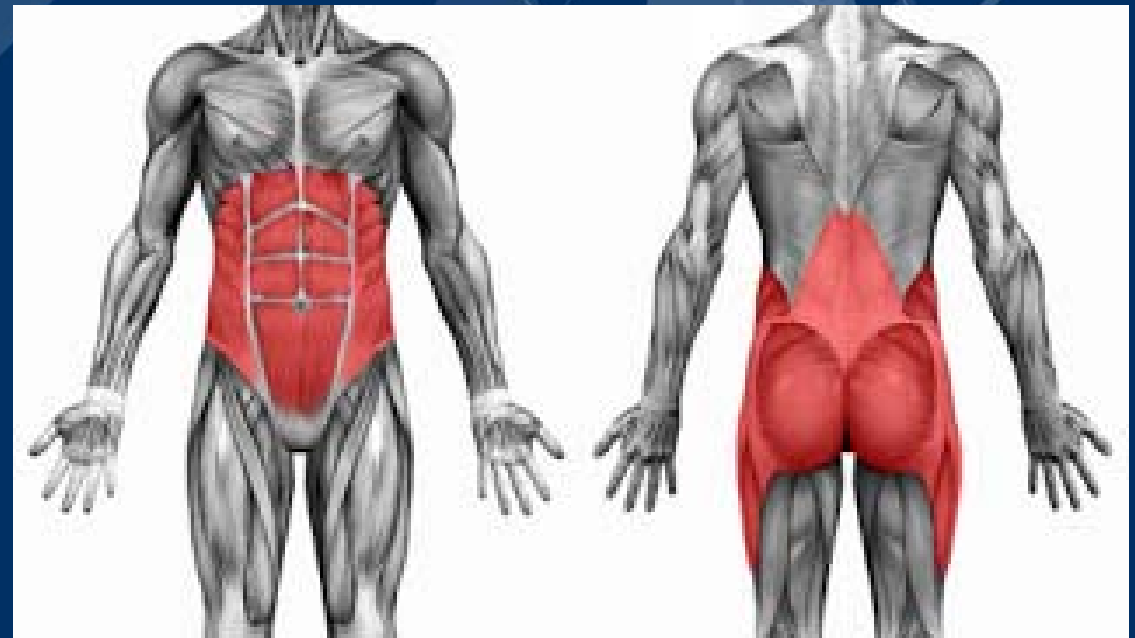
Core is Essential

- Learn to engage
- Proper Progression
- Isometric or Dynamic
- Must be demanding



Core is Essential

- Stabilize, transfer, reduce and produce force when the feet are in contact with a solid surface.
- Support postures, create motion and coordinate muscle actions, and maintain stability.



Tools must be functional

- No machines
- Avoid Stability
- Suspension is a must
- Unilateral movements
- BODYWEIGHT



Basic Math

- Keep It Simple S _ _ _ _ _
 - Upper + Lower + Core = Balanced Training
 - Imbalance = Injuries



