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# 331: BODY PREP FOR POWER, STRENGTH AND HEAVY LIFTS

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- **Owner / Trainer at Varimax Fitness, Sacramento, Ca**
- **Head Trainer, Fitgolf Performance Center**
- **Masters Degree in Kinesiology**
- **USAWL Certified**
- **NSCA, CSCS, CFSC**
- **20 Years Experience in Fitness and Physical Therapy**
- **Public Speaker, Educator, Author, Contributor**
- **2020 & 2022 Idea World Personal Trainer of the Year Finalist**



# THANK YOU IDEA, And IDEA WORLD

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- **IDEA FITNESS**
- **AMY THOMPSON**
- **RYAN, STEFFI, MATT, & STAFF**
- **HOTEL AND CONVENTION CENTER STAFF**
- **VOLENTEERS**
- **AND YOU!!!**

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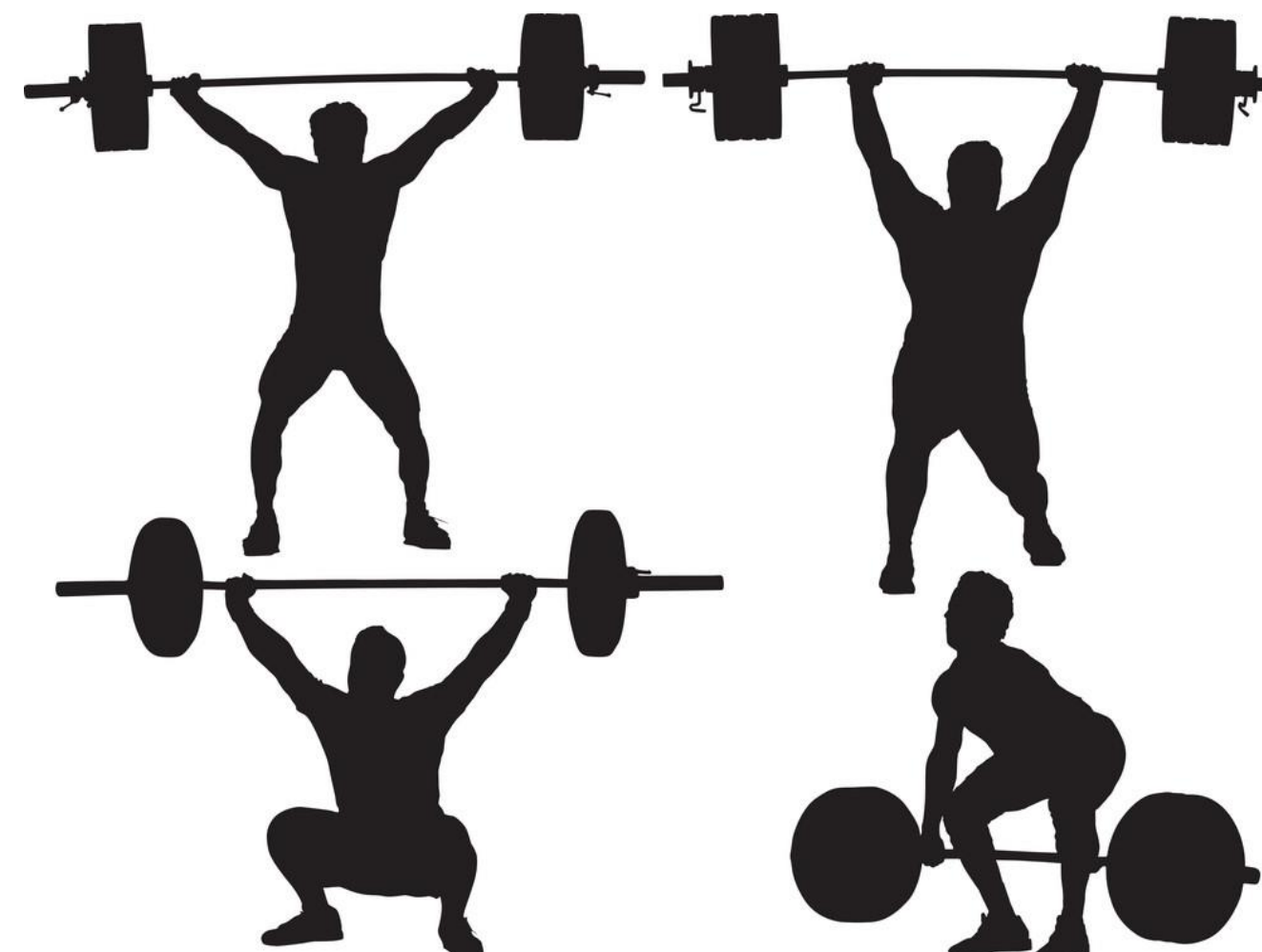
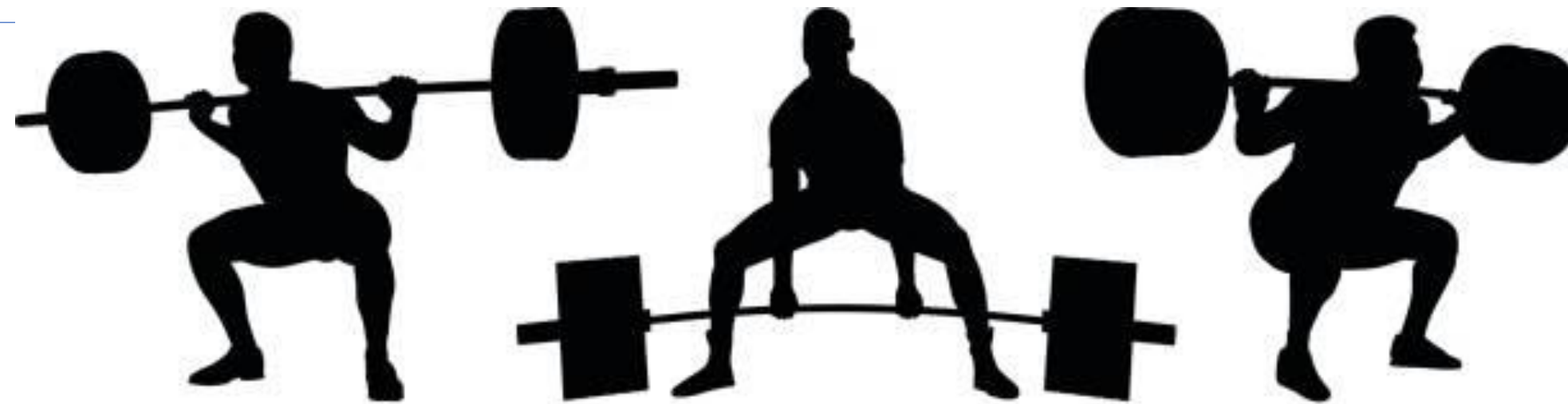
# “THE BIG LIFTS”

