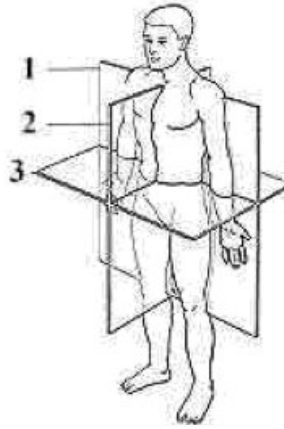


F.I.R.S.T. Progressions

Functional Integrated Resistance Strength Training Progressions goes beyond the basics and examines methods and techniques that functionally strengthen the body with exercise progressions and partner drills that involve integration, coordination, balance, and body control. Learn critical body alignment, movement pattern and cueing techniques for each exercise

3 Planes of Movement

1. Frontal
2. Sagittal
3. Transverse



5 Functional Training Elements

1. Focus on integrated movement
2. Introduce multi-joint movement that occurs in multiple planes
3. Develop the ability to stabilize and generate force from the core
4. Develop movement patterns that have high transfer to activity
5. Movements create a pattern that involve multiple muscles and demand input from the nervous system for balance, stability, proprioception and motor learning.

5 Functional Primary Movement Patterns

1. Bilateral Bend and Lift (squat, deadlift, hip hinge)
2. Single leg stance (gait, lunge, step up, single leg squat)
3. Push-horizontal/vertical (Shoulder/chest musculature)
4. Pull-horizontal/vertical (Shoulder/back musculature)
5. Rotational and Spiral Movements (Rib cage and pelvis moving in-sync or out-of-sync)

Partner Training	Considerations
Fun Factor	Sweat
External balance point	Touching
External anchor point	The 'dud' partner
Coordination	Fitness/Strength level differences
Increased participation	Height/mass/lever length differences
Socialization	Equipment availability
Assisted Stretching	

Series 1. Lunge/Pull/Rotate

Partner Front Lunge and Rotate/Chop

Partner Facing Squat and Straight-arm Shoulder Extension/Flexion

Partner Facing Squat and Biceps Curl

Standing Play

Side-by-Side Anti-Rotation Sagittal Chop

Side-by-Side Alternating Rotation

Opposite Facing Rotation

Series 2. Squat/Push/Pull/Rotate

Partner Back-to-Back Alternating Squat and Push

Partner Facing 1-arm Pull and Split Squat (Bow and Arrow)

Partner Facing Triceps Walk-Back

Plank Play

Partner Plank and high-5

Side Plank and Pull

Switch Sides

Series 3. Single Leg/Pull/Rotate

Partner x-over Resisted Step-in

Partner diagonal Haymaker

Partner diagonal Haymaker with Lateral step

Kneeling Play

Side-by-Side Kneeling Sagittal Chop

Side-by-Side ½ Kneeling Diagonal Alternating Chop

Switch Sides

Series 4. Squat/Pull/Lunge/Pull

Partner Squat and Bilateral Row

Partner Diagonal Lunge and Pull

Partner Rear Fly (Horizontal Flexion/Extension)

Sit and Play

V-Sit Alternating Anti-Rotation Sagittal Chop

V-Sit Alternating Rotation

V-Sit Opposite Facing Rotation

Partner Stretch

Standing	Seated
Partner Quad stretch	Partner Seated Hamstring stretch
Partner Glute stretch	Partner Seated Butterfly
Partner Glute stretch	Partner Seated Straddle
Partner Calf stretch	Partner Seated Glute
Partner side-by-side chest stretch	Partner Seated Lat
Partner Lat stretch	Partner Seated Lower back

Solo Static Stretches Post Exercise for all major muscle groups

Supine/Quadruped	Kneeling/Standing
Hamstrings multi-dimensional	½ kneeling psoas multi-dimensional
Gluteus maximus	Standing Thoracic rotation
Torso rotation	Standing Latissimus Dorsi
Lower Back Flexion	Standing Balanced Quadriceps
Quadruped Cat/Cow	Active/Dynamic Pectoral/Anterior Deltoid