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IDEA WORLD CONVENTION

FITNESS • NUTRITION • BUSINESS

LIMITLESS

Developing Athletic Power

PRESENTED BY

ViPR PRO®

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JIMMY BUTLER, NBA

WORKSHOP OBJECTIVES

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BE UNBREAKABLE:

ANATOMY OF PROGRAMMING

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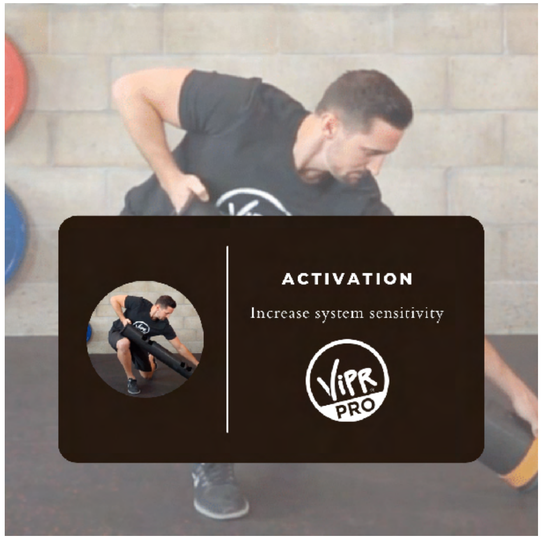
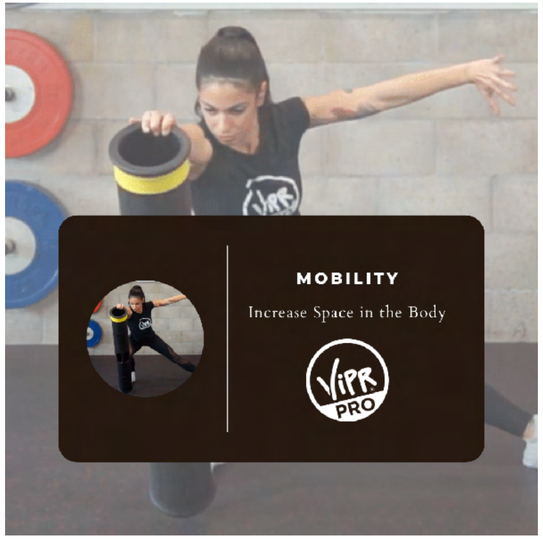
PROGRAMMING THEMES





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PROGRAMMING ROAD MAP

PREPARATION

PERFORMANCE

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PROGRAMMING ROAD MAP

PREPARATION

ACTIVATION

PERFORMANCE

POWER

STRENGTH

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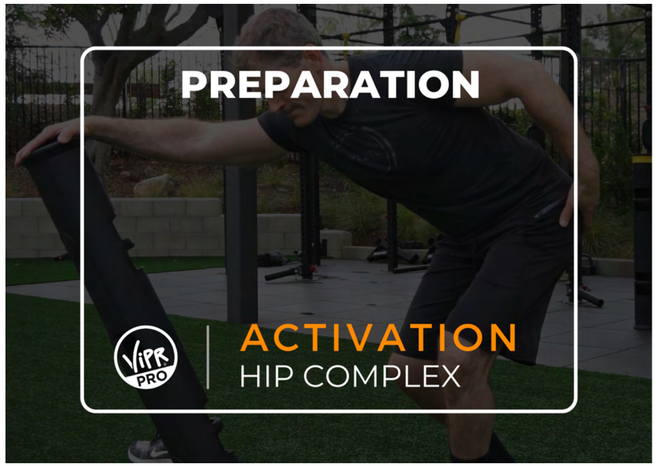
PREPARATION

