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LIMITLESS

PREPAREDNESS:

Augmenting Health & Human Performance

PRESENTED BY

ViPR PRO®

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JOEL EMBIID, NBA





WORKSHOP OBJECTIVES



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BE UNBREAKABLE:

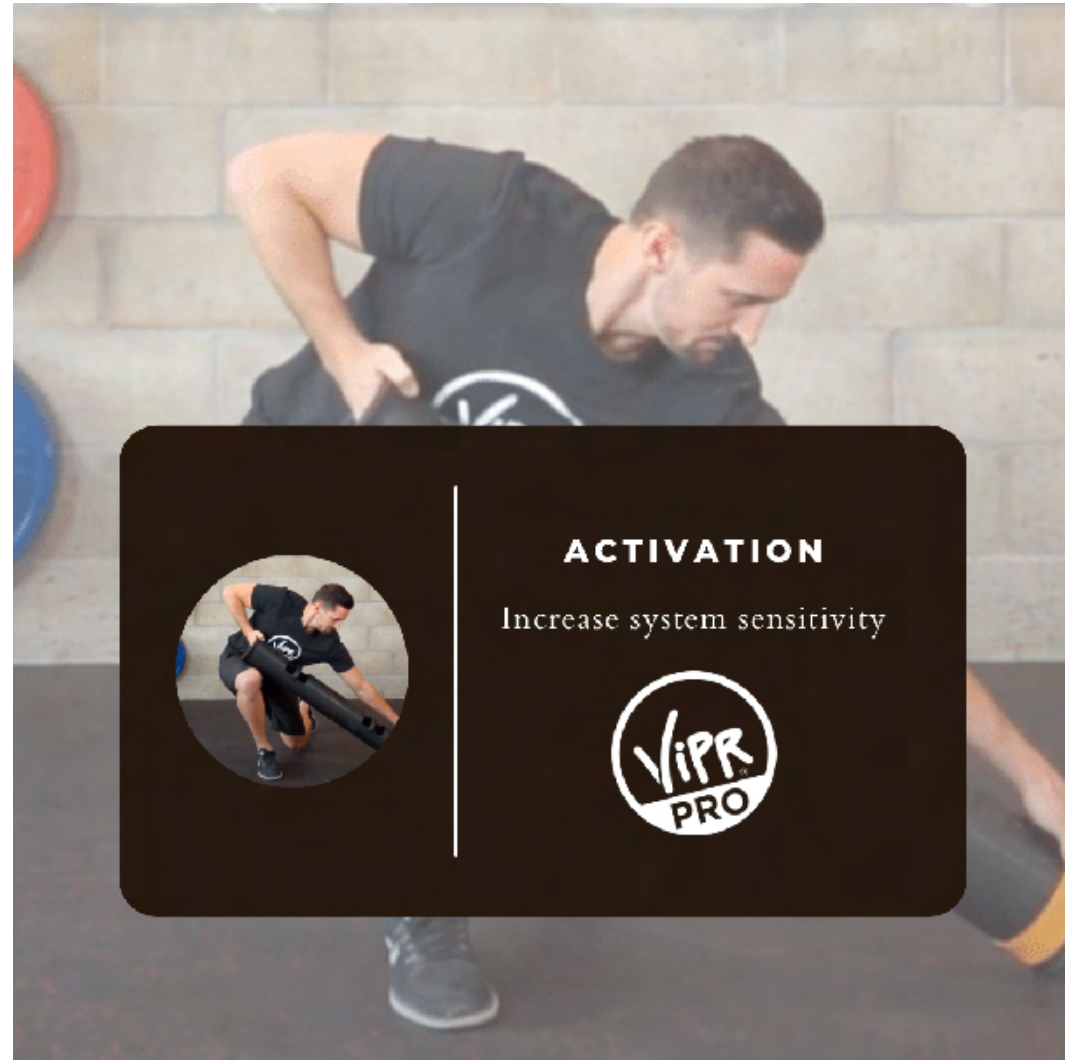
ANATOMY OF PROGRAMMING



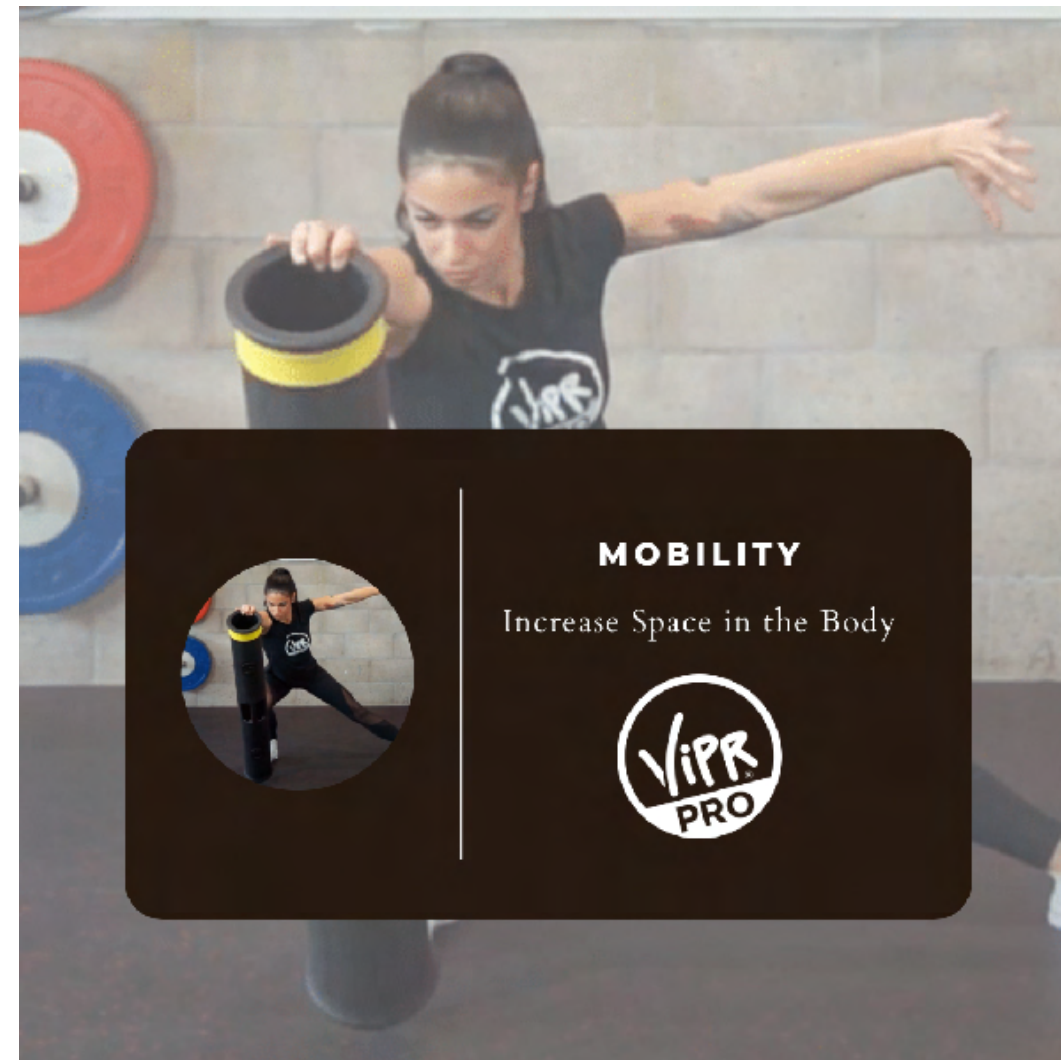

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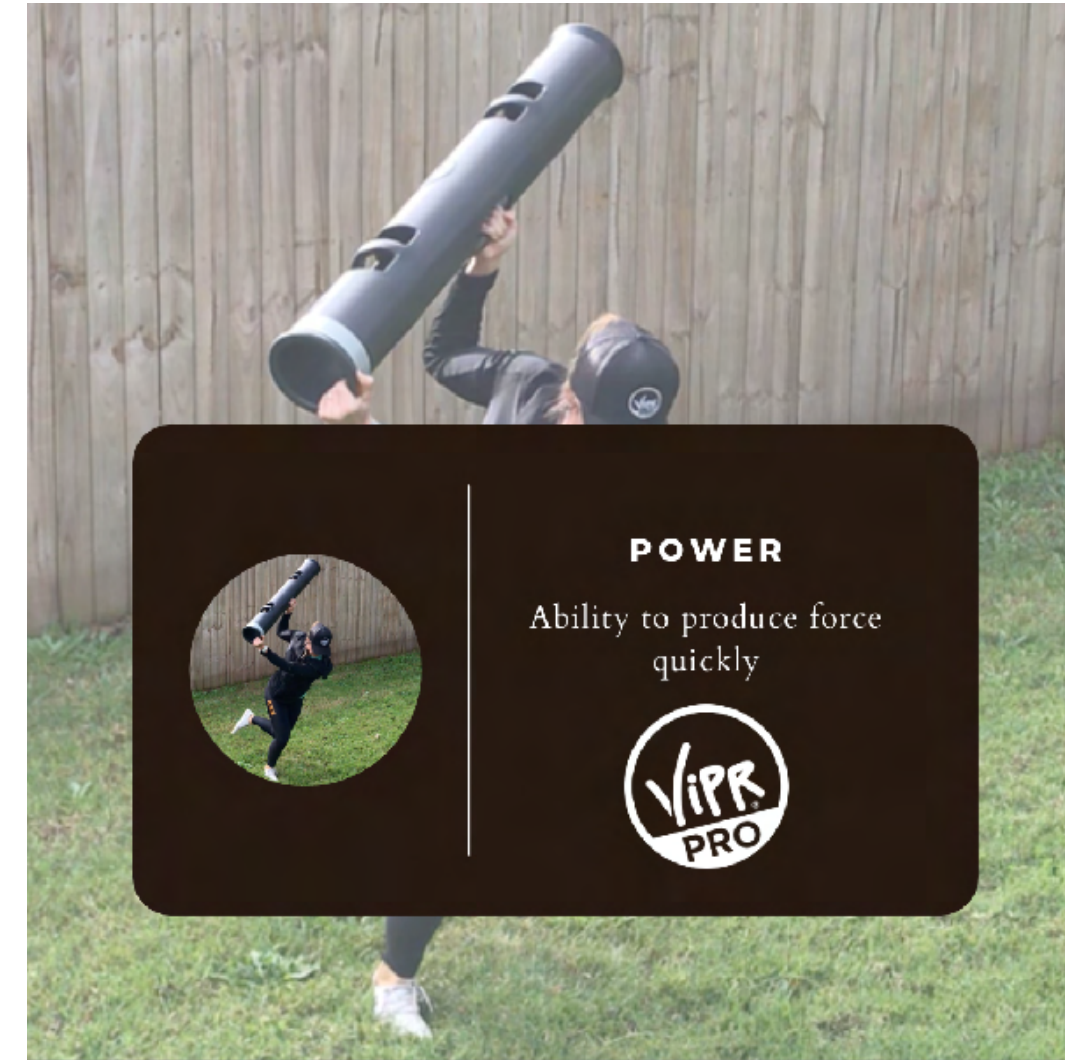

