Welcome to the

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BGi Fitness

Commercial Division

BRUTE FORCE™

TRAIN ACCORDINGLY.

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Thank You

- **Robin Nicoson**, Battalion Chief, Decatur Twp. Fire, Indianapolis
- **Mark Cro**mlich, Health and Safety Chief, Carmel Fire Dept, Carmel, IN
- **Ted Allen**, EMS Chief, Washington Twp./Avon Fire Dept., Avon, IN
- **Erin Wright**, Firefighter and PFT, Indianapolis Fire Dept
- **Sarah Issler**, Firefighter, Pike Twp. Fire Dept, Indianapolis

Thank You

- Lori Miller
- Ken Johnson
- Bradley Smith
- Doug Robinson
- Chris Lane

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Today's Presentations

- Functional Movement: What is it and why you should care
- The Functional Movement Screen in Motion
- Using Corrective Exercises to Address Functional Limitations
- Sandbag Training and Functional Movement

Functional Movement:

What is it and why you should care

Chris Costlow, MS, CMPE

Director of Business Operations

Public Safety Medical

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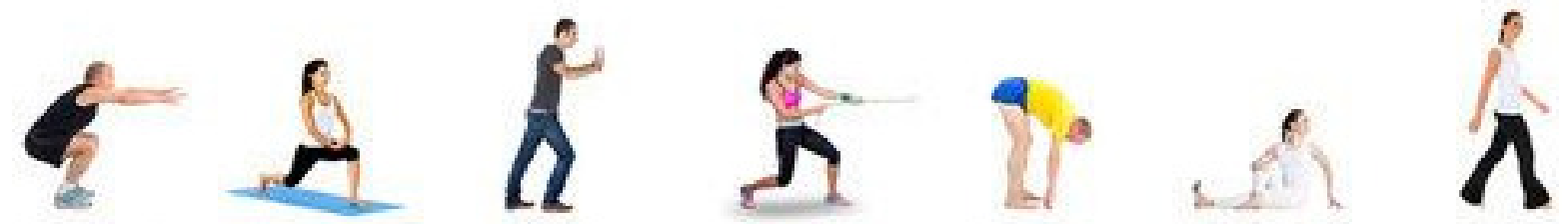
Seven Basic Movement Patterns



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Objectives:

- To define functional movement and compare and contrast it with traditional training
- To provide an overview of the Functional Movement Screen and its utility in decreasing injury
- To provide an overview of how to implement a functional training program in your department

Functional Movement Defined

- Functional Movement is the ability to move the body with proper muscle and joint function for effortless, pain-free movement
- **Aliesa George, PMA-CPT, Founder & President of Centerworks®**

Further it is…

- Learning how to be bio-mechanically efficient with everything you do, whether it's for sports and athletics, daily life, or as a first responder

- Performing functional tasks like pushing, pulling, bending, twisting, squatting, lunging and walking.

- Muscles and body parts working together in specific patterns.

Traditional Strength Training Defined

- Traditional strength training focuses on building strength in **one muscle group at a time**, such as performing bicep curls with hand weights to strengthen the upper arms.

- Functional training, on the other hand, focuses on **large-body movements** that stabilize specific muscle groups that **mimic activities of daily life**.

Functional Fitness Defined

- Specific exercises that most closely replicate and enhance activities you want to do in the **three-dimensional world.**

- Functional fitness is defined as using strength training to improve balance, coordination, force, power, and endurance to **enhance someone's ability to perform activities of daily living**
  - **The American College of Sports Medicine**

Not Functional Fitness Training

https://www.youtube.com/watch?v=t9rALlbQ0sY

Functional Training Vs. Traditional Training

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Traditional Strength Training Vs. Functional Training

- Traditional strength training is very important, however it primarily focuses on isolating individual muscle groups to maximize overload
- Muscle groups are not taught to work with others

What are your goals?

- Is it better to train one muscle group a day or focus on several large muscle groups?
- Do you want to become a body builder or do you want to get lean, fit and toned?
- These require very different workouts
- Traditional strength training tends to focus on body building, whereas functional training is designed to help you become lean, fit and toned.

Examples of Traditional Vs. Functional Exercises

Traditional

Functional

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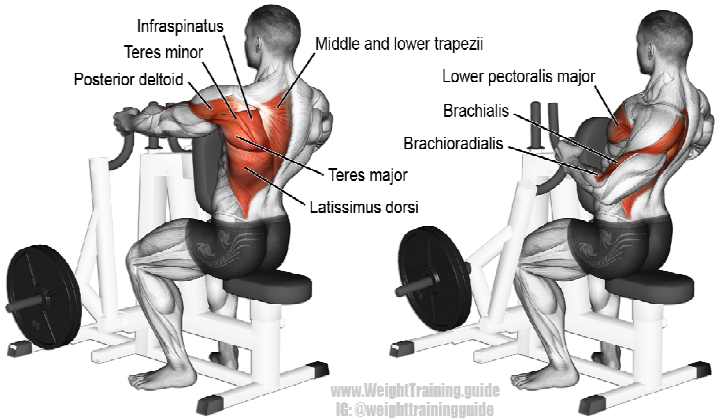
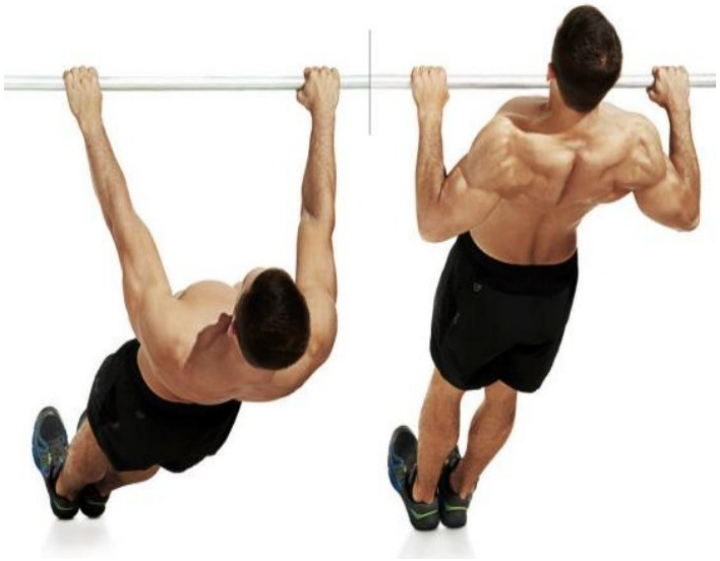
Examples of Traditional Vs. Functional Exercises