FORCED & PERCUSSIVE

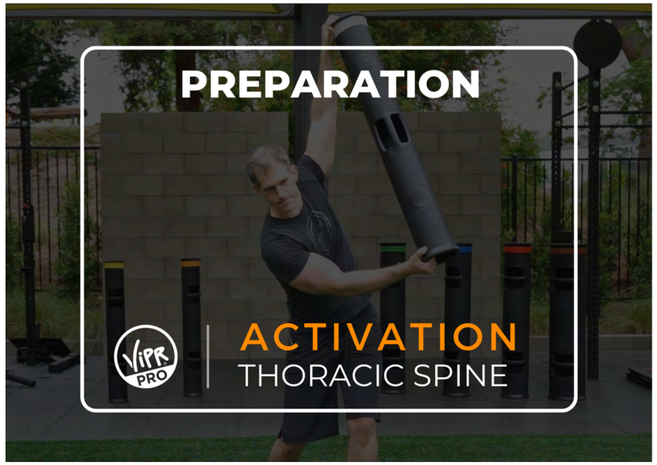
Inhalation/Exhalation

TRACKING

GROUND REACTION



3D MOTIONS



TYPE 1&2 SPINAL MOTIONS

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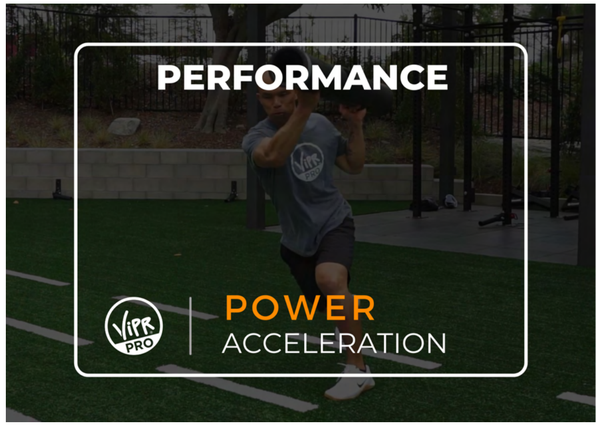
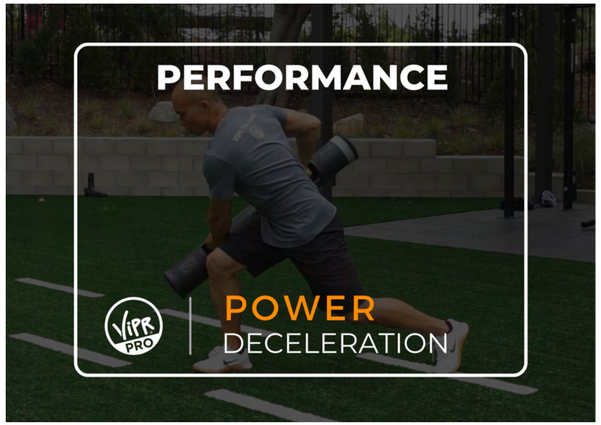
PERFORMANCE