PROGRAMMING THEMES




ACTIVATION
Increase system sensitivity



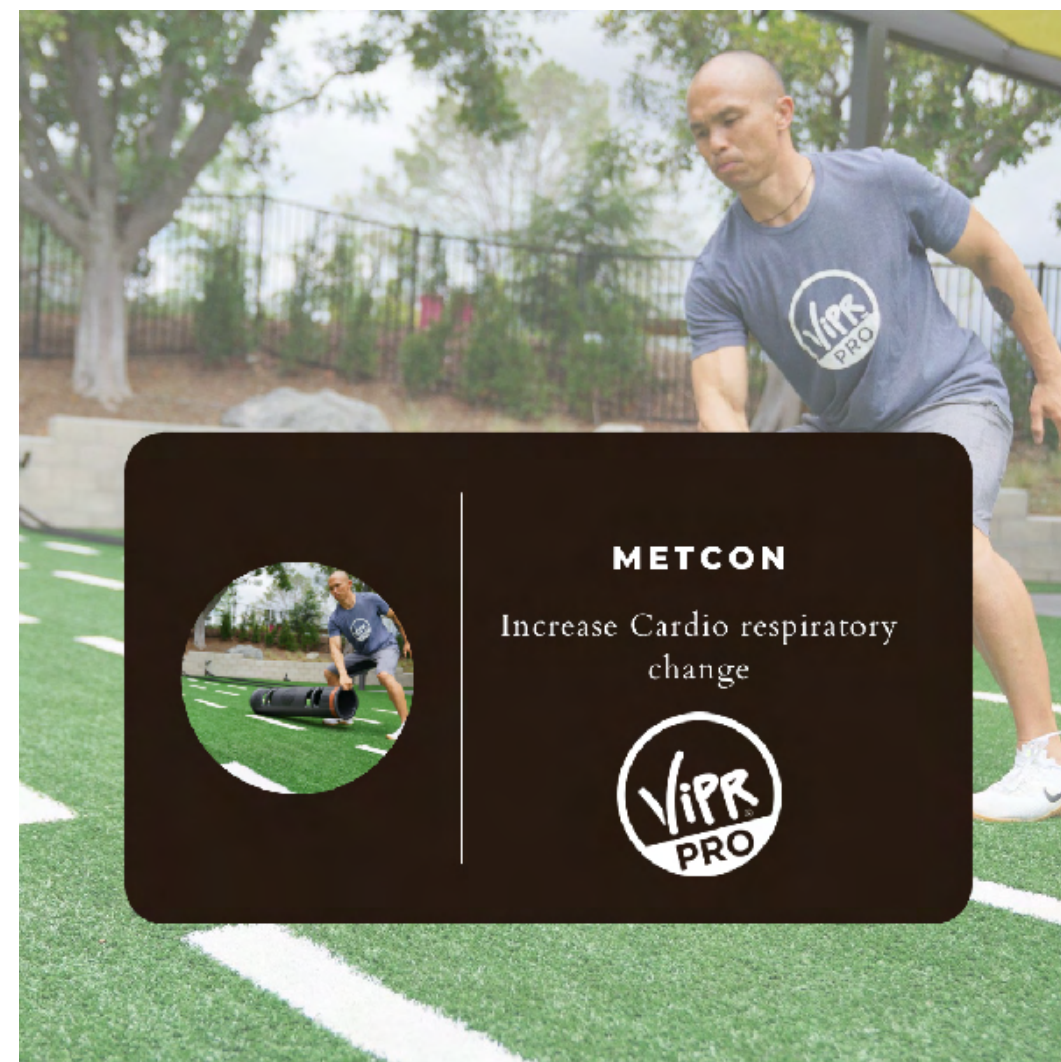
MOBILITY
Increase Space in the Body



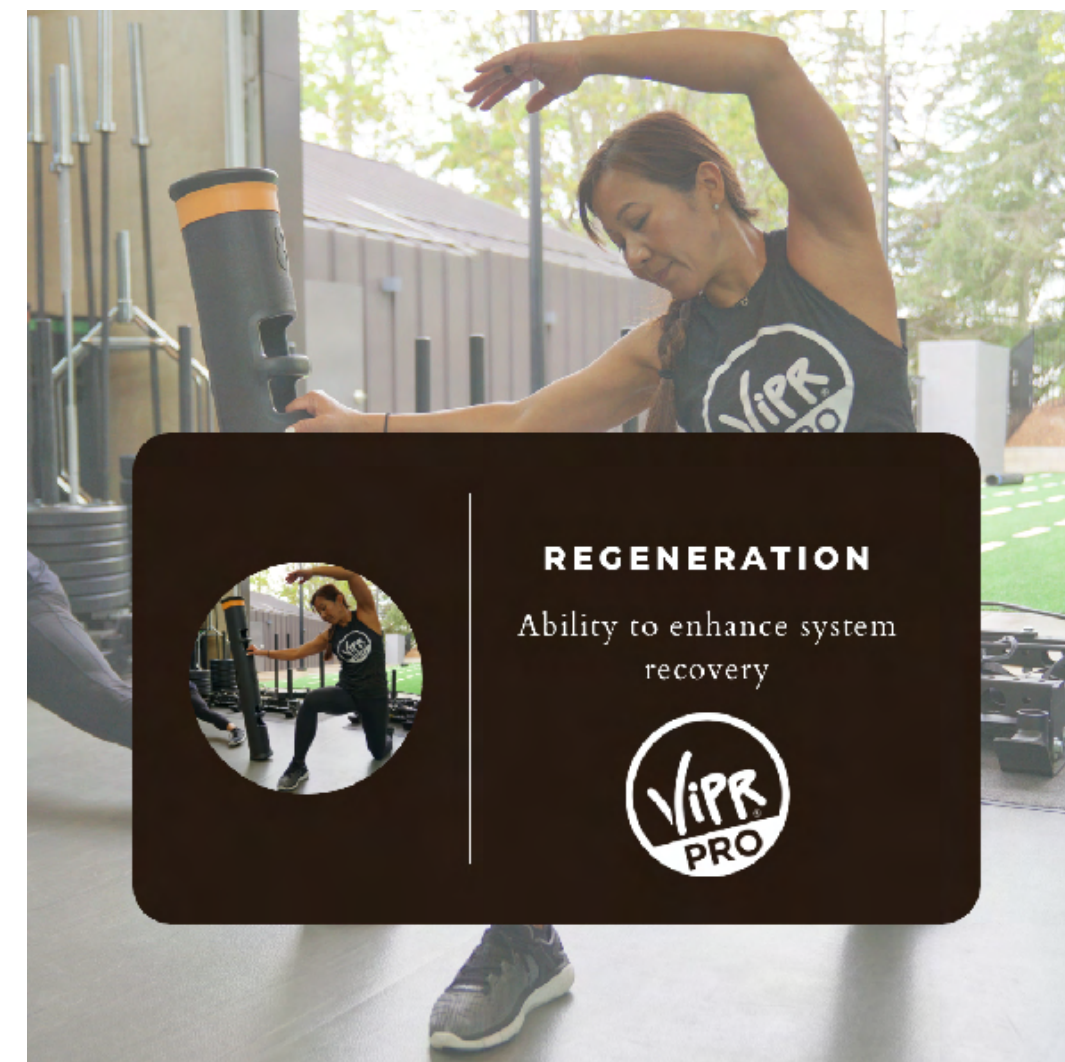

POWER
Ability to produce force quickly




STRENGTH
Ability to produce and resist forces



METCON
Increase Cardio respiratory change



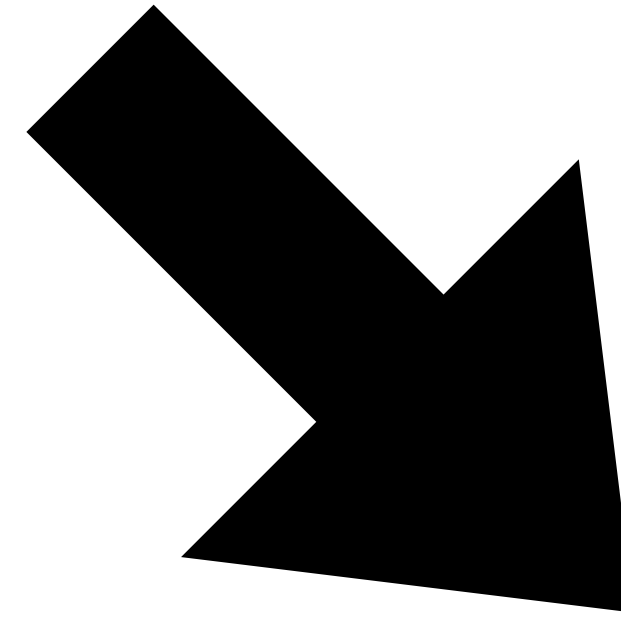
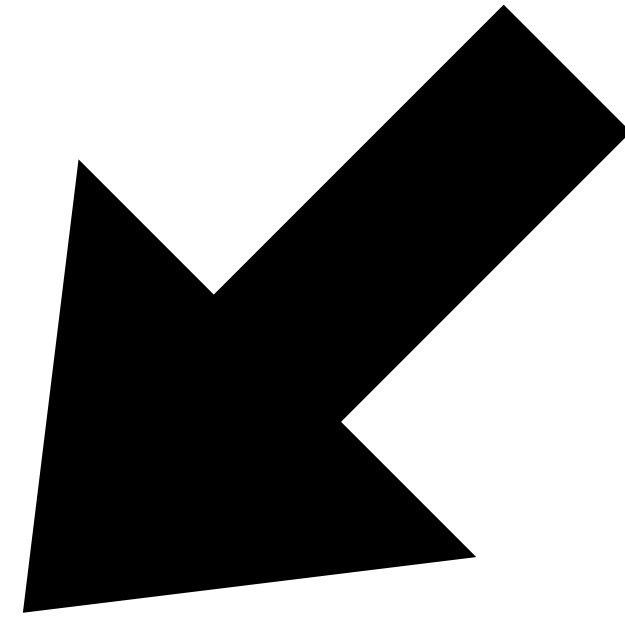
REGENERATION
Ability to enhance system recovery



