

DVRT Restoration Programming Q & A

The major challenge for most with using corrective exercise programs is deciding where they go within the scope of an entire fitness training session. One of our goals with DVRT Restoration is to help answer some of the main questions that have plagued the success of implementing dynamic corrective exercise strategies. This section will aim to do so as well as providing you with some ready made programs to use with yourself and with clients.

Q: Where do I even start to use these exercises and do I have to give up my strength based training?



A: These are really two different questions so let us address where you can start using DVRT Restoration exercises immediately. Much of the placement of the drills will have to reflect their intent. For example, a Tall Kneeling Around the World drill aimed to “wake-up” the core stabilizers and enhance the mobility of the hips and shoulders should be used as part of the warm-up series.

When we aim to strengthen and want to add such exercises to our strength programs they can often go part of a “core series”. Depending upon the coach, these such mini-circuits can go before or after a workout. We would recommend ideally after the focused lifts as to not pre-fatigue the core muscles when under more load or higher complexity of drills.

As far as giving up one’s “strength” exercises that all depends. If one is experiencing pain or great discomfort with such strengthening exercises then yes, the need to temporarily stop such training may be appropriate. This would be especially true if you have been able to identify compromised movement capability by the individual and believe these DVRT Restoration exercises can help correct such issues.

Many times a short phase of 3-4 weeks of really focused correctives can allow a lifter and/or coach to come back to their strength emphasis and not only do they find that their pain and aches are greatly reduced, but their strength is improved greatly as well.

Q: How many DVRT Restoration exercises should I use in a workout?

A: Once again, this depends upon intent and goal. It should also be noted that many of the DVRT Restoration exercises evolve into the DVRT strength and power drills that you might be more familiar with in training. This is important to make note of as a Lateral Bird Dog Drag could be the strength exercise for an individual who can not perform a Lateral Drag from the plank position. Strength training needs to be relative to the individual and with the right intensity and focus many of these DVRT Restoration programs reflect both.

If you are looking for more activation to be achieved then a warm-up of 3-4 DVRT Restoration exercises is ideal. Remember, you don't want to create high levels of fatigue when performing activation, therefore, number of sets is typically 1-2 and repetitions stay low (often 3-5 repetitions depending on intensity).

Q: Is there a good order to work from when organizing DVRT Restoration exercises?

A: Yes! We typically start from very stable positions (such as supine or just on the ground) to more unstable positions such as half kneeling or standing postures. The first series helps prime our body to perform more adequately the more challenging drills. This would suit a series designed for more activation.

If the goal is more strength training oriented, you would want the most demanding exercises to be performed early on in training. As we become fatigued many of the smaller muscle groups and our nervous system perform at a lower level and the quality of our work declines greatly!



Q: How do I optimally combine DVRT Restoration and my strength exercises into a routine?

A: The goal of DVRT Restoration is to help you blur the lines of strength and corrective. That means the answer lies in addressing the needs of the individual and working to re-defining strength. In order to simplify that both deep and vague statement always work from a baseline of movement patterns. As we discussed in previous sections, our preference is to follow Dr. McGills foundational movement patterns of....

- Squat/lift
- Push/pull
- Lunge
- Gait
- Twist
- Balance

When you are using DVRT Restoration with these concepts you want to see how really that many of these movements possess challenges of pelvic control, they can be progressed to possess lifts/chop components as well as cross patterning.



For example, a Sprinter Stance Deadlift is a “pull”, but has relevancy in “gait” and “twist”. We build program efficiency then so that we not have more exercises, but smarter ones as well. A Drop Lunge Half Around the World owns a “lunge”, “gait”, “twist”, “pull”, and “balance”. So, again we see that DVRT Restoration exercises can be very much “strength” based drills as well even though the loads we see are typically much less than in more popular gym exercises.

Their ability to build real world strength isn’t just by load, but by challenging multiple movement patterns at once to see your ability to integrate not just more muscles, but more patterns at once. THAT is real world strength!

DVRT Restoration Example Warm-ups

Exercise	Sets	Repetitions	Rest Interval
Dead Bug	1-2	8-10 per side	10 seconds
Half Kneeling Arc Press	1-2	4-6 per side	10 seconds
Side Plank Iso Row	1-2	6-8 with 5 second holds	10 seconds

Exercise	Sets	Repetitions	Rest Interval
Bird Dog Drag	1-2	4-6 per side	10 seconds
Tall Kneeling Around the World	1-2	3-5 per side	10 seconds
Half Kneeling Press Out	1-2	4-6 per side	10 seconds

Exercise	Sets	Repetitions	Rest Interval
Baby Get-up	1-2	3-5 per side	10 seconds
Shinbox Press Out to Extension	1-2	4-6 per side	10 seconds
Suitcase Lunge	1-2	6-8 per side	10 seconds

Exercise	Sets	Repetitions	Rest Interval
Dead Bug	1-2	8-10 per side	10 seconds
Half Kneeling Arc Press	1-2	4-6 per side	10 seconds
Side Plank Iso Row	1-2	6-8 with 5 second holds	10 seconds

Exercise	Sets	Repetitions	Rest Interval
Glute Bridge with March	1-2	8-10 per side	10 seconds
Rotational Band Press Outs	1-2	6-8 per side	10 seconds
Max Lunge Pulse	1-2	5-7 per side	10 seconds

DVRT Restoration Strength Examples

Exercise	Sets	Repetitions	Rest Interval
Half Kneeling Band Resisted Press Out	1-2	6-8 per side	10 seconds
Shin Box Press Out to Lunge Series	1-2	3-5 per side	10 seconds
Press Out Squats	1-2	8-10	10 seconds

Exercise	Sets	Repetitions	Rest Interval
Drop Lunge Half Around the World	3-5	6-8 per side	30 Seconds
Sprinter Stance Push Press with Slow Eccentric	3-5	5-7 per side	30 Seconds
Front Loaded Band Resisted Good Mornings	3-5	8-12	30 Seconds
Lateral Bag Drag	3-5	5-6 per side	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Lateral Press Out Cossack Squats	3-5	4-6 per side	30 Seconds
Pull-ups	3-5	3-5	30 Seconds
Sprinter Stance Deadlifts	3-5	6-8 per side	30 Seconds
Half Kneeling Arc Presses	3-5	3-5 per leg	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Beast Get-up	3-5	3-5 per side	30 Seconds
Front Loaded Step-ups	3-5	6-8 per side	30 Seconds
Rotational Overhead Presses	3-5	5-7 per side	30 Seconds
Side Plank Rows	3-5	8-10 per side	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Lateral Step Deadlifts	3-5	6-8 per side	30 Seconds
Beast Drags	3-5	4-6 per side	30 Seconds
Front Loaded 1 1/4 Squats	3-5	5-7	30 Seconds
Around the Worlds	3-5	8-12 per side	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Front Loaded Rear Step Good Mornings	3-5	5-7 per side	30 Seconds
Chin-ups	3-5	4-6	30 Seconds
Core Strap MAX Lunge	3-5	12-15	30 Seconds
Off-Set Grip Press	3-5	5-6 per side	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Hay Bailers	3-5	10-12 per side	30 Seconds
Walking Clean and Push Press	3-5	6-8 per side	30 Seconds
Single Arm Body Row	3-5	8-10 per side	30 Seconds
Fist Loaded Carry	3-5	60 seconds	30 Seconds