Traditional

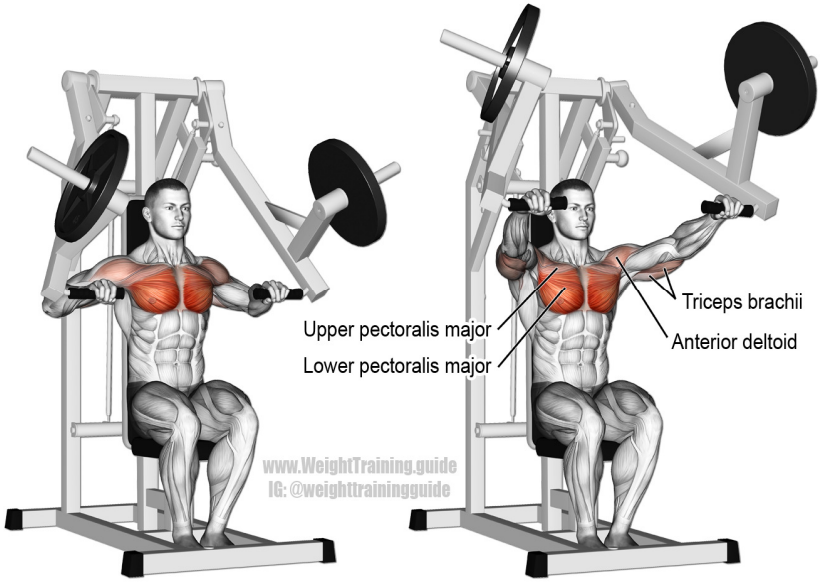


Functional



Examples of Traditional Vs. Functional Exercises

Traditional

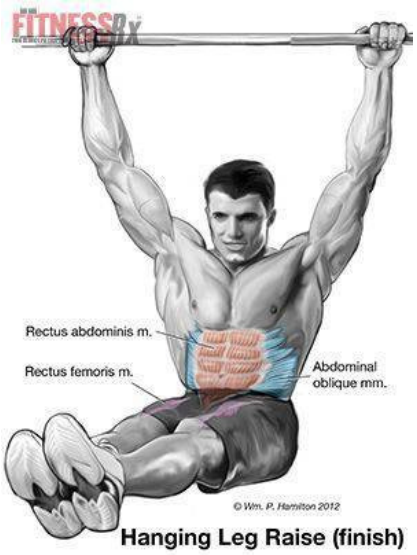


Functional

Examples of Traditional Vs. Functional Exercises

Traditional

Functional

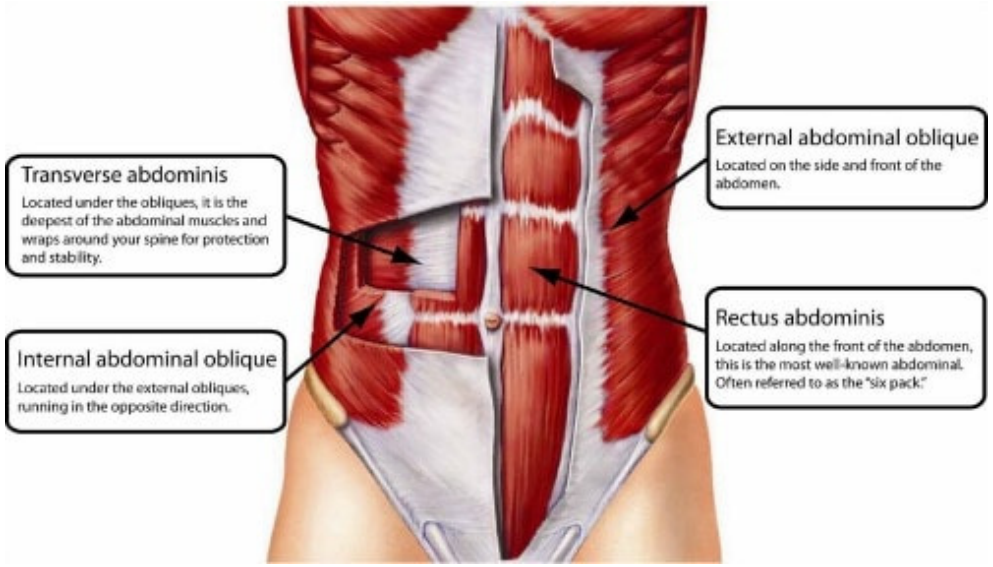


Functional Training and your Core

- Core stabilization leads to better control of our bodies through different planes and movements

- The more you strengthen the neuromuscular system, your core and you correct for muscle imbalances, the lower your risk of injury becomes

The Core



Disadvantages of Traditional Body Part Training

- May not be related to natural, everyday life movements
- Can restrict range of motion due to most exercises having a single plane of movement
- Can shorten and tighten muscle tissue
- Can lead to muscular imbalances
- Often does not develop important stabilizer muscles

Advantages of Functional Training

- Allows one to become physically fit holistically
- It is about training “movements” not “muscles”
- Improves neuromuscular control and balance
- Has a “transfer effect” to real-life situations
- Increases mental stimulation and enhanced cognitive ability
- Maximizes your ability to become lean, fit and toned
- It doesn’t require any special equipment
- It engages your core by using your stability muscles

Functional Fitness Carries Over into Real Life Situations

So where do you come in?

The WFI

- The Wellness-Fitness Initiative was created by the IAFF and IAFC back in **1997** to address the challenges of keeping firefighters and EMS responders fit and healthy
- They are committed to evaluate and recommend **services, testing, and programs** that improve the **quality of life** of all uniformed personnel

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The PFT

- The peer fitness trainer (PFT) was created as part of the WFI
- PFT's are certified by ACE
- PFT's encourage safety and have the knowledge and skills required to design and implement fitness programs and training for candidates, incumbents and recruits.
- PFT's help evaluate their peers and help them get on a path, or continue their path, to health and wellness
- Information on becoming a certified PFT can be found at iaff.org

Utilizing the FMS to Improve Performance on the Fireground

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- Firefighters work in hazardous conditions with physically demanding job tasks, and they experience a variety of injuries, with musculoskeletal injuries particularly high among them.
  - **The National Fire Protection Association**

