

Kabuki Movement System Video Library

Ab Rollout and Core Strength

Instruction on effective technique when performing roll outs to develop core strength. Careful consideration should be made in programming this exercise. While performing this exercise we may not allow ourself or a client go to a point of exhaustion or failure resulting in the over extension of the lumbar.

Tags: [Bracing](#), [Core](#), [Shoulder](#) Topics: [Main Lifts](#), [Rehab](#)

Advanced Rooting

Building off our Rooting video, this video discussed different rooting strategies for various arch types

Tags: [Ankle](#), [Glutes](#), [Squat](#), [Deadlift](#) Topics: [Cueing](#), [Main Lifts](#)

Ankle Series Parts 1-4 with Donnie Thompson

Parts 1-4 in a series on ankles with world-record holding powerlifter and renowned strength coach Donnie Thompson.

Tags: [Ankle](#), [Contributor: Donnie Thompson](#), [Bench](#), [Squat](#), [Deadlift](#) Topics: [Cueing](#), [Mobility](#), [Rehab](#)

Arm Bars

The Arm Bar is used for scapular stability, shoulder stabilization, and thoracic mobility. Considerations should be made when performing the rotations of the arm bar. Movement must come from the shoulder while wrist and elbow movement needs to be minimized. This may be implemented as a movement preparatory exercise during the training window or outside the training window as needed.

Tags: [Lats](#), [Shoulder](#) Topics: [Mobility](#), [Rehab](#)

Baby Getup to Bear Crawl

This is the developmental stage of a turkish getup. Done weighted this exercise exhibits positive intigration of the shoulder complex into the core. If done with bodyweight this exercise is useful in teaching dynamic movement from the standpoint of developmental kinesiology.

Tags: [Bracing](#), [Core](#), [Shoulder](#) Topics: [Mobility](#), [Rehab](#)

Back Crawl with Donnie Thompson

In this Video Donnie shows a method he uses for helping people with back pain issues and has used in the rehabilitation process. This move cues proper postural position of the spine while integrating movement into the shoulder and hips to activate the muscles associated spinal stabilization and movement. The back crawl might be considered as a play on deadbug with active movement. Note the same shoulder & scap engagement and triple flexion of the legs.

Tags: [Contributor: Donnie Thompson](#), [Adductor](#), [Core](#), [Glutes](#), [Hip](#), [Low Back](#), [Psoas](#), [Squat](#), [Deadlift](#)
Topics: [Cueing](#), [Main Lifts](#), [Mobility](#), [Rehab](#)

Band Bad Girl (Hip Circle)

The Band Bad Girl is our version of the hip abduction / adduction machine found in most commercial gyms. This exercise may be performed as movement preparation or as a strength exercise. Considerations should be made in the tempo of the reps performed where quality of contraction is of the paramount importance.

Tags: [Glutes](#), [Hip](#) Topics: [Mobility](#)

Band DB Floor Press

The Band DB Floor Press is a strength development movement designed to minimize shoulder strain while still performing a pressing pattern. This exercise is best applied following a main movement with moderate to heavy weight for normal to high reps. Band tension or weight in hands may be improved week to week.

Tags: [Bench](#), [Press](#), [Shoulder](#) Topics: [Main Lifts](#)

Band DB Good Morning

This exercise is used to strengthen the glutes and hamstrings while minimizing spinal load. The low risk of injury associated with this exercise allows it to be trained in higher than normal rep ranges and frequencies.

Tags: [Core](#), [Glutes](#), [Hip](#), [T-Spine](#) Topics: [Main Lifts](#)

Band Resisted Bench Setup

The Band Resisted Bench is an incredibly versatile exercise with application in foundational technique development, stability training, and strength training. This exercise teaches thoracic extension and lat tightness while incorporating a force potentiating structure to the competition style bench press. Heavy bands should be used while lighter bands will offer little to no benefit. Considerations should be made for band anchor point as it needs to be directly above the natural touch position on the chest.

Tags: [Bench](#), [Lats](#), [Press](#) Topics: [Cueing](#), [Main Lifts](#)

Band Snatch

The Band Snatch is a useful in gaining shoulder traction and mobility through the entire capsule. This is most commonly used as a preparation exercise for upper body strength sessions. Considerations should be made for those lacking end range shoulder mobility. Common faults are seen in bending at the elbow or excessive spinal extension. If you notice either fault reduce band tension.

Tags: [Bench](#), [Shoulder](#) Topics: [Mobility](#), [Rehab](#)

Basics of Hook Grip

This video discusses the value and application of the Hook Grip. For lesser qualified athletes you may be able to perform this method very frequently. For advanced trainers you likely need to space out sessions enough to let the hands heal.

Tags: [Deadlift](#) Topics: [Main Lifts](#)

Bench Grip

This is a general coaching video discussing variables impacting different styles of gripping the bar in a bench press.