POWER

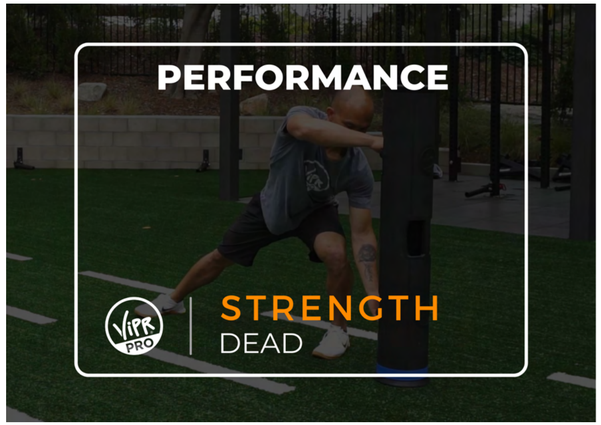
STRENGTH



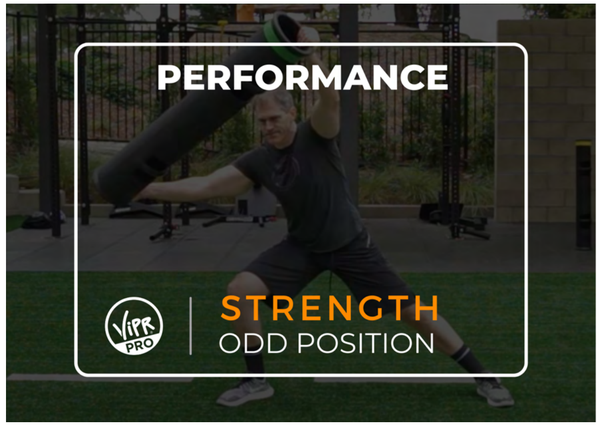
ACCELERATION



DECELERATION



DEAD STRENGTH



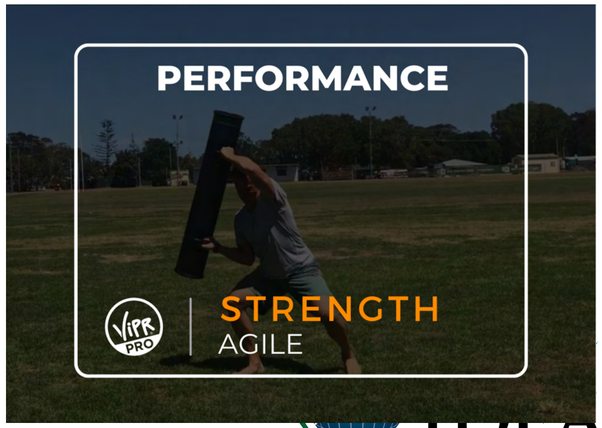
ODD POSITION

CONVERSION

SPEED
AGILITY
QUICKNESS

PLYOMETRICS

STRENGTH ENDURANCE



AGILE STRENGTH

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PROGRAMMING ROAD MAP

PREPARATION

- ACTIVATION
  - FORCED BREATHING
  - EYE TRAINING
  - FOOT
  - HIP
  - THORACIC SPINE

PERFORMANCE

- POWER
  - ACCELERATION
  - DECELERATION
  - CONVERSION
    - PLYOMETRICS
    - SAQ
- STRENGTH
  - DEAD
  - ODD POSITION
    - AGILE
  - ENDURANCE

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PROGRAMMING ROAD MAP

PREPARATION

EYE TRAINING

HIP

THORACIC SPINE

PERFORMANCE

POWER

ACCELERATION

DECELERATION

CONVERSION

PLYOMETRICS

SAQ

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POWER

- Power is the ability to rapidly generate high levels of force in a specific movement pattern

This demands a highly coordinated response from the neuromuscular system to produce the required movement, and high levels of tissue resilience to produce and transfer force

- The goal of Power is in the attempt to move the mass as fast and as violent as possible

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POWER

STEP 1: ACCELERATION	STEP 2: DECELERATION	STEP 3: CONVERSION
-	-	-
Body is acting	Body is reacting	Plyometrics

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POWER- ACCELERATION

RAPID CHANGE IN INERTIA
NERVOUS SYSTEM: DEPOLARIZATION FIRST
MUSCLES: CONCENTRICALLY TURN ON & OFF
NEED SHAPE STABILITY IN SKIN AND FASCIA. COLLAGEN AND ELASTIN (RECOIL)

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POWER - DECELERATION

SLOW DOWN OR STOP INERTIA
NERVOUS SYSTEM: SENSORY MOTOR INTREGRATION
MUSCLES: ISOMETRIC OR ECCENTRIC CONTRACTION
NEED JOINT MOBILITY AND ARTHROKINEMATICS. ELASTIN TO STRETCH DURING DECELERATION

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POWER - CONVERSION

BEING ELASTIC: SHORT AMORTIZATION PHASE
MUSCLES ECCENTRIC MOTOR CONTROL
TISSUE ELASTICITY CONCENTRIC FORCE PRODUCTION
MAXIMAL ELASTICITY IN TENDONS WITH MINIMAL METABOLIC COST

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TILT

ACCELERATION: Anterior Knee Drive, To Body tilt

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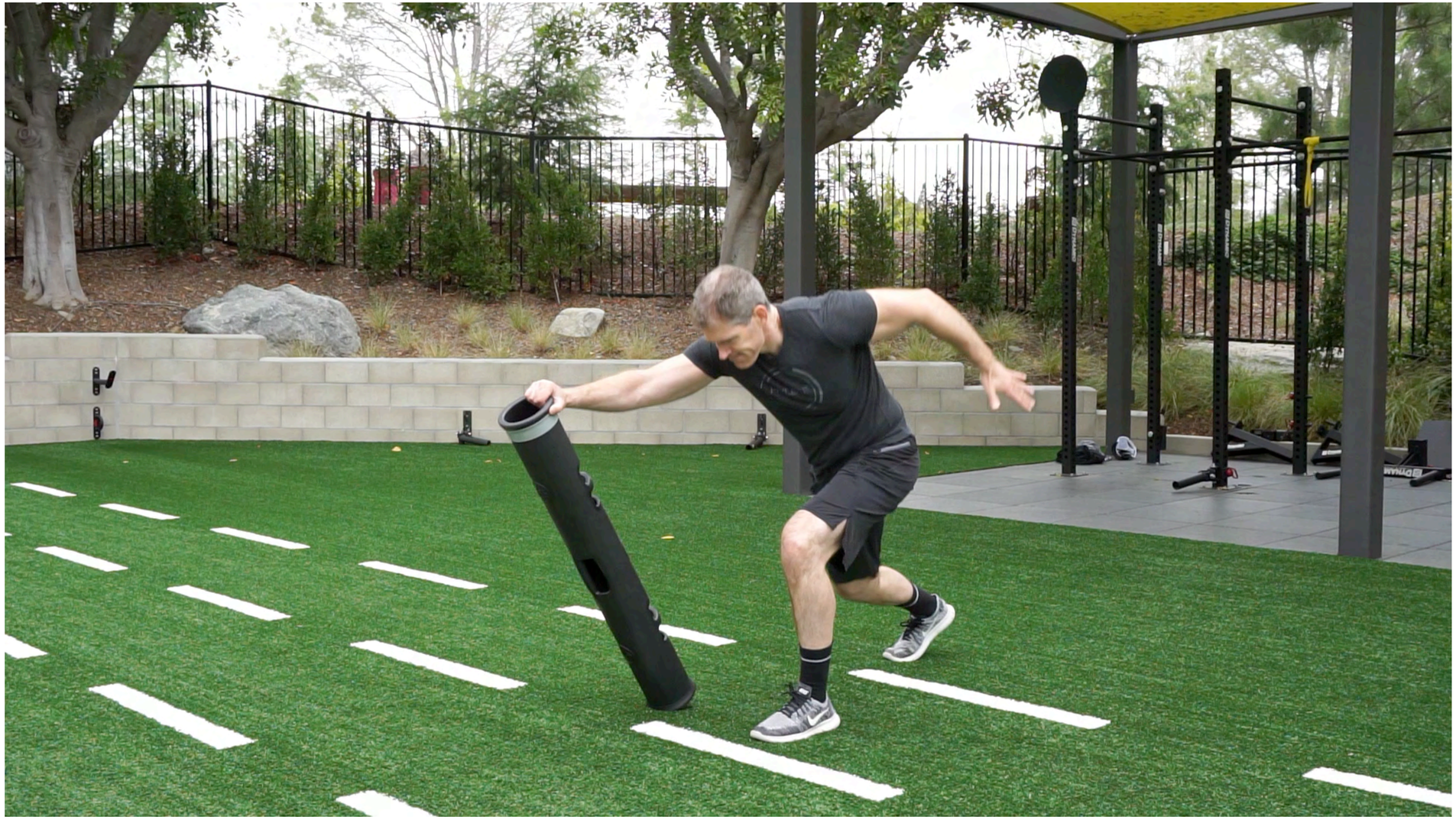
DECELERATION: Posterior Split, Counter Tilt