- **STRENGTH**

- Squat
- Deadlift
- Overhead Press
- Bench Press

- **POWER / OLYMPIC**

- Clean
- Clean & Jerk
- Snatch



# ROLE OF THE TRAINER

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- **DO NO HARM**
- **EDUCATE FIRST**
- **SET GOALS AND EXPECTATIONS**
- **PROGRAM AND PROGRESS TO CLIENT GOALS**
- **DO WHAT'S BEST FOR OUR CLIENTS AND ATHLETES**
- **DO.... NO.... HARM....**

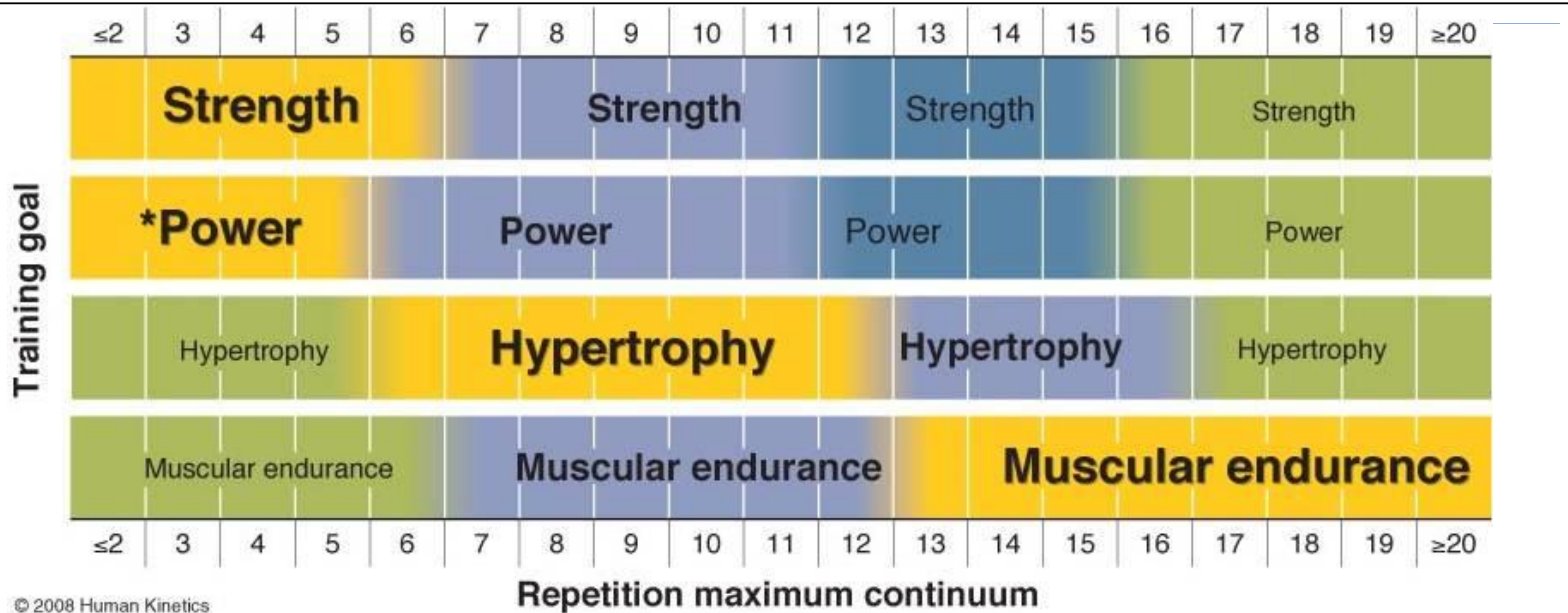


# PRINCIPLES OF TRAINING

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- **Principle of Individuality**
- **Principle of Specificity**
- **Principle of Overload**
- **Principle of Progression**
- **Principle of Diminishing Returns**
- **Principle of Reversibility**