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PROGRAMMING ROAD MAP



PREPARATION

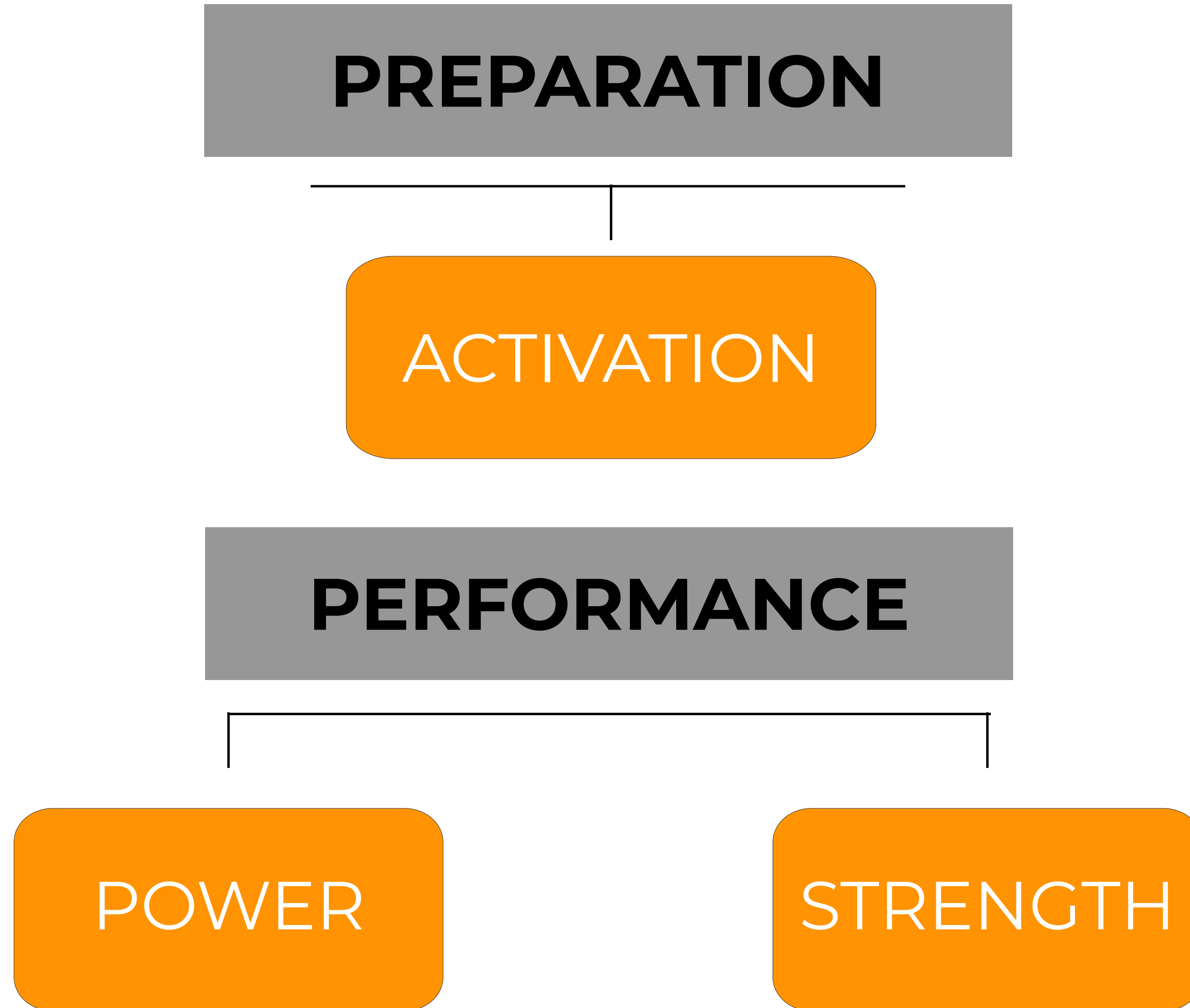
PERFORMANCE



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PROGRAMMING ROAD MAP



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PREPARATION



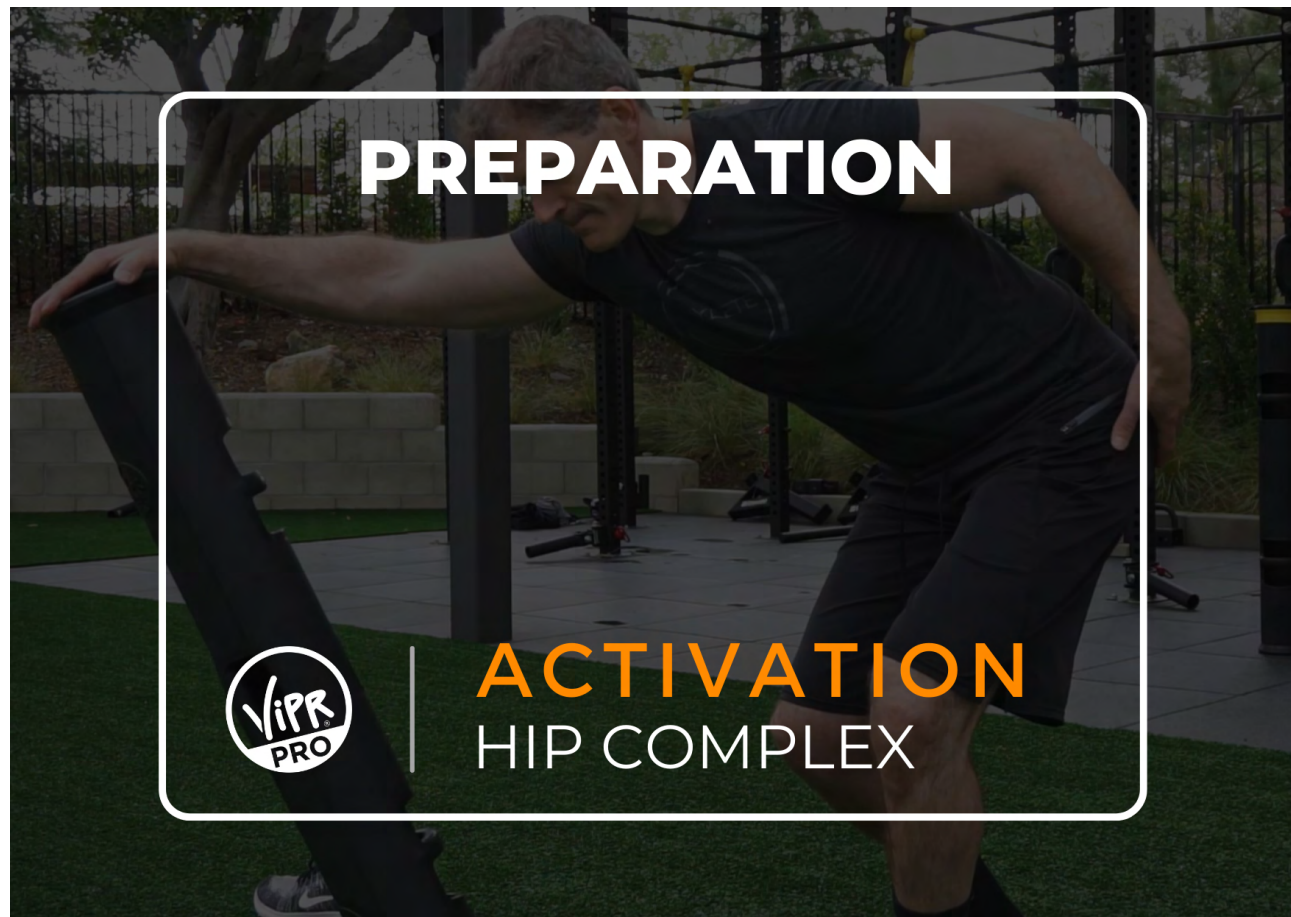
FORCED & PERCUSSIVE
Inhalation/Exhalation