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CONVERSION: Sagittal Split-Knee Drive Tilt

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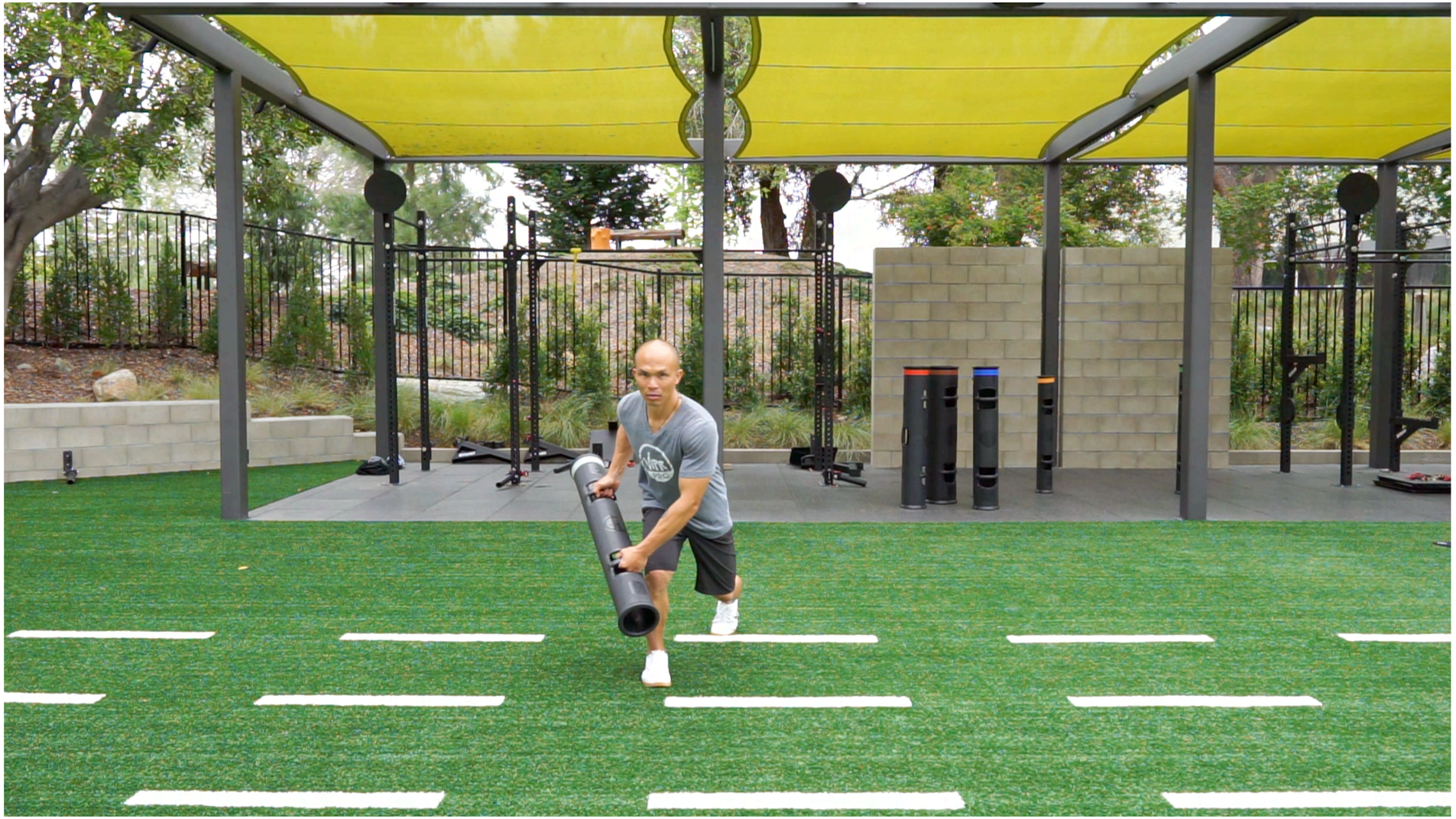
SKATER