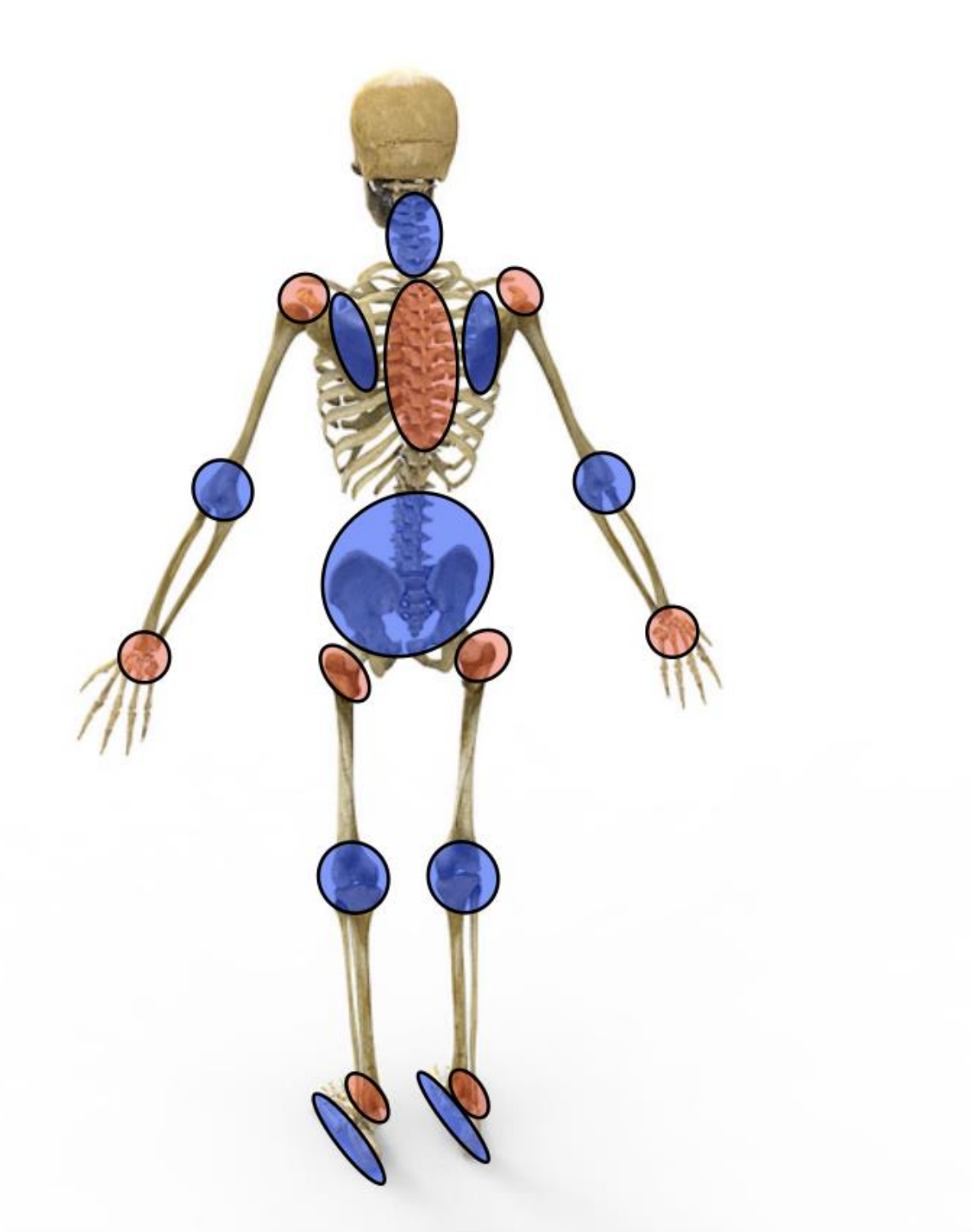