Tags: [Bench](#) Topics: [Cueing](#), [Main Lifts](#)

Bench Rib Cage Release

This video describes a method for opening up the rib cage. This may be applied when trying to restore proper breathing patterns or when attempting to improve the bench press arch. This method should only be applied pre bench training or on non training days.

Tags: [Bench](#), [T-Spine](#) Topics: [Main Lifts](#), [Mobility](#)

Bench Yoga (Modified Sphynx)

The Modified Sphynx pose is the Kabuki Strength variation of the classical yoga pose. The objective of this exercise is to mobilize the thoracic spine while improving lat proprioception. This exercise is best utilized pre upper body training during the training window. Contract relax methods work well when performing the lat drive portion of the exercise.

Tags: [Bench](#), [T-Spine](#) Topics: [Main Lifts](#)

Bicep Insertion Trigger Point Methods

This video covers a specific method for performing soft tissue treatment on painful areas of the bicep. Consideration should be made when deciding to perform this during the training window. The best application of this method is outside of the training window when you can effectively relax onto the implement.

Tags: [Arm](#), [Elbow](#), [Shoulder](#) Topics: [Mobility](#), [Rehab](#)

Bird Dog

The Bird Dog is a versatile exercise that may see application in rehab or the training setting as a means to teach proper core stabilization. This is one of the few core stability exercises that teaches movement at either end of the trunk.

Tags: [Bracing](#), [Core](#), [Glutes](#), [Hip](#), [Low Back](#), [Shoulder](#) Topics: [Mobility](#), [Rehab](#)

Body Tempering Hands, Arms, and Feet with Donnie Thompson

In this lengthy video Donnie covers his Body Tempering method as it applies to the extremities with Hands, Arms, and Feet. The feet are of particular interest as improved activity and engagement of the foot is where a lot of power in most sports is developed from. If the foot is not engaged properly which is often the case upstream functionality is limited. Please reference our "Advanced Rooting" video as it relates to this discussion.

Tags: [Ankle](#), [Arm](#), [Body Tempering](#), Contributor: [Donnie Thompson](#), [Elbow](#), [Forearm](#), [Grip](#), [Wrist](#)
Topics: [Cueing](#), [Main Lifts](#), [Mobility](#), [Rehab](#)

Body Tempering Parts 1-2 with Donnie Thompson

This is a lengthy video but is required due to the flow and discussion involved. Donnie covers Body tempering applications for the back, spine, IT Band, quads, adductors, hamstring, calves, glutes, and hip position.

Disclaimer: Body Tempering is NOT rehabilitation (rehab), physical therapy, occupational therapy, chiropractic or orthopedics; it has nothing remotely to do with medical practices, diagnosis, treating injuries and or body manipulation. It is a highly anaerobic method of strength training only!

Simply put, the X-Wife diffuses (Dispersal) tissue and its crushing weight relieves tightness involving fascia, muscle, veins, organs and nerves. It's like a rolling pin kneading dough. Body Tempering is the fastest way to feel good again. Trigger points and muscle adhesions cannot hold up to the method. Nothing in the world even comes close to doing what the X-Wife can perform in seconds. This has peaked worldwide interest. Body Tempering is actually a...

Tags:

BodyTempering, Contributor:DonnieThompson, Adductor, C-Spine, Glutes, Hamstrings,Hip, Knee, Lats, Low Back, Quad, T-Spine

Topics:

Cueing, Main Lifts, Mobility, Rehab

Bottoms Up Kettlebell Walk

Excellent method of increasing scapular mobility and stability as well as shoulder strength using a kettlebell. Also great for core stabilization and grip strength.

Tags: Grip, Lats, Press, Shoulder Topics: Cueing, Main Lifts, Mobility

Bow Tie with Donnie Thompson

The Bow Tie is used to fix/alleviate the very common postural impairment of a forward clavicle position. Donnie recommends using this before training to improve shoulder position and centration by releasing the tension in the pecs and shoulder causing this impairment. If this is a persistent issue the Bow Tie can be used at any time during the day regardless of training or not.

Tags:

Body Tempering, Contributor: Donnie Thompson, Bench, C-Spine, Neck, Nerves, Press,Shoulder, Squat, T-Spine

Topics: Cueing, Main Lifts, Mobility, Rehab

Box Deadlift

The Box Deadlift has been highly popularized by Louie Simmons as a developmental tool for the deadlift. The Box Deadlift teaches proper fixing mechanics and may be useful for lifters who's hips rise at a faster rate than their knees extended. This may be performed in the sumo or conventional deadlift. Consideration should be made to avoid rocking back excessively before performing the movement

Tags:

Deadlift

Topics:

Main Lifts

Breathing 1: Diaphragmatic Breathing

This video covers a general overview of Diaphragmatic Breathing. Included is the importance of proper breathing, environmental factors impacting breathing, and how we can improve function everyday by taking conscious breaths.