ACCELERATION: Split to Lateral Skater, Uppercut



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DECELERATION: Split to Lateral Split, Chop

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CONVERSION: Lateral Skater Bounce | Uppercut- Chop

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SHOVEL

ACCELERATION: Neutral to Split, Rotational Shovel

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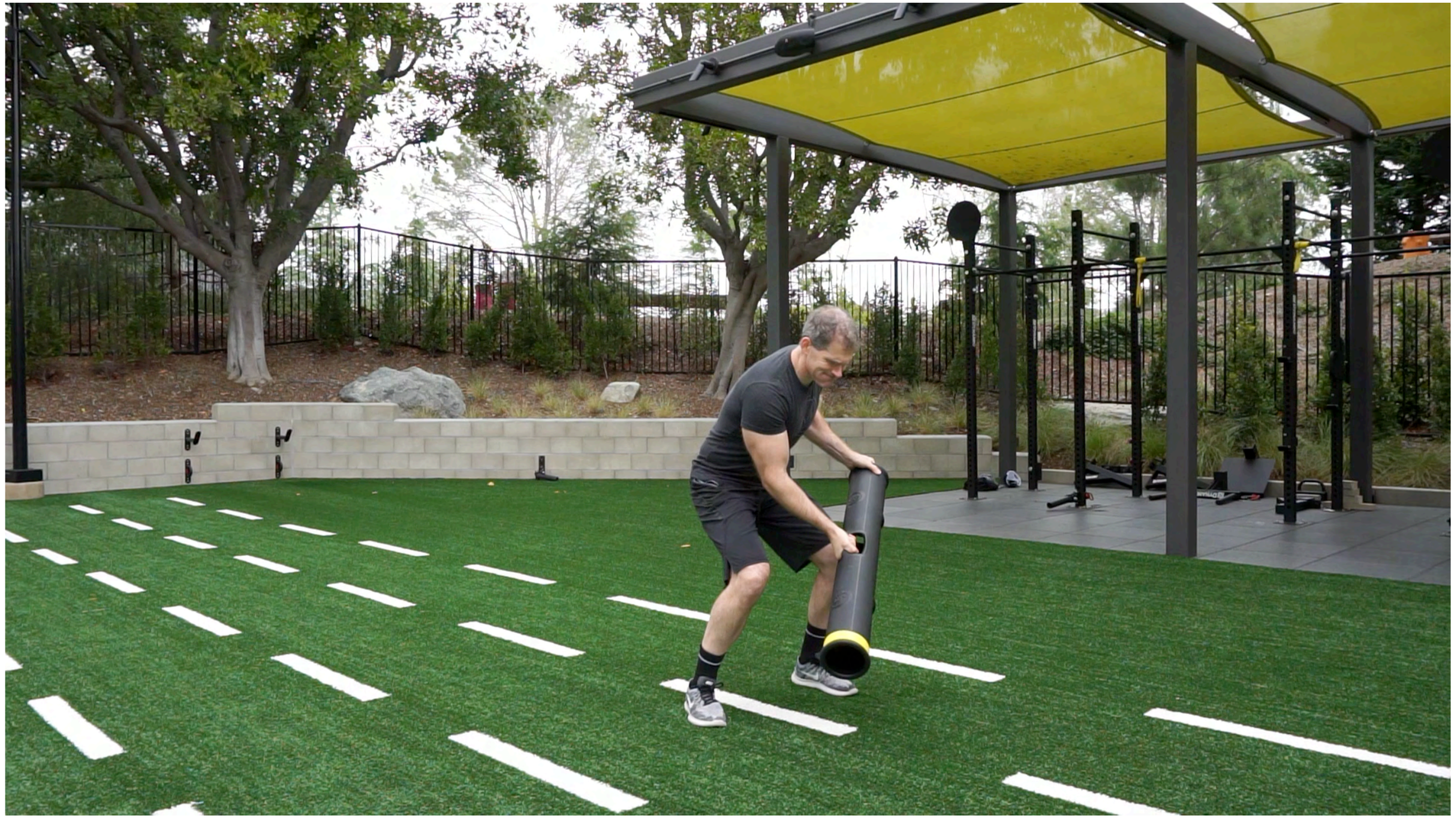
DECELERATION: Split to Neutral, Rotational Chop