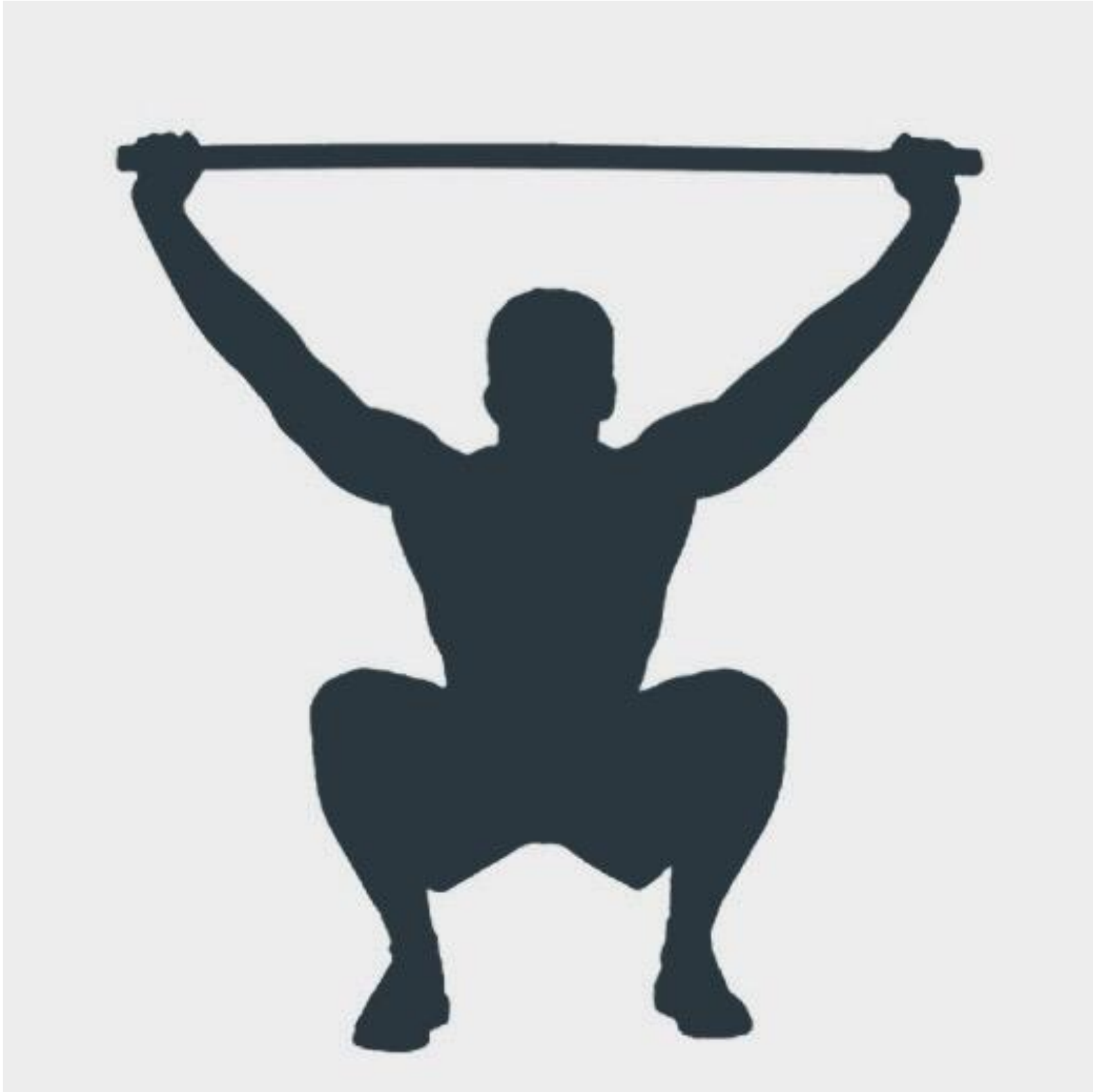
# PRINCIPLES OF TRAINING