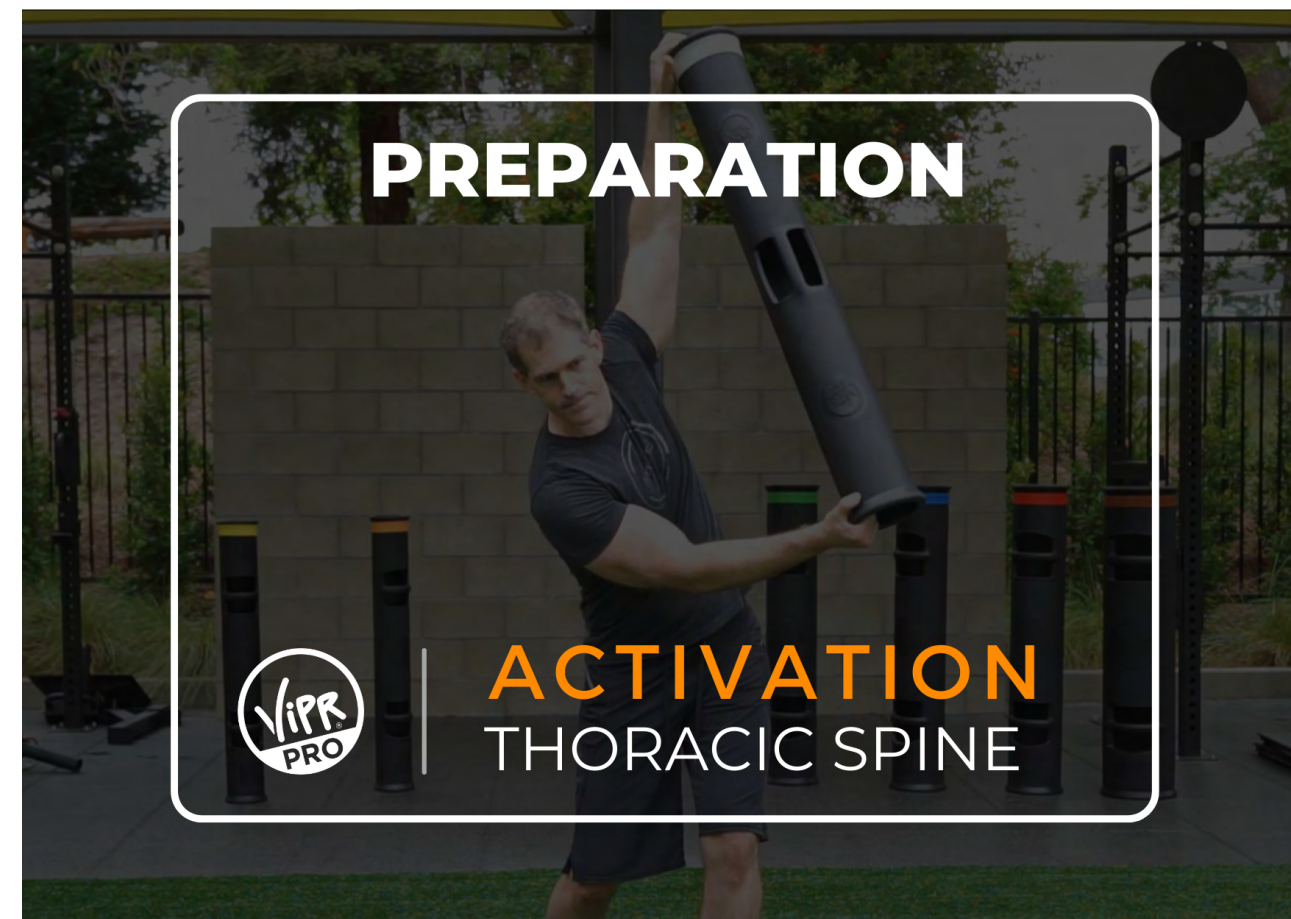
TRACKING



GROUND REACTION



3D MOTIONS



TYPE 1&2 SPINAL MOTIONS



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POWER

PERFORMANCE

STRENGTH



ACCELERATION



DECELERATION



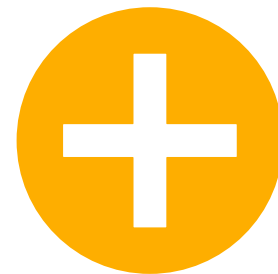
DEAD STRENGTH



ODD POSITION



CONVERSION



SPEED
AGILITY
QUICKNESS

PLYOMETRICS



STRENGTH ENDURANCE



AGILE STRENGTH



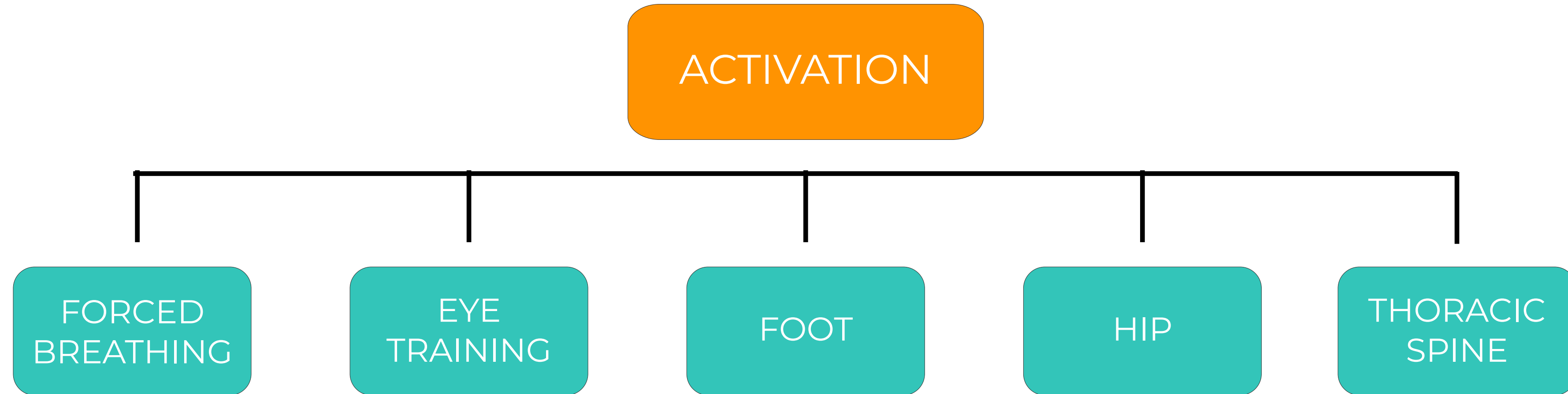
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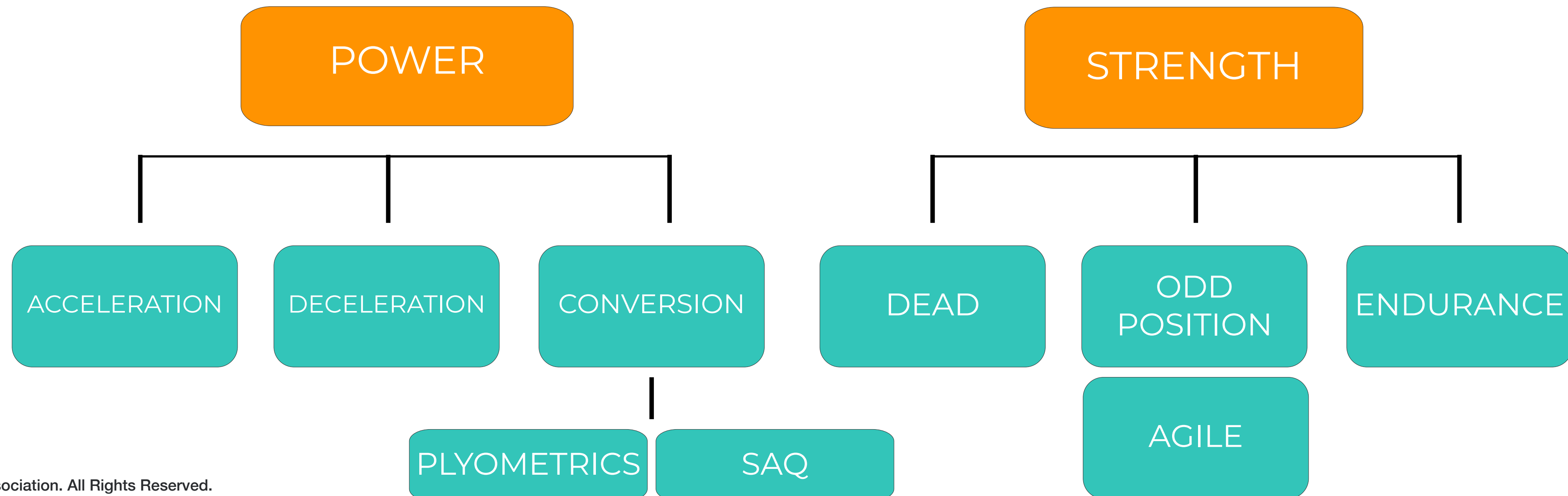


PROGRAMMING ROAD MAP

PREPARATION



PERFORMANCE



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PROGRAMMING ROAD MAP

PREPARATION

ACTIVATION

FORCED
BREATHING

EYE
TRAINING

FOOT