Tags: **Breathing** Topics: **Cueing**

Breathing 2: Breath Right

This video follows up with the DMS general overview of Diaphragmatic Breathing. Included in this video are effective strategies to reprogram your breathing patterns through Breath Right awareness. This strategy is best utilized anytime you think consciously about your breathing patterns. Considerations should be made to fill up your body from the ground up with air.

Tags:

Breathing

Topics:

Cueing

Breathing 3: Claviacle Cue

This video follows up with the DMS general overview of Diaphragmatic Breathing. Included in this video are effective strategies to reprogram your breathing patterns through claviacle awareness. This strategy is best utilized anytime you think consciously about your breathing patterns. Considerations should be made to fill up your body from the ground up with air.

Tags:

Breathing

Topics:

Cueing

Butt Walk with Donnie Thompson

In this Video Donnie shows a method he uses for helping people with back pain issues and has used in the rehabilitation process. This ipsilateral movement fires the glutes and psoas while cueing proper postural position of the spine and stabilization of the shoulder. It is a great training primer or finisher.

Tags:

Contributor: Donnie Thompson, C-Spine, Core, Glutes, Hip, Psoas, Squat, Deadlift

Topics:

Cueing, Main Lifts, Mobility, Rehab

C-Spine Stabilization

This video demonstrates a method for improving C-Spine Stabilization. This may be performed during the training window or on non training days.

Tags:

C-Spine

Topics:

Mobility, Rehab

Cat Camel - Individual

The Cat Camel is used as treatment for disc related issues as well as bringing awareness to pelvic positioning. This exercise is most commonly used in rehabilitative portions of the training plan but may be appropriate as prehabilitative work pre or post heavy spinal loaded training sessions. Considerations should be made to never stretch to the extreme of flexion or extension. This exercise is best applied multiple times a day for 10-20 reps.

Tags:

Hip, Low Back

Topics:

Mobility, Rehab

Chops - Kneeling and Half kneeling

This video demonstrates the Kneeling / Half Kneeling Chop. This exercise has application for restoring function in individuals with rotational intolerance in the lumbar spine and improves latent oblique firing. These methods have use in a rehabilitative program or in a strength program.

Tags:

Core, Low Back, T-Spine

Topics:

Mobility, Rehab

Cobra Pose aka Bench Yoga Progression

This video covers the DMS version of the classical Cobra yoga pose. This exercise is most commonly used for lifters looking to increase their bench press arch. When performing this exercise it's important to maintain some level of abdominal rigidity as to not over stress lumbar discs. Contract relax methods work best with this exercise where holds may last up to 20 seconds. Pre bench training is the best time to insert this exercise into your program.

Tags:

Core, Lats, Shoulder

Topics:

Mobility, Rehab

Conventional Deadlift Primer

General overview and introduction to the deadlift. Included in this video are the setup and execution of the lift along with a few nuances in technique.

Tags:

Deadlift

Topics:

Cueing

Dead Bug Press

This video demonstrates the DMS version of the feet up bench popularized by Adrian Larsen. This exercise may be used to teach core involvement in the bench as well as being applicable to individuals with extension related back pain. This may be used in a program as a preparatory exercise or inserted into a strength program as a main movement.

Tags:

Bench, Bracing, Core, Press, Shoulder

Topics: **Main Lifts, Rehab**

Deadbug

This is the DMS version of the classical deadbug, a great developmental exercise. Enhances proprioception for proper positioning of the spine during lifting and for cueing the breathing and bracing strategies.

Tags:

Breathing, Core

Topics:

Mobility, Rehab

Diagonal Sit

The Diagonal Sit is an complex exercise that integrates core stabilization and unilateral hip extension. This may be added pre lower body training sessions for those lacking adequate glute recruitment.

Tags:

Glutes, Hip

Topics:

Mobility, Rehab

Duffin Upright Row

The Duffin Upright Row (Kb Upright Row) has been popularized by Chris Duffin in recent years with its use and application in training the entire shoulder and scapular complex. Unlike a regular barbell upright row, this exercise minimizes wrist and shoulder impingement which allows it to be trained in higher than normal rep ranges.

Tags:

Lats, Shoulder

Topics:

Main Lifts, Mobility, Rehab

Elbow End of Range Extension

This video demonstrates a specific mobilization designed to restore end range of motion elbow extension. Considerations should be made to not push through painful areas of this exercise. You may perform this on the edge of a counter or table to lessen the demand on wrist flexion. This mobilization may be performed during the training window and non training days. Mobility improvements are best realized while performing these techniques frequently.

