

# INTEGRATED MOVEMENT SERIES

CORE TRAINING INTENSIVE

## Session 304: Fluid Core Training

Session Description: In this flowing core centered movement workshop, you will explore how to transfer the hours of training planks, curls, rotation and lifts into powerful and dynamic movement. Experience the synergy of movement and music to build strength, endurance and power in a new integrated way.

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## Agenda

- Benefits of a Flow
- Blueprint to Sequence
- Variables to Adjust

## Benefits of a Flow

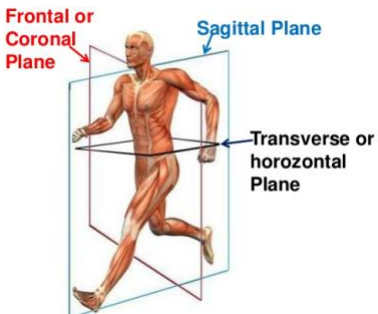
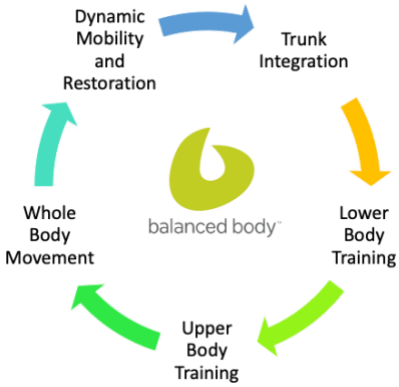
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## Variables to Consider

- Foundational Movement Principles
- Planes of Motion
- Base of Support
- Body Position
- Tempo
- Direction
- Joint Action
- Bodyweight vs. Equipment Based
- Stationary or Mobile

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- Squat
- Lunge
- Hinge
- Push
- Pull
- Lift
- Rotate
- Gait

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Exercise	Base of Support	Plane of Motion	Add Foundational Movements to Base Move
Reverse Lunge			
Plank			

Exercise	Base of Support	Plane of Motion	Add Foundational Movements to Base Move
Reverse Lunge			
Plank			
Squat			

Exercise	Standing or Ground Based	Base of Support	Plane of Motion	Add Foundational Movements to Base Move
Single Leg Squat with Rotation	Standing			
Reverse Lunge to Fallover	Ground			
Side Squat with Lateral Flexion	Standing			