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CONVERSION: Neutral to Neutral, Shovel/Chop

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OH SHIFT/DROP

ACCELERATION: Split to Lateral, OH Neutral Shift

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DECELERATION: Neutral/Posterior Split, Drop

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CONVERSION: Split to Split Bounce, Shift/Drop

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PROGRAMMING ROAD MAP

PREPARATION

EYE TRAINING

HIP

THORACIC SPINE

PERFORMANCE

POWER

PLYOMETRICS

SAQ

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SAQP

- SAQ Drills are designed to rapidly excite the nervous system, while exhausting immediate substrates.

- This will create a nerves adaptation to better coordinate movement tasks, while flooding the body with metabolites (i.e. Fatigue), forcing the systems of the body to buffer, efflux and otherwise deal with accumulations of fatigue.

- In sports which require undulating energy utility, these drills are a must.

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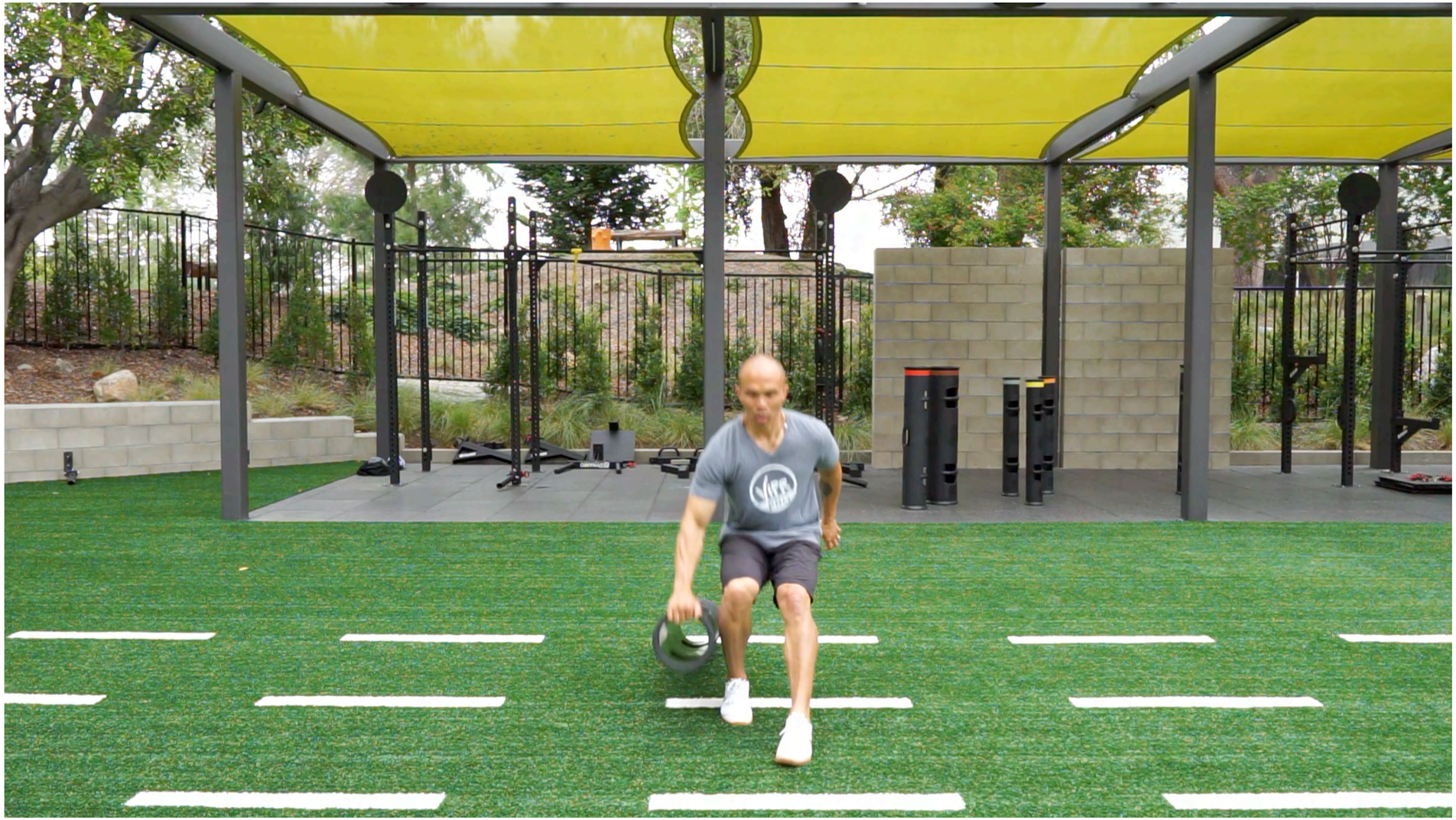
LINEAR AGILITY: Sagittal Runs, Tilt