# PREPARING THE BODY

- Assessing the Body



Segment	Function
Cervical Spine	Stable
Wrist	Mobile
Elbow	Stable
Gleno-humeral/Shoulder	Mobile
Scapulo-Thoracic	Stable
Thoracic Spine	Mobile
Pelvis/Sacrum/Lumbar Spine	Stable
Hip	Mobile
Knee	Stable
Ankle	Mobile
Foot	Stable

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# PREPARING THE BODY

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- **Foam Rolling/Myofascial Release**
- **Corrective / Mobility**
- **Dynamic Warm Up**
- **Activation Exercises**
- **Light-Load Skill/Technique Movements**

# PREPARING THE BODY

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- **Foam Rolling/Myofascial Release**
  - **Calves**
  - **TFL, (Not the IT Band)**
  - **Piriformis**
  - **Adductors**
  - **T-Spine / Lats / Pecs**



# PREPARING THE BODY

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- **Corrective / Mobility**
- **Ankle Distraction**
- **Hip Distraction**
- **Shoulder Distraction**
- **T-Spine Extension / Rotation**

# PREPARING THE BODY

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- **Dynamic Warm Up**
  - **Light Cardiovascular Exercise**
  - **Reach to Toe / “Sweep the Floor”**
  - **Body Weight Squats**
  - **Hip Openers Closers**
  - **Lateral Lunges**
  - **Lunge with Reach Backs**
  - **(Other Variations per Individual)**



# PREPARING THE BODY

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- **Activation Exercises**
- **Clam Shell Matrix**
  - **CLAM / REVERSE CLAM /BENT KNEE LEG LIFT / “WINDSHIELD WIPER”**
- **Shoulder Matrix (90/90)**
  - **Palms Forward / Palms Forward Rotating /Palms In Rotating / Palms Out Rotating**
- **Core Activation**

# PREPARING THE BODY

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- **Light-Load Skill/Technique Movements**

**DO WHAT YOU DO BEST.... COACH!**



# THANK YOU!!

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