NFPA Injury Statistics

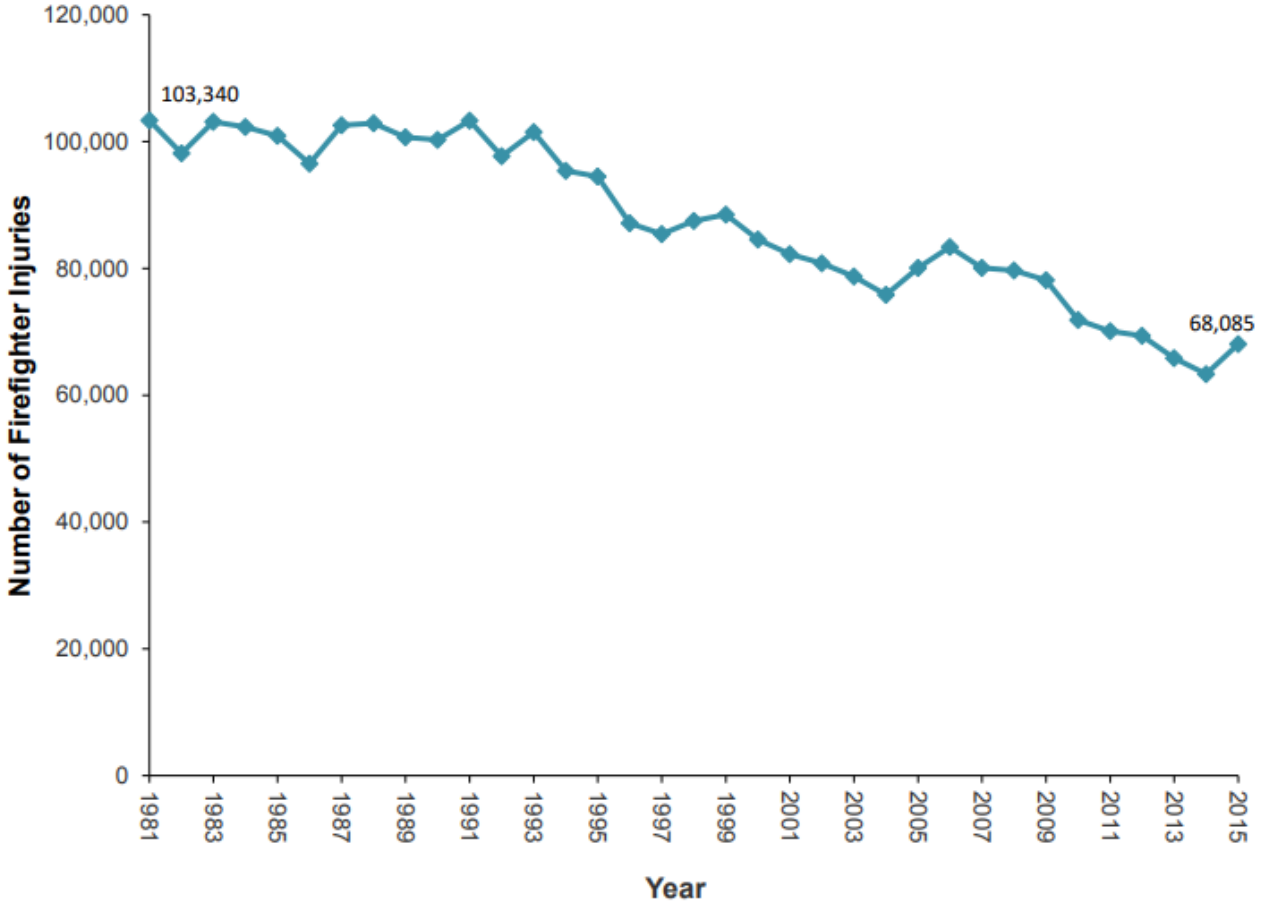


Figure 1: Total Firefighter Injuries by Year, 1981-2015

NFPA Injury Statistics

NFPA

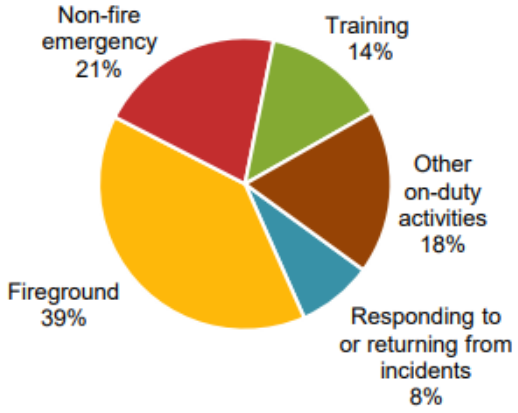
FACT SHEET » RESEARCH

United States Firefighter Injuries – 2016

62,085 firefighter injuries were reported in the United States during 2016.

- A decrease of 8.8% from 2015.
- One firefighter injury occurred every 8 minutes and 28 seconds.
- **24,325** (39%) of all firefighter injuries occurred in fireground operations.
- The leading cause of fireground injuries was **overexertion or strain (27.1%)**.
- **5,200** (8%) of all injuries occurred while responding to or returning from an incident.
- **8,480** (13.7%) of all injuries occurred during training activities.
- **12,780** (21%) of all injuries occurred during non-fire emergency incidents.
- **11,300** (18.2%) of all injuries occurred during other on-duty activities.
- **19,050** (30.6%) of all firefighter injuries resulted in lost time in 2016.

United States Firefighter Injuries by Type of Duty 2016



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Strains, Sprains and Muscular Pains

- The major type of injury for all line-of-duty injuries was **strain, sprain, and muscular pain**
- The average percentage of these types of injuries from **fireground operations** was 50.4% of all injuries from 2014-2016
- The average percentage of these types of **non-fireground operations** was 58.1% of all injuries from 2014-2016

- These statistics demonstrate the dire need for firefighters to place a primary focus on improving physical fitness

EHS Injury Statistics

- Data compiled by EHS Today, found that workplace injuries leading to 6 or more missed days of work cost U.S. companies over $62 billion.
- 1/3 of the injuries were repetitive or overuse in nature

EHS Today

Fairfax County Fire and Rescue

- A review of one department's approach to the statistics

- https://www.youtube.com/watch?v=90MTPe8dkbM (run up to 3:20)

The Functional Movement Screen (FMS)

- Conceived in 1995 by co-founders Gray Cook, a physical therapist and Lee Burton, an athletic trainer and PhD in health and wellness.
- Introduced in 1997 in Virginia
- Originally designed for local high school and college athletes
- Quickly caught attention and gained notoriety with organizations like the U.S. military and professional sports teams
- A review of FMS by Lee Burton
- https://www.youtube.com/watch?v=-WlenZwqsjw (4:

FMS™ move well. move often

The Functional Movement Screen (FMS)

- **What it is:**
  - The FMS is a **screen** that can be used to detect individuals who may need a diagnosis
  - It is **evidence-based** and used to identify movement limitations and left/right muscle asymmetries
  - It is a **trouble detection system** to prevent injuries before they happen
  - Can be **learned quickly** and applied to evaluate basic movement abilities

The Functional Movement Screen (FMS)

- **What it is NOT:**
  - **Not intended for those who are injured** or currently hurting
  - **Not intended to diagnose** the average athlete or patient.