HIP

THORACIC
SPINE



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PREPARATION



FORCED & PERCUSSIVE

INHALATION/EXHALATION | HIP COMPLEX

3D MOTIONS

PREPARATION
ACTIVATION
BREATHING

CKING

PREPARATION
ACTIVATION
FOOT

GROUND REACTION

PREPARATION
ACTIVATION
THORACIC SPINE

TYPE 1&2 SPINAL MOTIONS



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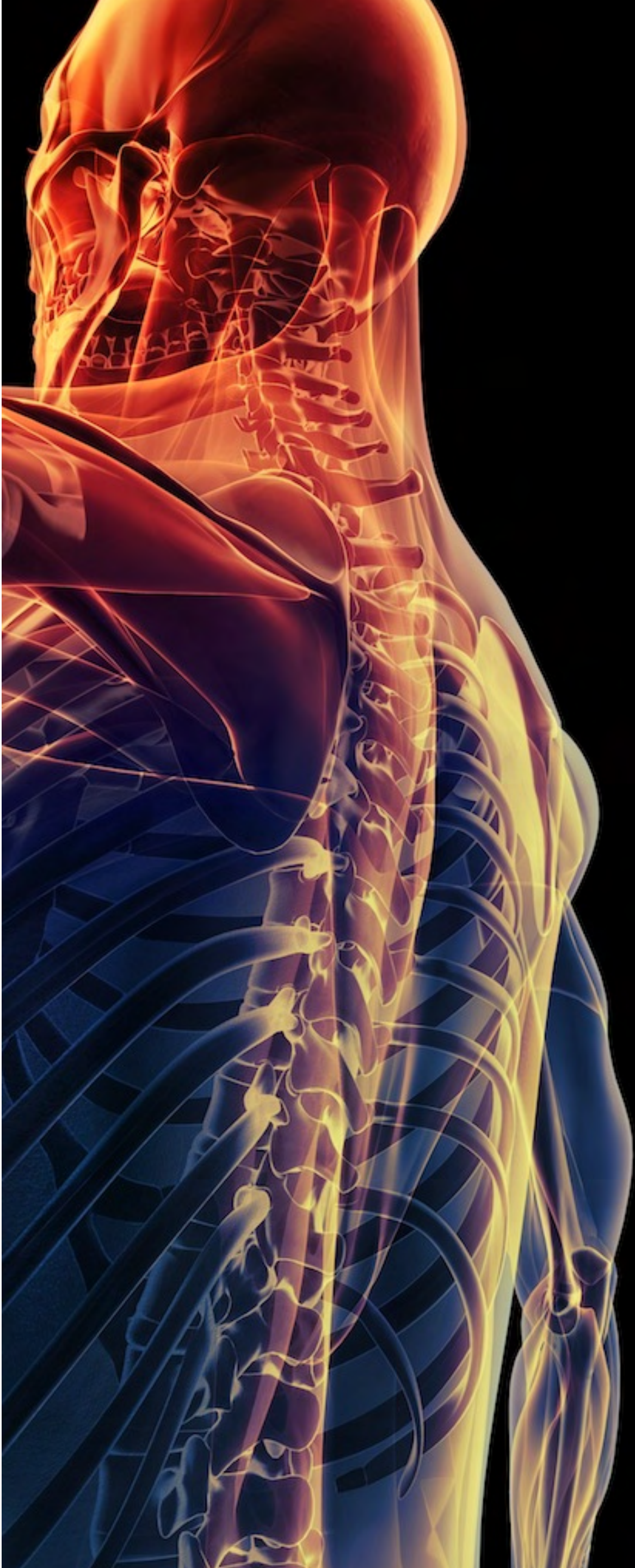


BREATHING

- Forced Inhalation and Exhalation incorporate accessory breathing muscles, which are primarily type 1 (slower to fatigue), stability muscles.
- Designed to up-regulate deep core activation and motor unit coordination. This serves as complete preparatory protocol for both athletes and day to day person.



