Combine360 Combine Strength
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The Athletic Engine
- Powerful, finely tuned Athletic Engine.
- Larger the Athletic Engine, the stronger the foundation of athleticism an athlete can access to express their sport skill, strategy and tactics.
- Athletes with exceptional physical tools that are well rehearsed and fine-tuned to their greatest potential have developed a body that will comply to the mind’s commands.
- This is how athletes become their best.

Combine360 Testing - Get tested using standardized tests that establish a benchmark and provides a score for all of the attributes that contribute to the enhancement of the Athletic Engine.

Combine Training – Performance gains are achieved using an open architecture training system for that avail an exercise-build road map to create your own workouts and deliver improvement results to maximize performance, health and fitness potential.

Combine Challenge – Instant feedback on athlete performance improvements using well designed challenges that pit athlete against the exercise, the clock, workout peers or the best across the nation.

The vision = Test → Train → Challenge
**Combine360 Athlete Evaluation defines the Athletic Engine**
Top athletes have an Athletic Engine that is strong in all of the Combine360 elements and have high scores in all three sections: Foundational Athleticism, Movement and Character.
The Combine360 tests measure:

<table>
<thead>
<tr>
<th>Functional Movement Skills</th>
<th>Speed + Quickness</th>
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<tbody>
<tr>
<td>Athleticism</td>
<td>Agility</td>
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<tr>
<td>Linear + Multi Directional Movement</td>
<td>Conditioning or Capacity</td>
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<tr>
<td>Battle Movements</td>
<td>Flexibility + Mobility</td>
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<td>Posture</td>
<td>Recovery</td>
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<tr>
<td>Core Strength</td>
<td>Nutrition</td>
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<tr>
<td>Joint Integrity</td>
<td>Communication Skills</td>
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<tr>
<td>Reaction (internal + external)</td>
<td>Mental Toughness</td>
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<tr>
<td>Whole Body Strength + Power</td>
<td>Visual Ability</td>
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The world’s best athletes aspire to score as close to 360 points as possible to demonstrate the strength of their Athletic Engine and to understand their personal potential. Using the Combine360 scores as the benchmark, Certified Combine Trainers use the Combine Training methodology to maximize the Athletic Engine.

**Combine Training Enhances the Athletic Engine**
- Combine Training is a systematic approach to improving athlete performance with an Open Architecture that maximizes an athlete’s performance, health and fitness potential.

**The Elements of Combine Training**
From a coaching – teaching – learning perspective, we have organized Combine Training into 3 primary Elements. Together these 3 primary Elements (Performance Balance, Athletic Movement, Combine Strength) encompass most of the ingredients of the Athletic Engine measured by Combine360 tests. Trainers will learn to challenge each primary element alone to create foundational athleticism and improve overall athletic abilities. The progression in the Open Architecture training system is to gradually layer the Combine Training Elements along with Overload Variables to continually challenge the athlete to solve the puzzle of complex skills, drills and exercises. To push the boundaries of today’s abilities, trainers challenge athletes with purposeful progression.

**The Value of Combine Training – Combine Strength**
1. **Multi Joint Whole Body Strength builds the Neuromuscular Communication System**
   - Engage in an Athletic lifting style
   - Activate more muscle fibres with improved communication systems
   - Build force that can be transferred to sport
   - Improved neuromuscular communication increases activation speed
2. **Train Full Spectrum Strength**
   - All athletes need some combination of Endurance – Strength and Power based on sport and positional requirements

3. **Maximize Force Production**
   - Pre load the muscle using triple flexion to create potential energy
   - Use positive angles to gain leverage
   - Use as many joints as possible in order to develop sequential force
   - Triple extension creates power
   - Focus on multi joint movement

4. **Fuel**
   - High intensity efforts require full spectrum development of the energy systems to allow the athlete to easily access explosive anaerobic systems and endurance aerobic supply systems as needed in sport

5. **Lift Prep**
   - Activate the athlete physically, emotionally and mentally
   - Increase myofascial temperature
   - Stimulate energy production
   - Fire the mind to muscle connections
   - Rehearse movements before they are challenged in the workout

6. **Athletic 3D Lifts**
   - Load in multiple planes of movement
   - Match sport demands with force production
   - Focus on sequential firing to maximize transfer to sport

7. **Exercise Complexity Increases with overload Variables and Elements**
   - Foundation exercises are progressed with overload variables
   - Layering other Combine Training Elements (Balance or Movement) increases the complexity of the exercise creating performance balance improvements.

**COMBINE STRENGTH PRACTICAL**

**Phase 1  Lift Prep**
The following exercises are used to activate the mind to muscle communication systems and prepare the athlete for more complex combine strength lifts in with workout.
- High Plank to Push Up with SlingShot Partner Pulls
- SlingShot Single Leg Balance with Partner Pulls
- SlingShot 4 Way Lunge
- Smart Toner standing isometric hold with partner pulls
- Smart Toner Slow Controlled Rotation

**Phase 2 Combine Strength Progressions**
- Train to Improve = train Strength
- Train to Gain = train Strength + 1 more Element (Balance or Movement)
- Train to Perform = train all 3 Elements (Movement, Strength and Balance)
Exercise #1 Smart Toner Chest Press
- Smart Toner Chest Press
- Squat to Smart Toner Chest Press
- Drop Step to Single Arm Chest Press (Same side / contra-lateral)
- Lateral Lunge to Opposite Arm Chest Press
- Squat Jump to Chest Press
- SlingShot Resisted Squat Jump to Chest Press

Exercise #2 Smart Toner Row
- Smart Toner Row
- Squat to Smart Toner Row
- Forward Lunge to Single Arm Row (Same side / contra-lateral)
- Cross Over Lunge to Opposite Arm Row
- Squat Jump to Row
- SlingShot Resisted Squat Jump to Row

Exercise #3 Smart Toner Overhead Press
- Smart Toner Overhead Press
- Squat to Smart Toner Overhead Press
- Rear Lunge to Single Arm Overhead Press (Same side / contra-lateral)
- Lateral Lunge to Opposite Arm Overhead Press
- SlingShot Resisted Squat to overhead Press
- SlingShot Resisted Squat to Alternating Overhead Press

Exercise #4 ViPR Tilting Series
- Athletic ViPR Tilt
- Athletic ViPR Tilt, release and catch
- ViPR Tilt with weight shift
- ViPT Tilt with Lateral Lunge
- ViPR Tilt with Lateral Lunge to Single Leg Hold
- ViPR Tilt with Lateral Shuffle to Forehand Catch

Exercise #5 ViPR Lift Series
- Squat to ViPR Lift
- Squat to ViPR Lift with Quick Progression
- Squat to ViPR Lift with Alternating Angled Lunges

Exercise #6 ViPR Box Series

Take Home Strategies
- An increase in the exercise complexity increases the demand on the neuromuscular communication system
- Exercises are made more complex by adding overload variables and by adding other Combine Training Elements (Balance or Movement)