The FMS 7

- According to Gray Cook, the primary cause of injuries is not weakness or tightness, but rather muscle imbalance.
- He developed 7 screens to assess movement

1. Deep Squat (lower body)

- Assesses symmetrical and functional mobility of the hips, knees, and ankles

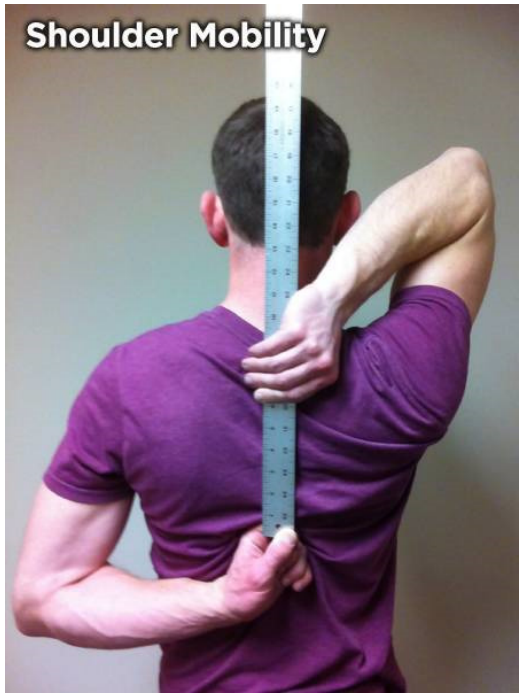
2. Hurdle Step (lower body)

- Gauges stability and functional mobility of the hips, knees and ankles

3. In-Line Lunge (lower body)

- Assesses torso, shoulder, hip and ankle stability and mobility, quadriceps flexibility, and knee stability

4. Shoulder Mobility (upper body)



- Assesses shoulder range of motion as well as shoulder blade mobility

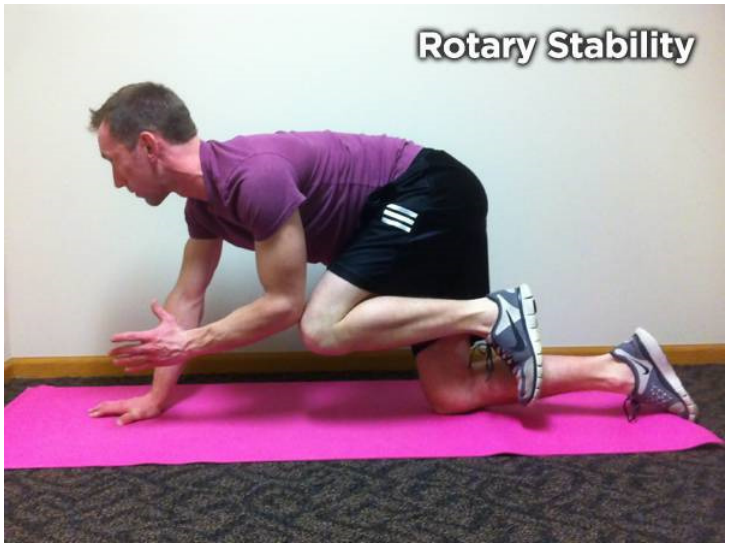
5. Straight Leg Raiser (lower body)

- Gauges functional hamstring and calf flexibility while maintaining a stable pelvis

6. Trunk Stability Push-Up (upper/lower body)

- Assesses symmetrical core stability

7. Rotary Stability (upper/lower body)



- Assesses core stability in combination with upper and lower body mobility.

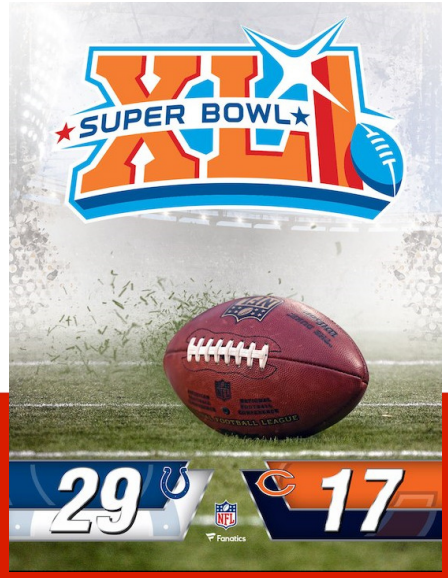
Scoring the Screen

- These 7 screens look for dysfunctions and asymmetries
- Each screen is scored from 0 to 3.
  - **3 – able to perform pattern as directed**
    2 – able to perform pattern with compensation/imperfection
    1 – unable to perform pattern
    0 – pain with pattern regardless of quality
- The higher the score the better
- A score of 14 or under can skyrocket your injury risk
- Based upon the total score, the dysfunctions or asymmetries can be addressed with corrective exercises

Do the FMS and Corrective Exercises Actually Work?

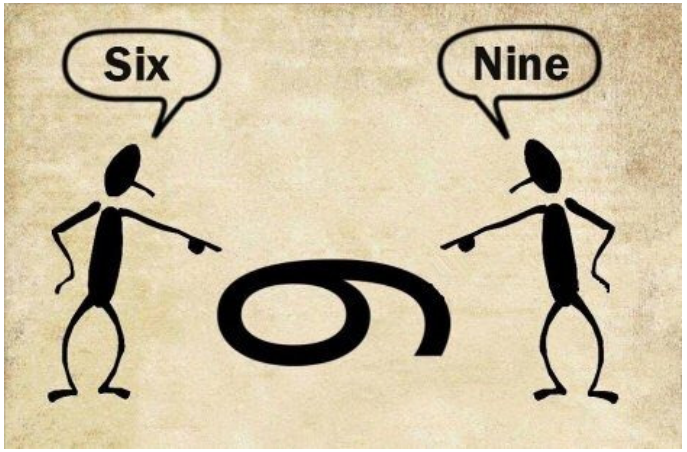
- During the 2007 NFL season, the FMS was introduced to the Indianapolis Colts and Chicago Bears during the off season
- Both teams used the FMS to keep their athletes healthy
- “Coincidentally” both went on to make appearances in the Super Bowl

https://www.youtube.com/watch?v=Hc6q8mTQs08



The FMS: Is it for real?

- There are differing opinions on the merits of the FMS



The Critical on FMS

- Some comments on the critical side,
  - Practitioners of the FMS may use it to create an impression of diagnostic competency
  - The definition of “normal” test scores has not been defined
  - The idea that movement patterns could be ideal for one person and not another
  - The way the grading is performed…too subjective and/or inaccurate
- However, there are numerous studies that have shown the benefits of the FMS as a pre-screening tool as well as the effectiveness of corrective exercises.