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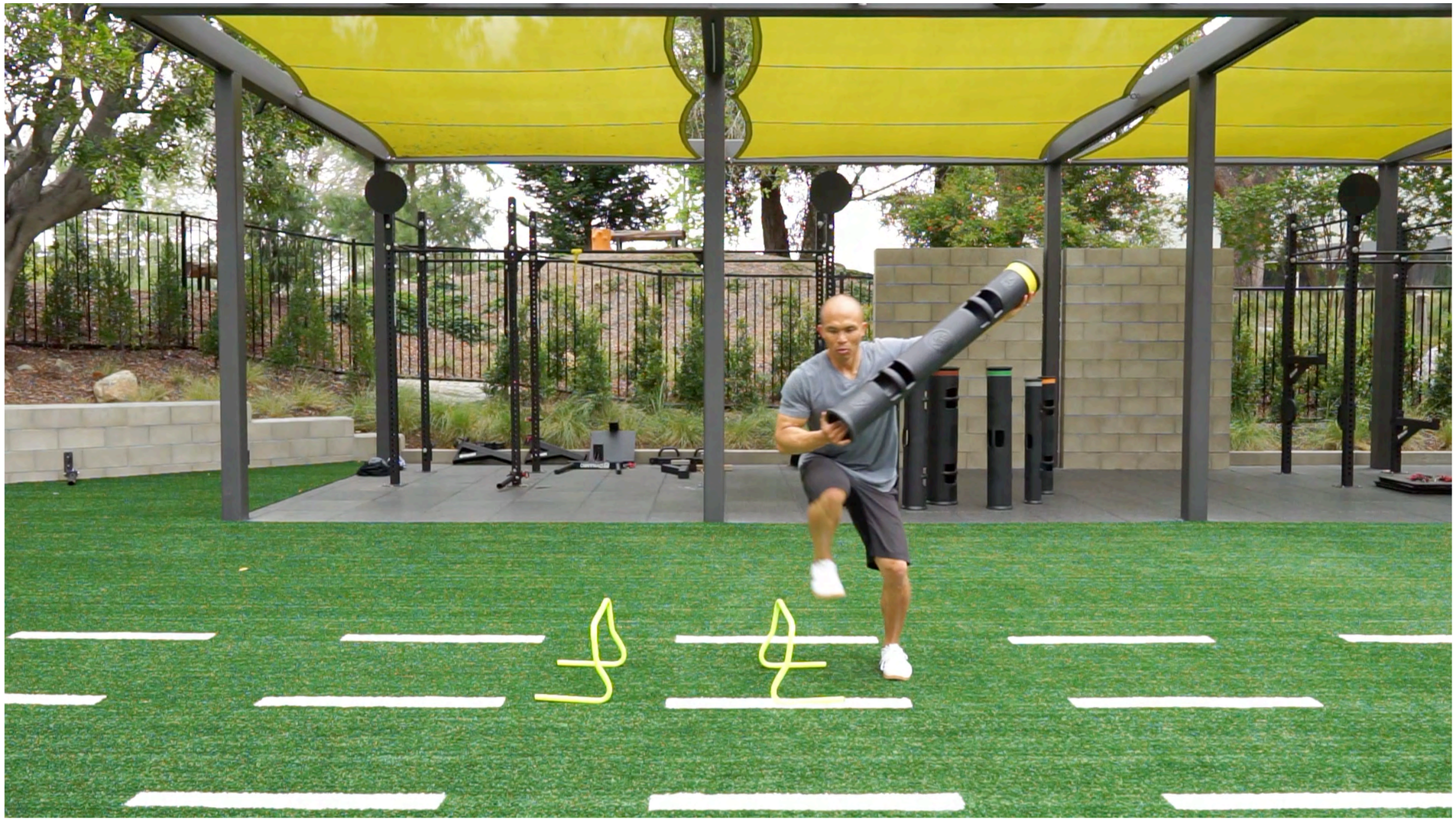
3D AGILITY: Wide Preposition, Lateral Hurdles



