THE 5 KEYS TO GREAT PREFORMANCE

In order to maximize the benefits of your hard work and sweat-equity in the weight room, you need to learn the following The 5 Keys to Great Performance. These rules ensure that your form and technique are excellent and help your prevent injury, both during your training sessions and during competition.

#1 ALWAYS START & FINISH WITH SOFT TISSUE WORK
It is imperative that you start and end each workout with soft tissue work...it’s non-negotiable. This keeps your muscles feeling great and your joints moving effectively = enhance performance and reduced risk of injury!

#2 “STACK” YOUR JOINTS & MAINTAIN A NEUTRAL SPINE
When you start a lift and finish it, make sure your joints are “stacked” meaning your posture is tall and aligned...ankles under knees, knees under hips, hips tucked under shoulders, head over shoulders. This goes for ANY position in the weight room, ½ kneeling, pushup/plank, squat, deadlift, lunge etc. A neutral spine means you don’t have excessive lordosis (lower back extension), kyphosis (upper back flexion) or cervical extension/flexion (back of head to upper back or chin to chest). Your spine shouldn’t flex or extend excessively, it should remain stable! However, it should rotate through your upper back.

#3 SQUAT, DEADLIFT & LUNGE FORM
When performing any of the three exercises above, you need to ensure the following:
-  Drive through your heel(s)
-  Keep your shins vertical
-  Shift your hips down and back
-  Maintain a tall, neutral spine
-  Keep your eyes and chest up

#4 JUMPING/LANDING, STARTING/STOPPING, PLANTING/CUTTING
When you are doing any of the above movements, think above absorbing your force like a spring. In order to do that, you do need to focus on the following:
-  Start and finish with a low center of gravity
-  Stay on the balls of your feet
-  Shift your hips down and back to “load” up
-  Maintain a wide base of support for balance
-  Keep your eyes and chest up

#5 FOLLOW THE PLAN...
This seems common sense but, don't "menu pick" off your program. Follow the full plan and don’t deviate without permission from Coach Kelley. Just because something is difficult or you don’t enjoy it doesn’t mean you can forget it...it means you actually need to give it more attention!