Orange County Fire Authority Study

- Orange County Fire Authority (OCFA)
  - Based in Irvine, California
  - Battalion Chief Michael Contreras presented a paper at the 2013 Functional Movement Summit
  - Studied results of performing FMS on 112 OCFA firefighter recruits

Orange County Fire Authority Study

Recruit Score Breakdown
(N=112)

Recruits	FMS™ Score	
FMS Score	14 or Less	15 or More
Number	53	59
Percentage	47%	53%

- Over half of those screened (53%) scored a 15 or higher
- 47% scored 14 or less

Orange County Fire Authority Study

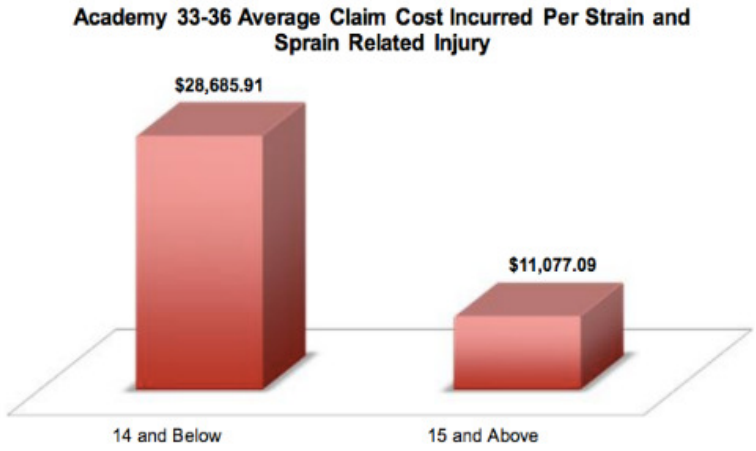
Injuries per Group
(cutoff is score of 14)

Results From 112 Recruits That Make Up Each Group of Injuries Analyzed		
FMS Score	14 or Less	15 or More
Number	31 of 53	12 of 59
Percentage	58%	20%

- 58% of injuries had a score of 14 or less
- 20% of injuries had a score of 15 or higher

Orange County Fire Authority Study

Average Cost Per Injury



For strain and sprain-related injuries:

- Over $28k average claim cost for score of 14 or less
- $11k average claim cost for score of 15 or higher

Illinois State University Firefighter Study

- In 2015, Illinois State University, Dept of Kinesiology and Recreation, studied how firefighters can improve their FMS scores through training
- 56 male firefighters volunteered to participate
- Performed an FMS and were prescribed an 8-week corrective exercise program
- Two 4-week progressive corrective exercise training programs were generated
- Participants performed the prescribed program a minimum of 3 days per week during their allotted physical activity time during their shift
- The FMS was then re-administered after 8 weeks.

Illinois State University Firefighter Study

The Findings:

- A significant improvement in FMS scores was found:
  - 65% of participants improved their advanced movement scores
  - 55% improved their mobility scores
  - 58% improved their stability scores

Illinois State University Firefighter Study

The Findings:

- Results suggest an 8-week corrective exercise program was effective at improving stability and advanced movement in active duty firefighters
- Effective intervention programs should address assymetries and fundamental movement pattern dysfunctions
- Should focus on progressing from deficits in mobility, followed by stability, and lastly advanced movement patterns.

Illinois State University Firefighter Study

Summary:

- While all injuries are not avoidable, this study shows that heightened physical preparation is a necessity for firefighters
- This study showed the benefits of prescreening for musculoskeletal dysfunction, particularly those undergoing the rigors of firefighting.

New South Wales Police Force

NSW Police Force

- Evaluated 19,000 officers with the FMS
- “We didn’t implement the FMS for the sake of testing, but for the sake of changing our culture in how we take care of our most important assets.”
- The results of Stierli’s work have shown:
  - The FMS is a useful outcome measure for police officers.
  - FMS movements with poorest performance correspond to injuries typically sustained in a police population.
  - Specific conditioning programs to improve performance in movements identified with poorer performance may reduce injuries in police officers.

Implementing a Functional Training Program into Your Department

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Functional Movement and the Fire Service

- A famous football coach was once asked what makes a good football player. His reply:

  “playing football makes good football players”

- “My workout was running down fly balls, stealing a base, or running for my life on the football field.”

  Bo Jackson

- The same holds true for firefighters

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Functional Movement and the Fire Service

- Just as football players combine sprints, agility training, hand-eye coordination drills and explosive power movements into their training, so should firefighters training reflect the strenuous demands of the fireground.

Are You a Tactical Athlete?

- A tactical athlete is a person with the physical ability, stamina and strength to function on the battlefield. Similar to athletes who participate in regular sports, tactical athletes must be strong, fast and agile—but also have the endurance to perform repeatedly. To get better on the battlefield, they must focus on exercises that directly translate to the demands of their jobs.
- ***Stephen Erle, training director for SEAL Training Adventures***

Firefighter = Tactical Athlete

- You are all athletes
- Consider the weight of your "uniform":
  - Full gear, mask and SCBA adds 69 pounds
  - Set of irons adds 25 pounds
  - Water can/extinguisher adds 30 pounds
- Therefore, a firefighter can add 124 pounds to their base weight

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The Importance of Physical Fitness

- As shared earlier, not only are over half of all injuries due to sprain and strain, but every year, over half of all line-of-duty deaths (LODD's) in the fire service are due to stress and overexertion
- Again, pointing to the dire need for firefighters to place primary focus on improving physical fitness
- Being fit for duty is a basic requirement for career and volunteer firefighters alike.
- This will play a large role in reducing LODD's.
- ***A functional fitness approach is considered one of the best ways to accomplish this holistically***

Functional Fitness

- Functional fitness is defined as using strength training to improve balance, coordination, force, power, and endurance to enhance someone's ability to perform activities of daily living
  - **The American College of Sports Medicine**

Functional Fitness for Firefighters

- Your primary fitness focus should be on improving total-body function for optimal fireground performance

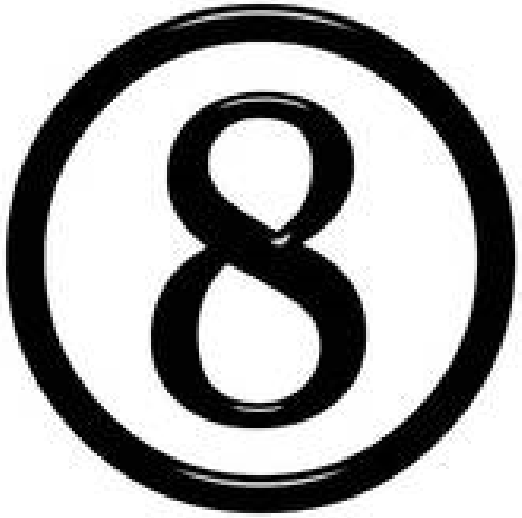
- Functional fitness should incorporate what you do on the job into the actions and movements during your physical training

Functional Fitness:
3 More Reasons Why

1. Functional Workouts Defy Injuries
   - Functional training addresses core weakness, muscle imbalance, musculoskeletal abnormalities and poor neuromuscular control by engaging the core
2. Functional Workouts Boost Performance
   - Functional training has a transfer effect to real-life situations
3. Functional Workouts Burn Fat
   - Functional training, through its use of compound movements, accelerates the building of lean mass and the recruiting of more muscle fibers during exercise.

