Build Athleticism
- An athletic training style builds a more intuitive body that is better prepared to meet the demands of sport and life
- Sport and Life are unpredictable, need to be ready for the diverse demands when they occur
- Enjoy a dynamic, active life, live full speed ahead with physical confidence and the ability to trust your body
- Avoid injury, recover faster using joint stability and mobility
- Trust that the mind commands and muscles comply with fast and efficient mind to muscle communication pathways

Performance Gains
- Balance - Intuitive balance comes from improved receptor sensitivity, excellent core control, well developed body awareness, smooth and efficient communication pathways and exceptional balance response skills
- Movement - Linking foundational movement patterns together builds an agile, coordinated and efficient body with fast feet, strong hand-eye coordination, lightening quick reaction skills and explosive speed
- Strength - The ability to sequentially produce force from toe to fingertip using a Linked System™ creates more total force production, better force application and explosive power on demand
- Core Power – strong in a standing closed kinetic position creates stabilization and rotation for better balance, coordinated movement, and greater force production that is very transferable to real life
- Train like an athlete – train for tangible results.
- We build Smart Muscle® - let’s investigate how valuable this can be for the full spectrum of injury prevention and enhanced performance

Maximum Metabolic Cost using Exercise Complexity
- As an exercise, skill or drill increases in complexity / difficulty there is a greater demand on the neuromuscular system to drive the motor pattern and More Demand = More Calories
- Athletes can be challenged with increased complexity as an additional method of overload that will confuse the body, create adaptation, challenge metabolism and result in improved performance
• The more often an athlete repeats a skill, the faster the neuromuscular communication occurs creating a stronger mind to muscle link (the body is now more efficient creating a gradual decline in metabolic demand)
• A more skilled athlete has an exceptional mind to muscle link whereby the mind commands and the muscles quickly comply = Smart Muscle®

Create Your Own Continuum of Complexity to Drive Up Metabolic Cost
• Evaluate the Risk vs Reward for exercises based on athlete preparation (training experience, ability, age, sport, performance goals)
• Categorize exercises for Balance, Movement (SAQ) and Strength based on their Exercise / Neurological Complexity and Metabolic Cost
• Recognize that every time a new layer of challenge is added, the exercise becomes more complex to execute and the metabolic cost is elevated
• Creates a tangible training variable that can be quantified and progressed / regressed based on athlete performance = invaluable coaching tool
• Observe, evaluate, experience, challenge, categorize all types of exercises based on the mind to muscle demand to appreciate the amount of neural drive, muscular activation, multi-level coordination, intensity and metabolic cost to push performance boundaries to the next level

Progression
To ensure athlete success, safety and performance outcomes, skills and drills should progress from:
• Slow to Fast
• Static to Dynamic
• Unloaded to Loaded
• Controlled to Explosive
• Stable to Unstable
• Simple to Complex

The Set Up, Flow and Equipment Needs

<table>
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<tr>
<th>Station #1 Balance BOSU 1:1 SlingShot 1:2</th>
<th>Station #2 Speed, Agility + Quickness SlingShot 1:2</th>
<th>Station #3 Whole Body Strength Smart Toner 1:1</th>
<th>Station #4 Core Power Smart Toner 1:2</th>
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<td>BOSU 1:1</td>
<td>SlingShot 1:2</td>
<td>Smart Toner 1:1 Linked Together</td>
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<td>SlingShot Lateral Lunge to Single Leg Balance (Side resistance, purposeful pause)</td>
<td>SlingShot Partner In In Out Out Pattern Rear Resistance (fast feet)</td>
<td>Smart Toner Squat to Arm Curl with Overhead Press (Controlled tempo focus on sequence)</td>
<td>Hi Plank Up Up Down Down</td>
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<tr>
<td>SlingShot Forward Lunge to BOSU Single Leg Balance (Rear resistance, purposeful pause on BOSU)</td>
<td>SlingShot Partner Cross Over Pattern Fast Feet Rear Resistance (fast feet)</td>
<td>Smart Toner Squat to Row (Face Partner, controlled tempo, focus on sequence)</td>
<td>Smart Toner Partner Isometric Hold with Step Outs (R+L)</td>
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<tr>
<td>BOSU SlingShot 2 Foot Jump and Land Floor to BOSU (Rear resistance, cue quick – stick)</td>
<td>SlingShot Partner Lateral Bound (quick – stick or quick transition)</td>
<td>Forward Lunge to Opposite Single Arm Row (work together, power on the row)</td>
<td>Smart Toner Partner Low to High Rotary Chop (alternating)</td>
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<td>BOSU SlingShot 2 Foot Lateral Jump and Land Floor to BOSU (Lateral resistance, cue quick – stick)</td>
<td>SlingShot Partner Squat Jumps (high tempo)</td>
<td>Squat Jump to Chest Press (Face away from Partner, focus on Sequence, work together)</td>
<td>Smart Toner Shuffle, Shuffle Chop Fast Feet (alternating)</td>
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**Take Home Strategies**

- Exercises capture attention – interesting to attempt, more complex exercises keep the athlete present in the moment, focused on solving the personal puzzle needed to perform the exercise with body control
- Sensory overload – all levels of the sensory feedback systems are continuously flooded with information to be filtered helping improve all aspects of information processing and decision making = untapped potential
- Motor control – successful performance lays the foundation for future skilled execution to occur more rapidly and with greater precision
- Solid training effect – these complex skills permit slow velocity execution with moderate loading while continuing to challenge to achieve a sustained heart rate
- High metabolic cost – multiple layers of muscle are activated from core to periphery creating a massive caloric output
- Stability / Mobility Link – a major outcome is the development of a functional, mobile, stable body which works – pain free movement
- Safe – athletes are able to successfully navigate unpredictable environments without injury
- Physical Confidence – athletes retain / develop a wiser body with age to keep them active, confident in their body to move freely
- Smart Muscle®