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LINEAR QUICKNESS: Preposition, Quick In-Out

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3D QUICKNESS: Offset Preposition Lateral Quick Feet

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EDUCATION

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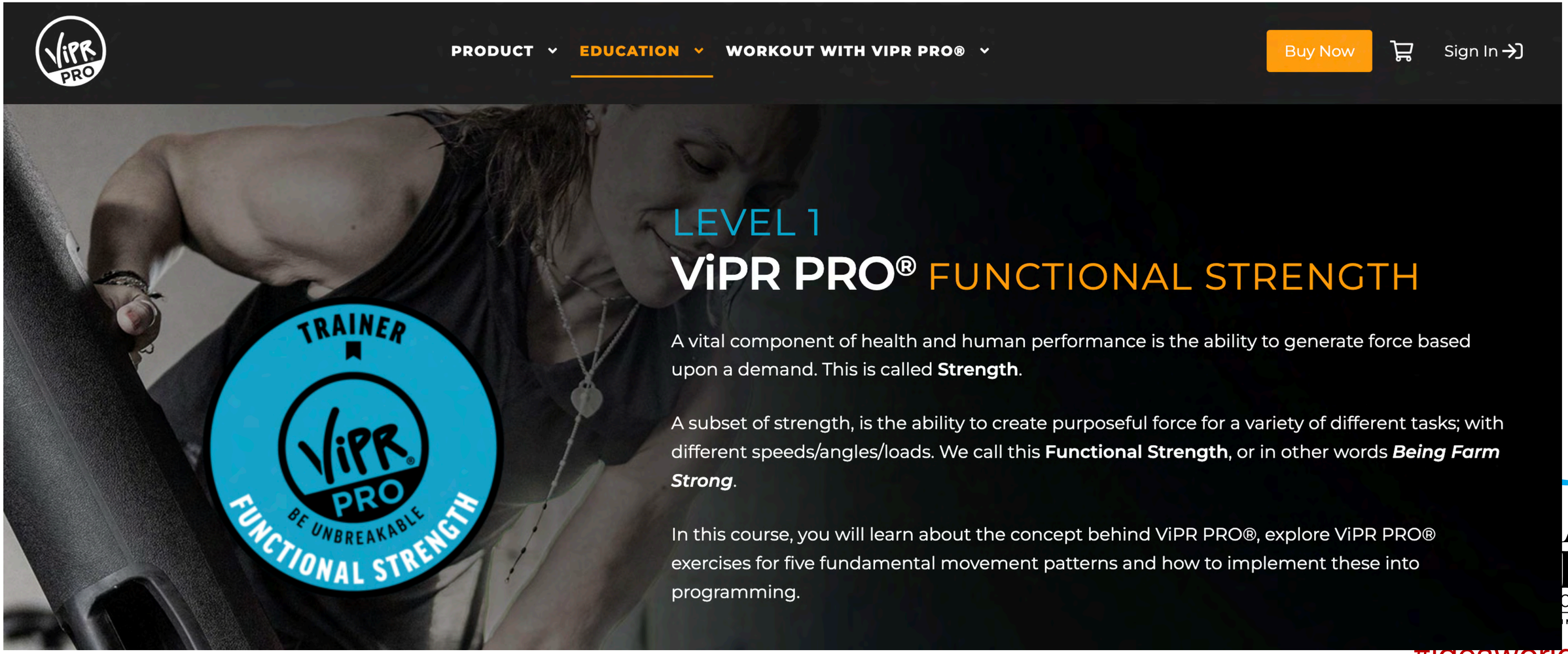

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EDUCATION

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LEVEL 2

ViPR PRO® TEAM TRAINING

The ViPR PRO® Team Training is a two parts course, a video-rich curriculum that will teach you everything you need to know about ViPR PRO® Team Training – which we call ViPR PRO® Training Camp.

In part 1, we will explore the science of farm strong, how to decide your Training Camp, how to set it up, how to program for Training Camp, and how to effectively and authentically coach ViPR PRO® Training Camp.

Part 2 provides the content and programming for ViPR PRO® Training Camp in two formats – StrengthCon and MetCon. These programs are specifically designed for body-wide resiliency to make you unbreakable.

Course Objectives

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THANK YOU

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Hashtags: #viprpro #BeUbreakable #farmstrong

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GOAT