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Muscles are, first and foremost, TASK DRIVEN. (research by **Zajac** and **Gordon**)

This means they coordinate (through nervous input) to optimize an outcome. Think of walking ... rarely are we conscious of it, and if we are, we generally impair its coordination.

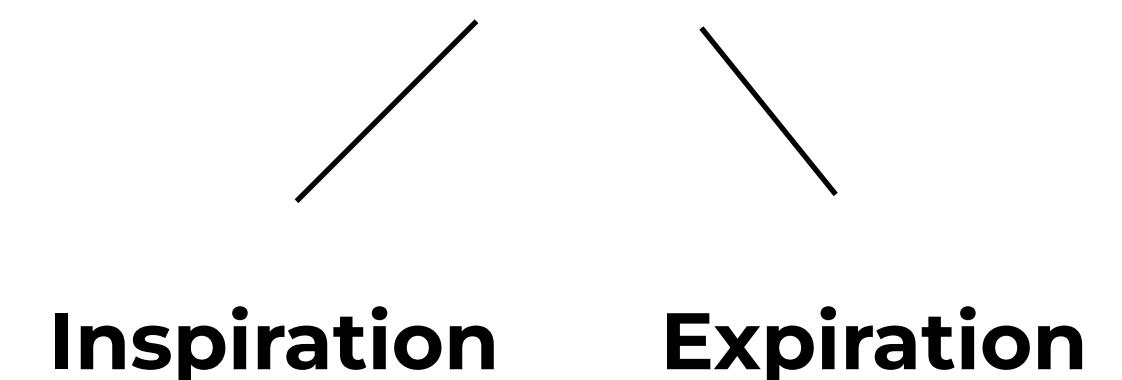
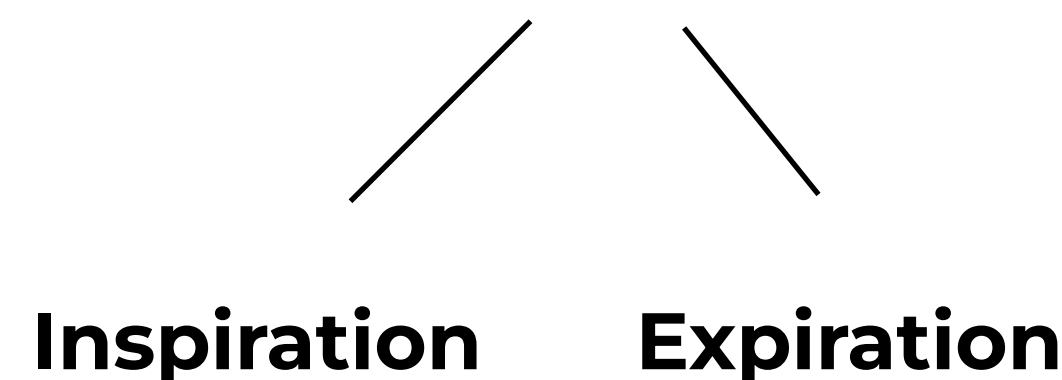
Thus, many different muscles can influence the action of breathing.

For most of these muscles, breathing is NOT their main function. Accessory breathing muscles (those involved in speeding up, slowing, down, stopping, relaxing or exciting breathing) are primarily TYPE 1 (slow oxidative) stabilization motor units.

Therefore, to influence deep stabilization of the lumbo-pelvic hip complex, we will teach:

1 - Forced Breathing

2 - Percussive Breathing



Small Motor Unit
Recruitment

Excitation



INSPIRATION

Muscles

1 - Respiratory Diaphragm

2 - Pectoralis Minor

3 - Pectoralis Major

4 - Serratus Anterior

Muscles which lift the ribs from the scapular girdle

5 - Levatores Costarum

6 - Transversopinalis

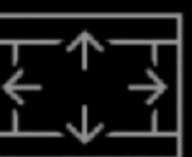
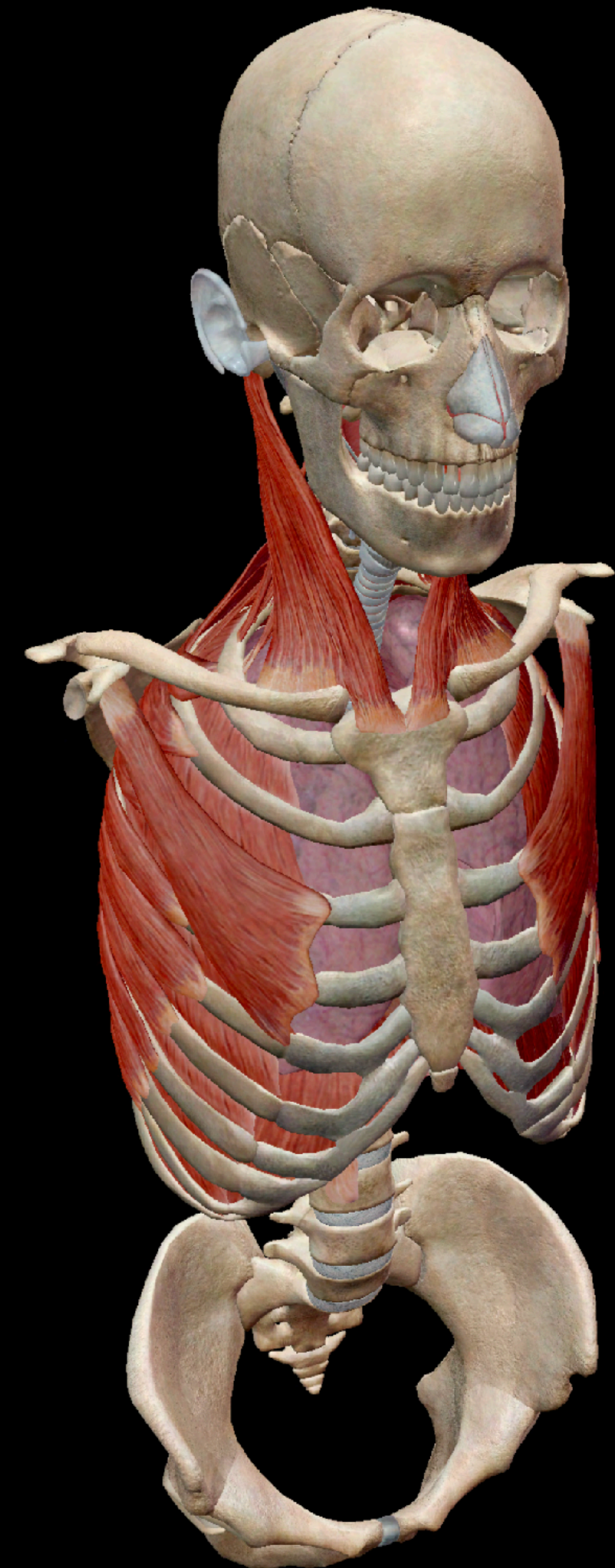
Muscles which lift the ribs away from the thoracic spine

7 - Serratus Posterior Superior

8 - Sternocleidomastoid

9 - Scalenes

Muscles which lift the ribs from the head or neck





EXPIRATION

Muscles

1 - Abdominal Muscles

2 - Pelvic Diaphragm (floor)

3 - Transversus Thoracis
(at the inside of the rib cage)

