



260: PROPERLY PREPPING THE BODY FOR THE “BIG LIFTS”

PRESENTED BY

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- Head Trainer, Fitgolf Performance Center
- Masters Degree in Kinesiology
- USAWL Certified
- NSCA, CSCS
- 20 Years Experience in Fitness and Physical Therapy
- Public Speaker, Educator, Author, Contributor
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THANK YOU IDEA PTI



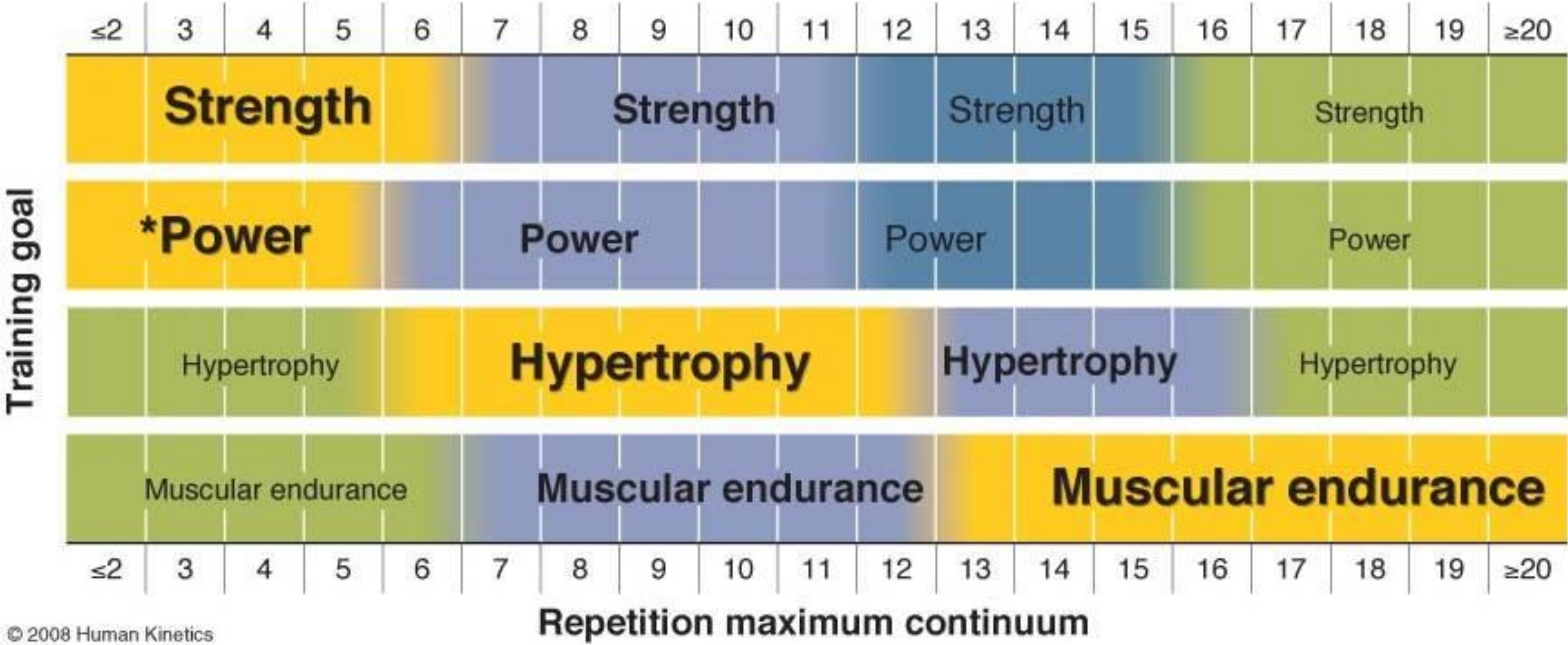
- IDEA FITNESS
- RYAN, STEFFI, MATT, & STAFF
- HOTEL AND CONFERENCE STAFF
- VOLUNTEERS
- AND YOU!!!



- DO NO HARM
- EDUCATE FIRST
- SET GOALS AND EXPECTATIONS
- PROGRAM AND PROGRESS TO CLIENT GOALS
- DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES
- DO.... NO.... HARM....

- Principle of Individuality
- Principle of Specificity
- Principle of Overload
- Principle of Progression
- Principle of Diminishing Returns
- Principle of Reversibility

PRINCIPLE OF SPECIFICITY



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Periodization Cycle Hierarchy

<i>Periodization Cycles</i>	<i>Description</i>
Quadrennial Cycle	Multi-year plan ≥ 4 years
Macrocycle	Description of complete training period: ≤ 1 year
Mesocycle (Phase)	Description of singular training cycle or block: 3-4 weeks
Microcycle	Describes the structural unit of a mesocycle: 1 week
Workouts	Describes the structural unit of a microcycle: hours/minutes

- **STRENGTH**

- SQUAT
- DEADLIFT
- OVERHEAD

- **POWER / OLYMPIC**

- CLEAN
- CLEAN & JERK
- SNATCH

- **Foam Rolling/Myofascial Release**
- **Corrective / Mobility**
- **Light Cardiovascular Exercise**
- **Dynamic Warm Up**
- **Activation Exercises**
- **Light-Load Skill/Technique Movements**

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- **CALVES**
- **TFL (NOT THE IT BAND)**
- **PIRIFORMIS**
- **ADDUCTORS**
- **T-SPINE**

- ANKLE DISTRACTION
- HIP MOBILITY DISTRACTION
- T-SPINE ROTATION / EXTENTION

- **BODY WEIGHT SQUATS**
- **HIP OPENERS / HIP CLOSERS**
- **LATERAL LUNGES**
- **LUNGE WITH REACH BACKS**
- **(OTHERS VARY PER INDIVIDUAL)**

• CLAM SHELL MATRIX

- CLAM SHELL
- REVERSE CLAM SHELL
- BENT KNEE LEG LIFT
- “WINDSHIELD WIPER”

• SHOULDER MATRIX (90/90)

- PALMS FORWARD
- PALMS FORWARD ROTATING
- PALMS IN ROTATING
- PALMS OUT ROTATING

. DO WHAT YOU DO BEST.... COACH!

QUESTIONS????



THANK

YOU!!!



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