Functional Fitness for Firefighters

- Firefighters Kerrigan and Ross, authors of *Firefighter Functional Fitness: The Essential Guide to Optimal Firefighter Performance and Longevity* have identified 8 key elements of a comprehensive functional fitness program
- **The Big 8:**
  - Core strength
  - Cardiovascular capacity
  - Flexibility
  - Push
  - Pull
  - Lift
  - Carry
  - Drag



Functional Fitness for Firefighters

- The Big 8, per Kerrigan and Moss, will help you improve your ability to execute basic fireground tasks, reduce injury, increase resiliency, and recovery
- They address 3 fitness fundamentals:
  - Flexibility/core strength
  - Cardiovascular capacity
  - Strength training
- A 4th fundamental is nutrition and lifestyle
- The Big 8 can be done as part of your regular workout or as a standalone workout

8 Must-Do Exercises for Functional Fitness

1. **Core Strength: The Plank**

   Add the plank as part of your warm-up or before your cooldown.
   https://youtu.be/PAjuXt0tVJI

8 Must-Do Exercises for Functional Fitness

2. Cardiovascular Capacity: High Intensity Interval Training (HIIT)

HIIT involves alternating 30 seconds of light-intensity exercise with 30 seconds of high-intensity exercise for a total of 10-20 minutes. **Crawling is one of the most effective exercises you can do.**

https://youtu.be/4sY0ztOGVpQ

8 Must-Do Exercises for Functional Fitness

3. Flexibility: Downward Dog

The downward dog stretches the feet, calves, hamstrings, back, shoulders, and chest while developing upper body and core endurance.

8 Must-Do Exercises for Functional Fitness

4. Push: The Push-Up

The push-up uses your own body weight to improve the upper-body muscle groups that firefighters use most often.

8 Must-Do Exercises for Functional Fitness

5. Pull: The Pull-Up

The pull-up is tremendously effective at increasing upper-body strength. They increase back and arm strength with low impact to the joints.

8 Must-Do Exercises for Functional Fitness

6. Lift: Deadlifts

Use kettlebells or barbells to rapidly increase leg and core strength, as well as muscular endurance needed to execute lifts, carries and drags.

8 Must-Do Exercises for Functional Fitness

7. Carry: Weighted Lunges

Lunges not only improve your carrying capacity, but also your push, lift, drag and cardiovascular capacities. You can use body weight, dumbbells, kettlebells or while wearing a weight vest.

8 Must-Do Exercises for Functional Fitness

8. Drag: Hose, Tire, or Dummy Drag

The best way to increase your drag capacity is by dragging objects. Practicing drags increases cardiovascular capacity, leg strength, core strength and balance. https://youtu.be/0OOd3oupvq4

8 Must-Do Exercises for Functional Fitness

- For more firefighter specific functional training ideas check out firefighterfunctionalfitness.com

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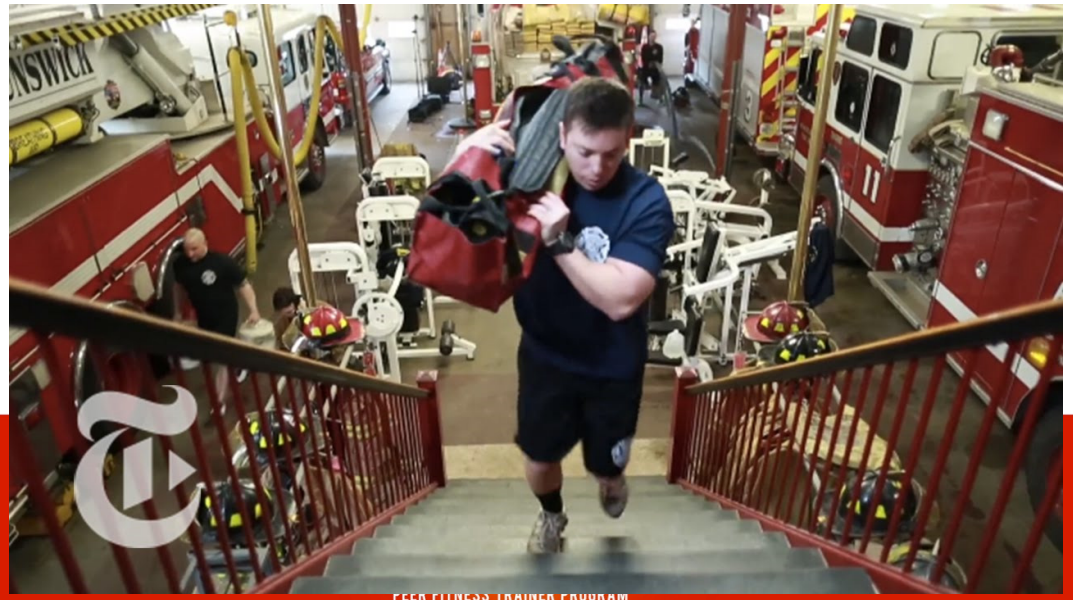
Functional Fitness Courses

- Consider developing a functional fitness course or work performance evaluation (WPE), similar to the CPAT
- This can test the performance of your personnel, measure improvement and be used to set goals



Functional Fitness Courses

- Considerations when developing your program:
  - Incorporate the unique aspects of your city or towns that are part of your first response, such as:
    - The climate
    - High-rise districts
    - Waterways
- Your program should require minimal expense
  - You're incorporating or simulating things you already do. Pulling hoses, crawling, throwing and climbing ladders, carrying equipment, etc.

Functional Fitness Courses

- Meet with your department's training division to discuss what you want to accomplish with your course
- Asst. Chief Monte Egherman of Buckeye (AZ) Fire Department recommends the following:
  - Make it measureable
  - Keep records
  - Don't make it a surprise
  - Keep it real
  - Have a program ready for those who need improvement

Functional Fitness Courses

- A sample course by Asst. Chief Monte Egherman can be found at Source #5 on the back page of your presentation guide.

Sample circuit:

- https://youtu.be/4XogX2dp2DQ

555 Fitness

- 555fitness.org
- 5-5-5 refers to a commonly utilized signal within the fire service for a Line of Duty Death (LODD).
- Their mission is to help reduce LODD due to cardiac related events, thus the adoption of this term in their name.
- They provide free firefighter specific online workouts
- 6 months of programming that does not repeat during the cycle
- They offer workouts with and without equipment

O2X Human Performance

- O2X.com
- O2X Human Performance is a revolutionary training and education program with a core focus to help firefighters and other tactical athletes improve their physical and mental readiness and increase their productivity.
- The O2X tailored curriculum offers a systematic approach to making small, incremental improvements that lead to sustainable lifestyle changes and maximize performance in all phases of life, on and off the job.