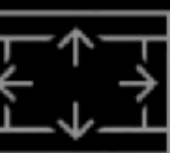
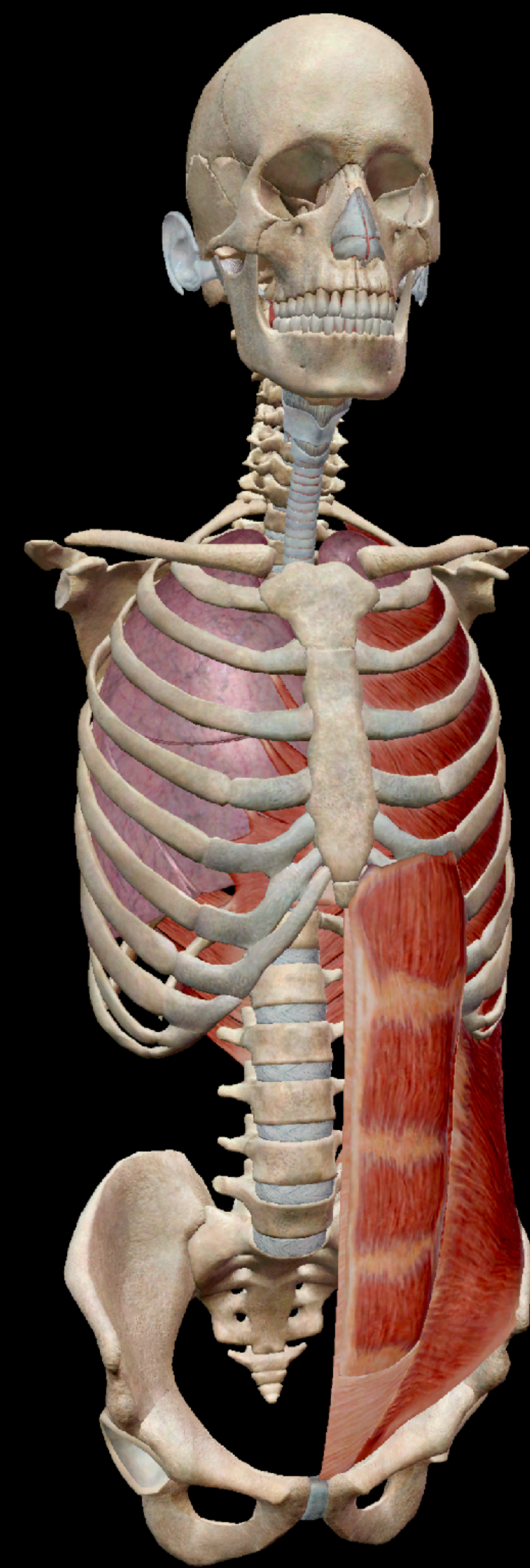
4 - Quadratus Lumborum

5 - Serratus Posterior Inferior

6 - Intercostals
(Internal / External)

Muscles that move
the ribs

Muscles with
variable actions





Forced Exhalation/Inhalation



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Forced Exhalation/Inhalation



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Forced Exhalation/Inhalation



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PREPARATION



PREPARATION



ACTIVATION
BREATHING

PREPARATION



ACTIVATION
FOOT

FORCED & PERCUSSION

GROUND REACTION



ACTIVATION
EYES TRAINING

TRACKING



ACTIVATION
HIP COMPLEX



ACTIVATION
THORACIC SPINE



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HAKA, Maori Ceremonial Dance



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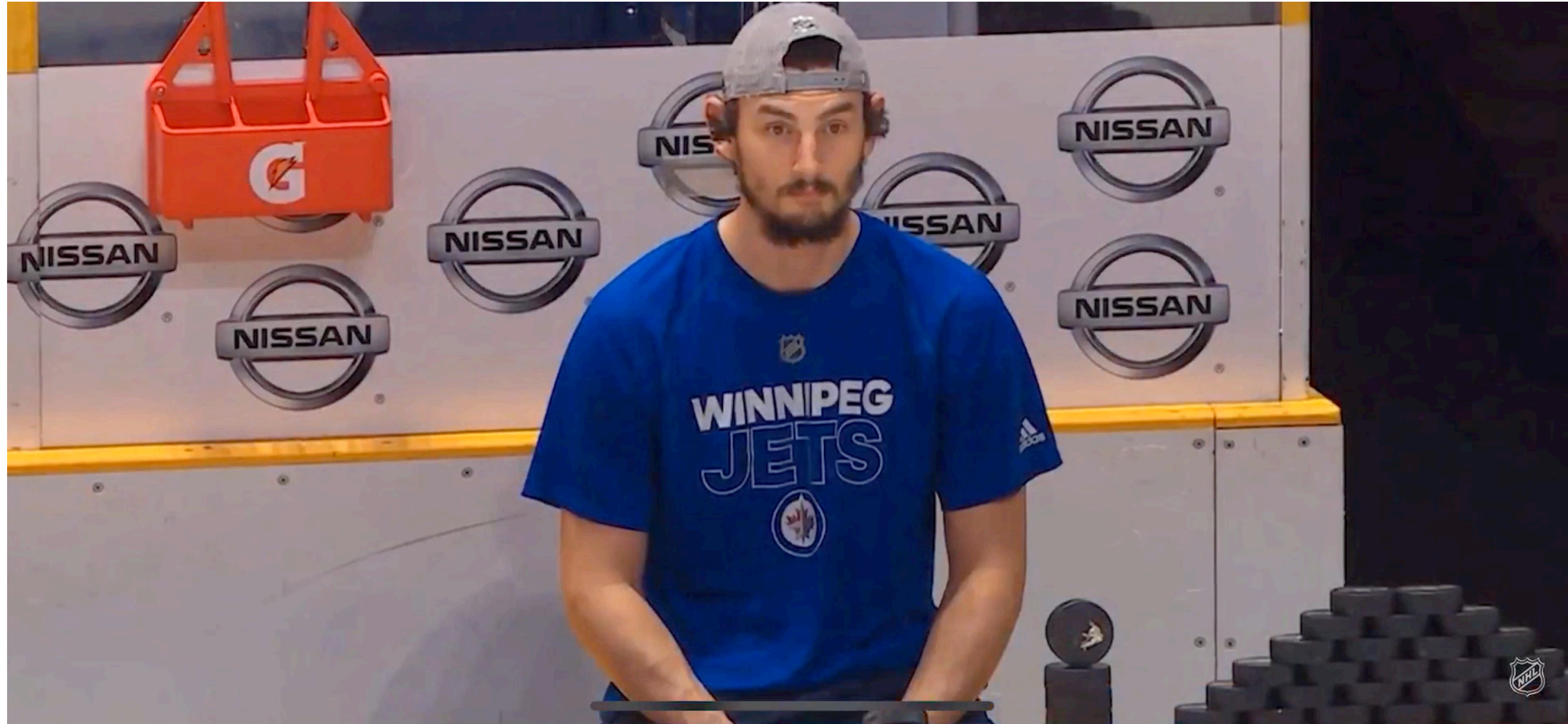
Rory McIlroy



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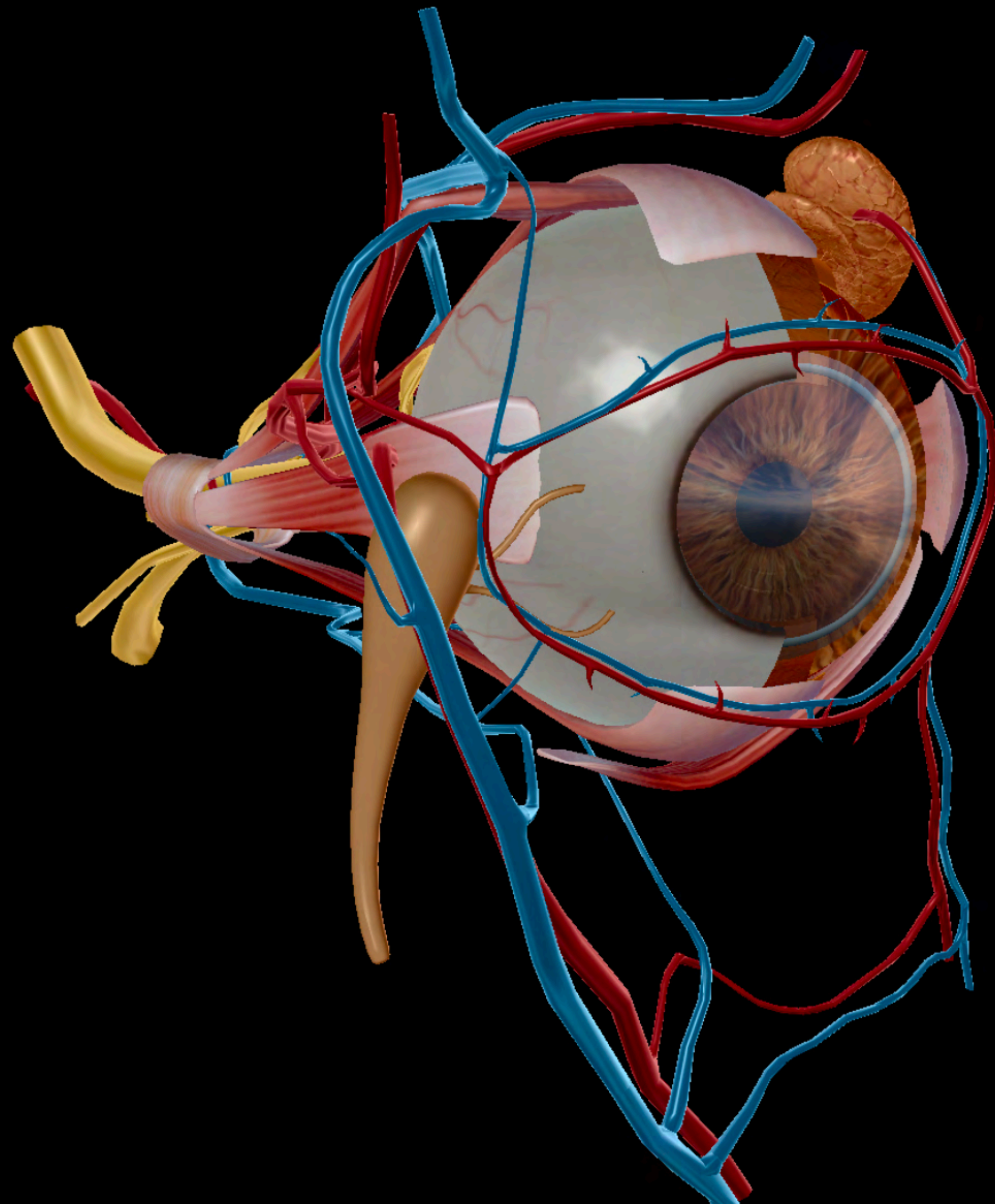