Upper Body

- 2 Basic Movements
- Directions
- 1 x 1



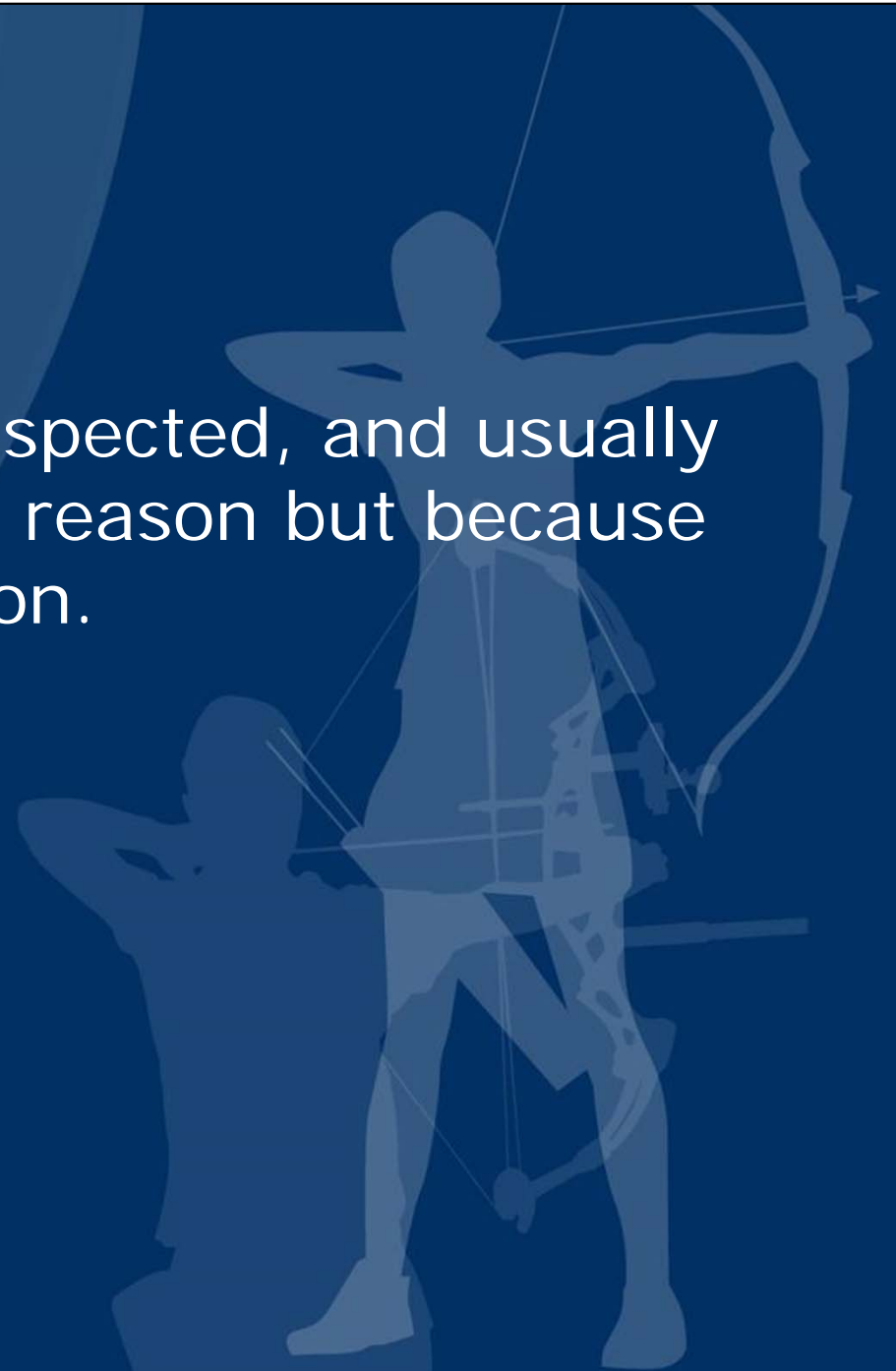
Lower Body

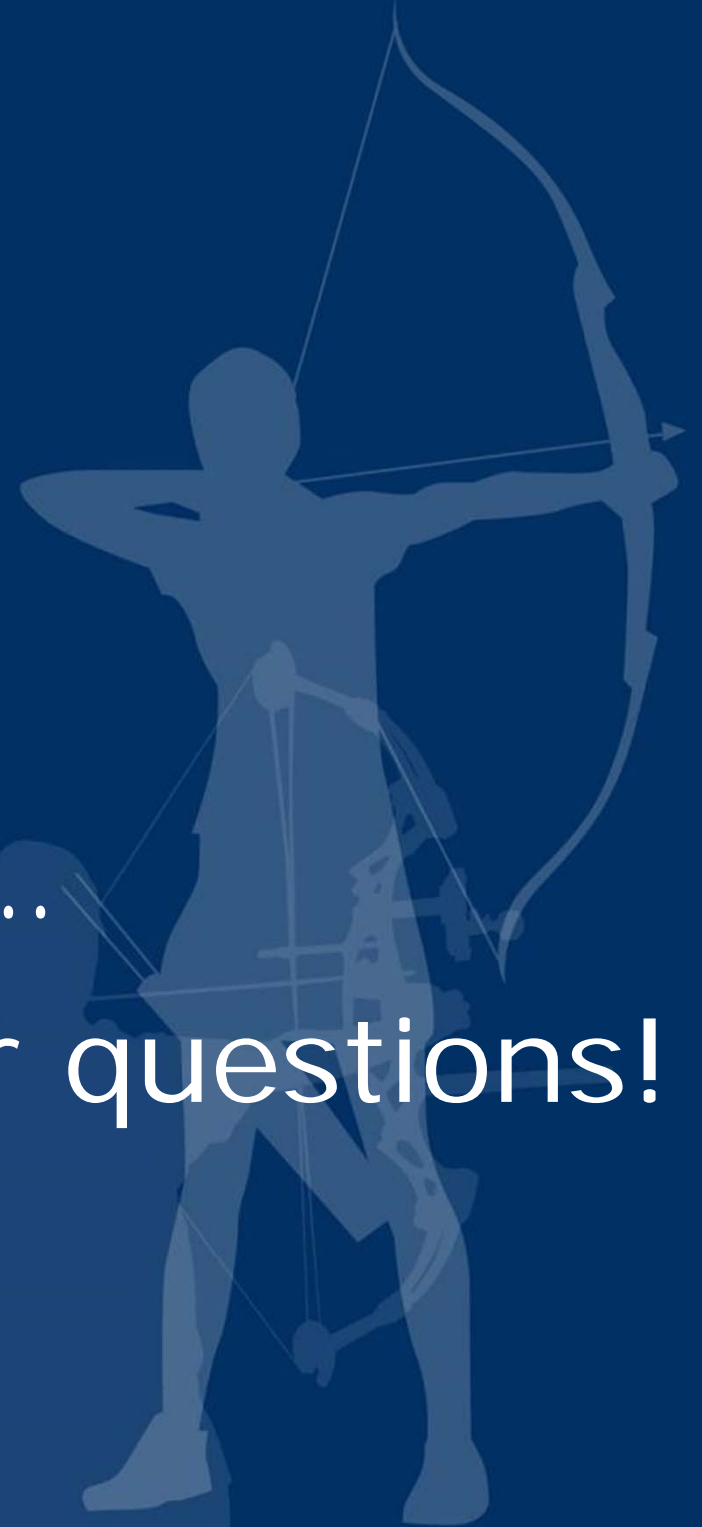
- Where is the flexion
- All planes
- Keep it balanced



New opinions are always suspected, and usually opposed, without any other reason but because they are not already common.

- John Locke





Thank you...

Ready to answer your questions!