5 Action Items

1. If not already, get certified as a Peer Fitness Trainer
2. Get certified to perform the FMS on your personnel and the related corrective exercises
3. Explore ways you can establish a functional training program within your department
4. Emphasize the importance of taking care of yourself and being prepared
5. Lead by example and apply positive peer pressure to your fellow firefighters

Thank you!

Chris Costlow, MS, CMPE

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The Functional Movement Screen in Motion

Devin Nott, BS, FMS Level I

Health/Fitness Specialist

Public Safety Medical

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Objectives:

- Learn why, how and where to get certified
- Provide FMS scores to all attendees for practical application

Why Get Certified?

- To be able to perform FMS accurately
- To be able to create corrective exercise programs for your personnel
- To help your personnel minimize their risk of injuries

The Certification Process

- Choose Your Pathway
- Choose “In Person” or Online
- Take Action!

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Which Path Do You Take?

- **2 Options:**
  - Fitness Performance
  - Healthcare

The Fitness Performance Path

The Movement Experience (in person)

- 2 day in person seminar
- Gets you Level I certified
- $600

Online

- About 2-3 days
- Gets you Level I certified
- $400

What's Covered

The Movement Experience

- In depth look at mobility, motor control, and functional patterns
- Importance and science of movement
- Hands on experience with FMS

Online

- Can be done on own time
- Video based
- Covers all necessary material

The Certification Exam

- Multiple Choice with video questions
- 3 attempts
- 80% or higher to pass

Benefits

- Select courses are approved through ACE for CEU's
- You can start a program at your department
- Qualifies you for other certifications through FMS
- Get 1 year membership to FMS
- Get online access to resources

Screening Time!

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Using Corrective Exercises to Address Functional Limitations

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Health/Fitness Specialists
Public Safety Medical

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What are Corrective Exercises?

Exercises given after the functional movement screening that focus on correcting dysfunctional movement patterns and asymmetries.

What is a Dysfunction?

- Dysfunction = Limited Access
- Dysfunction means the person does not have full access to a pattern
- Correlates with a score of a 1 on the FMS

What is an Assymetry?

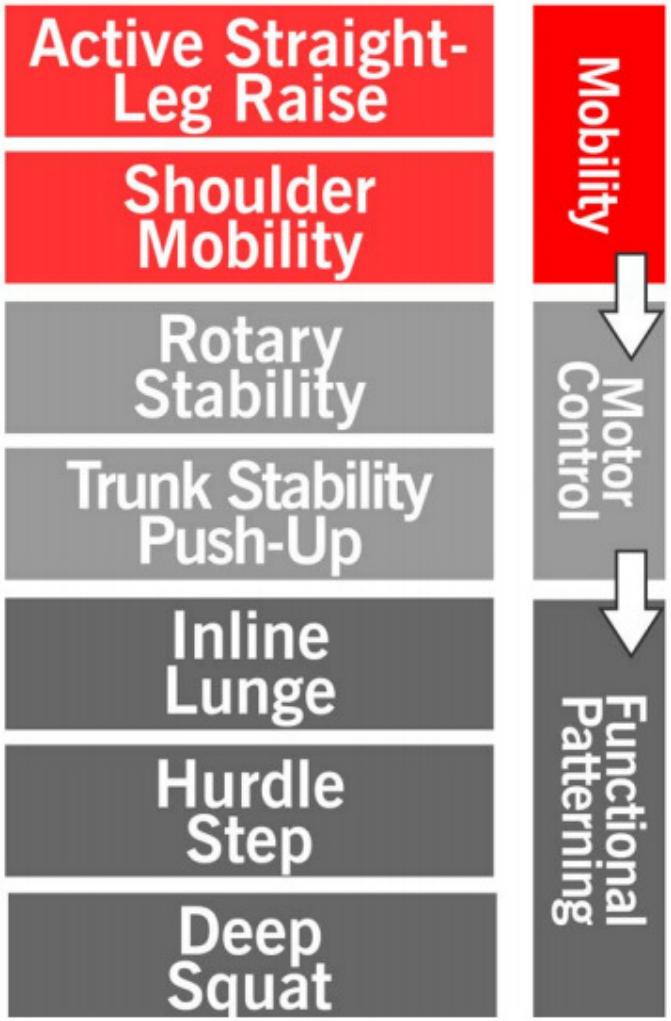
- Asymmetries = Imbalances
- Lack of equality between the sides of the body
- Correlates to a 1-2 or 2-3 score on the FMS

Scoring the FMS

- **Scores of 3**
  - Do not need corrective exercises
- **Scores of 2**
  - Could need corrective exercises
- **Scores of 1**
  - Assessed for corrective exercises
- **Scores of 0**
  - Pain
- Scoring a **14 or below** on FMS puts you at a high risk for injury down the road

Corrective Strategy Algorithm

- This Algorithm should guide your corrective exercise choices and priorities



Corrective Exercise Uses

- ***Restoring*** range of motion/mobility
  - Stretching and Foam Rolling

- ***Reinforcing*** correct movement patterns
  - Stabilization and Core

- ***Rebuilding*** movement patterns
  - Strengthening

Restoring

Reinforcing

Rebuilding

How Demographics Play a Role

- A case study showed that increased BMI, increased age, and decreased activity level play a role in lower FMS scores

- (https://www.sciencedirect.com/science/article/pii/S2095254615000812)

Sample Case Study

- Kim just turned 28. She is 5’5” and weighs 132lbs. She has always been an active person who loves being outside and trying new methods of exercising. In college she started martial arts and self-defense classes. She has recently picked up beginners rock climbing and started going to a Zumba class with a friend. Kim scored a 15 on the FMS. Where are the asymmetries, and what corrective exercises should we prescribe?