Connor Hellebuyck, Winnipeg Jets



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EYE



Nerves

Optic (ii) Sensory
Oculomotor (iii) Motor
Trochlear (iv) Motor
Abducens (vi) Motor

Focal Length
Iris
Ciliary Muscle

Eye Movement

Medial Rectus (iii)
Lateral Rectus (vi)
Superior Rectus (iii)
Inferior Rectus (iii)
Superior Oblique (iv)
Inferior Oblique (iii)

Levator Palpebrae (iii)
Orbicularis Oculi (vii)



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Grip Switch Eye Tracking



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Zig Zag Eye Tracking



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Lateral Flag Eye Tracking



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PREPARATION

PREPARATION

ACTIVATION BREATHING

FORCED & PERCUSSIVE

PREPARATION

ACTIVATION EYES TRAINING

TRACKING



PREPARATION

ACTIVATION FOOT

PREPARATION

ACTIVATION HIP COMPLEX

3D MOTIONS

GROUND REACTION

ACTIVATION THORACIC SPINE

TYPE 1&2 SPINAL MOTIONS



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FOOT



- $\frac{1}{4}$ of the body's bones
- 150 ligaments
- 33 joints (vertical)
- 20+ muscles
- Talus is unique
- Distinct arches
- Hallux
- Lever vs. adaptor



External Rotation Corkscrew Sweep



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Internal Rotation Corkscrew flag



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External rotation corkscrew sky reach



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PREPARATION



3D MOTIONS



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- Interdependent ring
- SI joints + pubis symphysis + sacrum
- Joints Vertical orientation
- Sacrum- the motion is subtle
- The ability to De-couple
The pelvis to transmit
The force up in the spine



Split, Pronation Tilt|Medial Ward|Rotation



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Wide Kneeling|Neutral Diagonal Shift Hold



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Staggered|Ground Shift|Knee ward&Lift



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PREPARATION

PREPARATION

ACTIVATION BREATHING

FORCED & PERCUSSIVE

PREPARATION

ACTIVATION EYE STABILIZATION

TRAC

PREPARATION

ACTIVATION BREATHING

PREPARATION

ACTIVATION HIP COMPLEX

3D MOTIONS

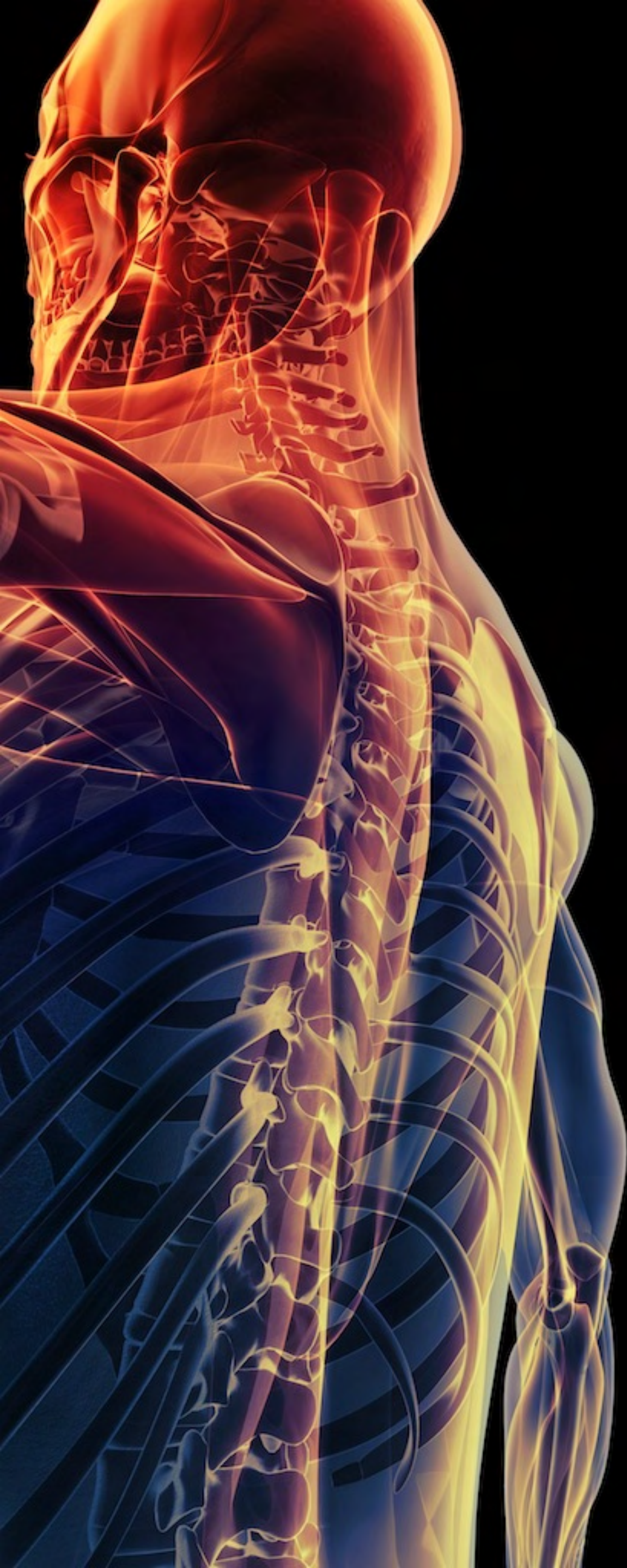


TYPE 1&2 SPINAL MOTIONS



CONVENTION
FITNESS • NUTRITION • BUSINESS

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THORACIC SPINE



Type 1 Motion

Side Bending and
Rotation in opposing
directions)

T6-T12

Type 2 Motion

(Side Bending and Rotation
occurring 2-gether)

T1-T5



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Hinge | Type-1 Thread The Needle Tilt



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Lateral Squat | Type-2 Tilt Opener



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Anterior Step | Type-1 Lift to Shift



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EDUCATION

www.vipr.com

The screenshot shows the top navigation bar of the ViPR PRO website. It includes the ViPR PRO logo on the left, a menu with 'PRODUCT', 'EDUCATION' (highlighted with an underline), and 'WORKOUT WITH VIPR PRO®'. On the right, there are buttons for 'Buy Now', a shopping cart icon, and 'Sign In →'. Below the navigation is a hero section with a background image of a woman working out. The text in the hero section reads: 'LEVEL 1 ViPR PRO® FUNCTIONAL STRENGTH'. A circular blue badge on the left side of the hero section contains the text: 'TRAINER', 'ViPR PRO', and 'BE UNBREAKABLE FUNCTIONAL STRENGTH'. To the right of the badge, there are three paragraphs of text describing the course. The first paragraph defines strength as the ability to generate force based on demand. The second paragraph defines functional strength as the ability to create purposeful force for various tasks, also referred to as 'Being Farm Strong'. The third paragraph states that the course will teach about the concept behind ViPR PRO®, explore exercises for five fundamental movement patterns, and how to implement them into programming.



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EDUCATION

www.vipr.com

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

SUPPORT:

Instagram @viprpro

Website: www.vipr.com

Email - Product/Sales: info@vipr.com

Email - Edication/Coaching: jan@vipr.com

Hashtags: #viprpro #BeUbreakable #farmstrong

#viprpro20x



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