Functional Movement Screen Results

	Screen	Side	Raw Score	Final Score
1	Deep Squat		3	3
2	Hurdle Step	Left	2	1
		Right	1	
3	Inline Lunge	Left	3	3
		Right	3	
4	Shoulder Mobility	Left	3	3
		Right	3	
5	Active Straight Leg Raise	Left	2	1
		Right	1	
6	Trunk Stability Push Up		2	2
7	Rotary Stability	Left	2	2
		Right	2	
			TOTAL	**15**

Corrective Options for Active Straight-Leg Raise

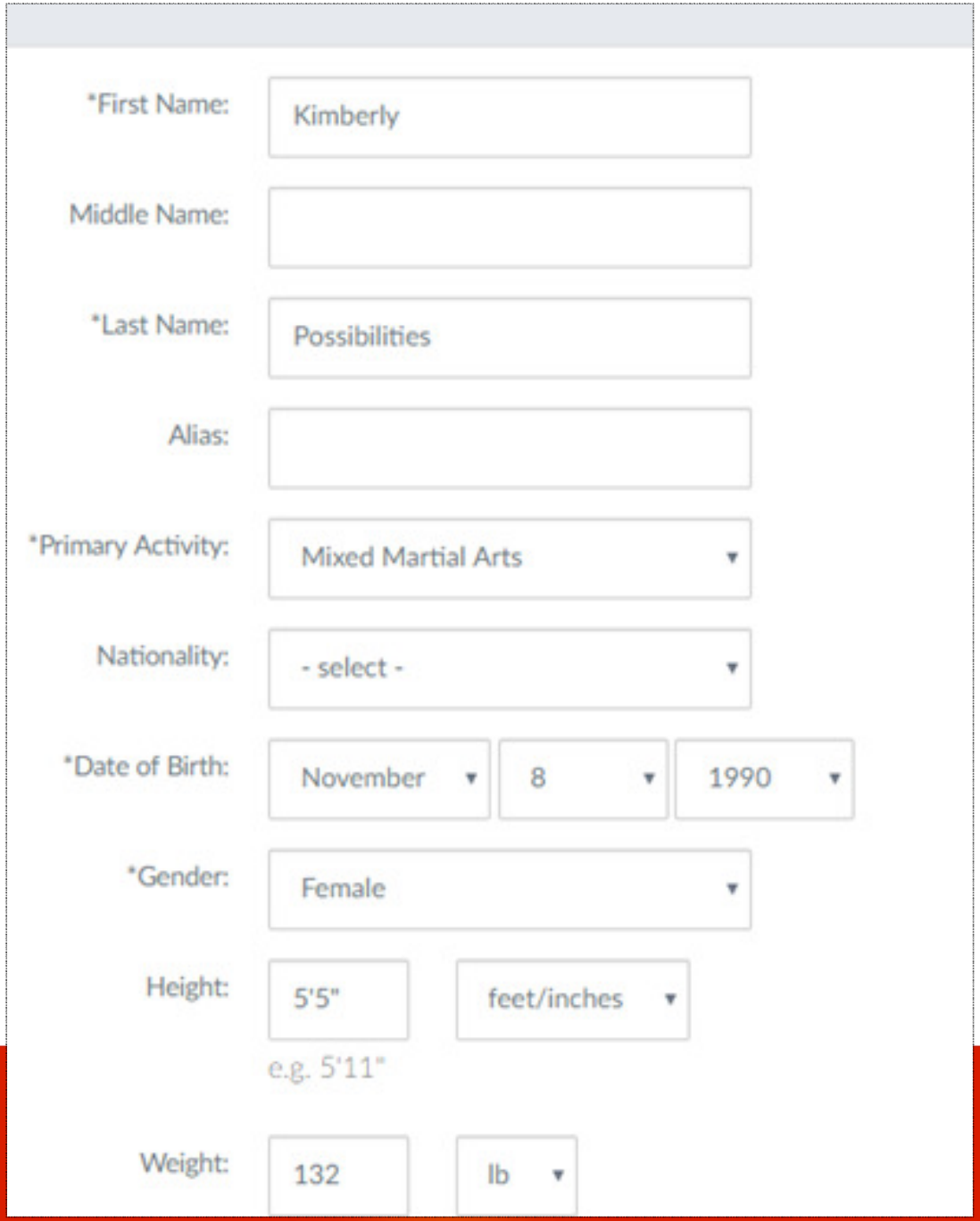
Corrective Options for Hurdle Step

FMS™ PRO 360

- Easy to use tool on FMS site to create programs based off actual FMS scores

- Collect data→Input into PRO 360→Generates workouts

- FREE for first year with FMS Level 1 certification!


*First Name:
Kimberly
Middle Name:
*Last Name:
Possibilities
Alias:
*Primary Activity:
Mixed Martial Arts
Nationality:
- select -
*Date of Birth:
November
8
1990
*Gender:
Female
Height:
5'5"
feet/inches
e.g. 5'11"
Weight:
132
lb

Overall Screen Score Sheet

	TEST	SCORE	FINAL SCORE
🟢	Deep Squat	3	3
🔴	Hurdle Step	2L, 1R	1
🟢	In-Line Lunge	3L, 3R	3
🟢	Shoulder Mobility	3L, 3R, -L, -R	3
🔴	Active Straight Leg Raise	2L, 1R	1
🟢	Trunk Stability Push-Up	2, -	2
🟢	Rotary Stability	2L, 2R, -	2
		Total Score	15

Generate FMS Training Program

Steps

Step 1: Summary
Step 2: Scheduling
Step 3: Program

Step 2: Scheduling

Begin Program : 2018-11-06

Days to Workout: Sun ☐ Mon ☑ Tue ☐ Wed ☑ Thu ☐ Fri ☑ Sat ☐

Number Of Weeks: 6

(length of training program)

Increase Difficulty: ☑

(whether or not to increase difficulty for progressions)

Frequency of Increase: 8

(number of workouts between increases in difficulty)

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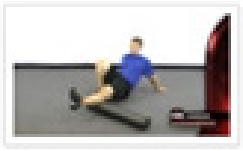
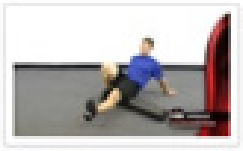
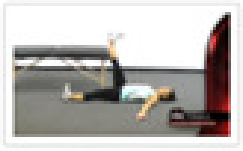
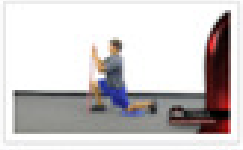
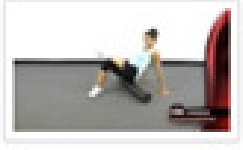
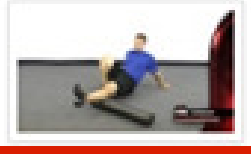
Workout

	Exercise	Sets	Reps	Tempo	Rest	Notes
	1. Foam Roller - Calf Muscle	1	1	60	10	
	2. Foam Roller - Quadriceps	1	1	60	10	
	3. Foam Roller - Hamstring	1	1	60	10	
	4. Single Leg Lowering 1	3	1	30	5	* ASLR Mobility Pro
	5. Hip Flexor Stretch from Half Kneeling with Dowel	2	3	7	5	* ASLR Static Moto
	6. Foam Roller - Gluteal Muscle	1	1	60	10	
	7. Foam Roller - Calf Muscle	1	1	60	10	

CASE STUDIES

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Sandbag Training and Functional Movement

BRUTE FORCE™

TRAIN ACCORDINGLY.

Coaches

- Chris Lane, MS, CSCS, TSAC-F, CPT, CSN, Group-X
- Tony Taddeo
- Justin Herzog
- James Keegan

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Thank You!

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