Tags:

Elbow

Topics:

Mobility, Rehab

Elimination of 'Shelfing' Squat Bar Position (Low-High Bar)

This is a general coaching video discussing optimal bar position in the squat. Topics covered include anti-shelfing, stand tall cueing, and the lats function in spinal stability.

Tags:

Squat

Topics:

Main Lifts

Engaging Lats on Bench

Bench press cues including bar/hand placement, hip position/mobility, external arm rotation, intra-abdominal pressurization and pulling bar into chest for proper lat engagement.

Tags:

Bench, Lats, Press

Topics:

Cueing, Main Lifts

Facial manipulation and Foam Rolling Application and Use

This video overviews the DMS use and application of foam rollers and other soft tissue treatments. Watch this video before going on to specific soft tissue manipulation videos.

Topics:

Mobility, Rehab

Forearm Facial Manipulation

This video covers a specific method for soft tissue treatment of the Forearm. This method is best applied outside of the training window as bringing laxity to the effected area will likely impact grip strength temporarily.

Tags:

Elbow, Forearm, Wrist

Topics:

Mobility, Rehab

Glute Activation: Clamshell

The Clamshell is a glute activation drill that is usefull in assessing and improving left to right function. While performing this exercise special consideration should be made in limiting the recruitment from the quads. This exercise has proven beneficial pre squat and deadlift training.

Tags:

Glutes, Hip

Topics:

Cueing, Mobility, Rehab

Glute Firing Conventional Deadlift

This is a coaching video designed to introduce you to the role the glutes play in the deadlift.

Tags:

Glutes, Hamstrings, Hip, Deadlift

Topics:

Cueing, Main Lifts

Glute Foam Rolling

This video covers a specific method for soft tissue treatment of the glute complex. If performed during the training window considerations should be made for overall time as laxity should not be introduced to the system unless absolutly necessary pre training.

Tags:

Glutes, Hip

Topics:

Mobility, Rehab

Glute Wall Stretch

The Glute Wall Stretch is a means to lengthen and relax overally tight glutes or piriformis. With most stretches we want to avoid bringing laxity to the system pre-training. This stretch is best done away from the training window with holds upwards of 2 minutes.

Tags:

Glutes

Topics:

Mobility, Rehab

Goblet Squat

The Goblet Squat may be used for cueing proper movement in the squat or as a strength developer in lesser qualified athletes. This is a fundamental regression from the back squat which may allow you to focus on specific areas of the squat that would otherwise be less apparent.

Tags:

Bracing, Glutes, Hamstrings, Knee, Deadlift

Topics:

Mobility, Rehab

Gym Ball Hamstring Curl Variations

This videos covers the DMS progression from the single leg glute bridge. This exercise may be utilized as a lower body stability exercise or as a strength building exercise for the glutes and hamstrings. Considerations should be made for proper intra abdominal pressurization and pelvic positioning.

Tags:

Core, Glutes, Hamstrings, Hip

Topics:

Mobility

Hanging

This video discusses the value of hanging to improve elbow pain, shoulder / scapular mobility restrictions as well as thoracic decompression. Secondary benefits is the opportunity to train grip strength. Considerations should be made for those with discogenic back pain. Leave feet slightly deloaded on the ground to bring relief to the area of discomfort. If trained for mobility improvements it is recommended to do these frequent enough that you are able to relax while performing. If trained for grip strength, maximal time should be the goal.

Tags:

Elbow, Lats, Shoulder

Topics:

Mobility, Rehab

Hanging with Donnie Thompson

Here Donnie shows us his unique approach to providing traction to the back while simultaneously engaging movement in multiple planes of the hip and related muscles. Donnie used this method to successfully rehab himself from disc injuries prior to his record setting squat and powerlifting total. Donnie credits Dick Hartzell with ideas that spurred this approach.

Tags:

Contributor: Donnie Thompson, Hip, Low Back

Topics:

Cueing, Main Lifts, Mobility, Rehab

Hip Airplane

The Hip Airplane is dynamic exercise that aims to teach balance between the glute and adductor. This exercise is especially useful for athletes who spend a large amount of time in a wide stance such as a sumo deadlifter or wide stance squatter. Considerations should be made in minimizing all lateral knee movement.

Tags:

Glutes, Hip

Topics:

Mobility, Rehab

Hip Flexor Rehab Prehab

This video demonstrates methods for improving hip flexor impingement and hip flexor endurance. Considerations should be made when performing unilateral work to maintain a balanced hip position. These methods may be used during the training window or on non training days. If done remedially these methods may improve pelvic proprioception.

Tags:

Hip

Topics:

Mobility, Rehab

Hip Hinge Cueing

This video features a few methods for coaching the Hip Hinge. These methods will be useful for athletes who hinge at the low back or for those who bend their back when addressing the setup of a deadlift.

Tags:

Glutes, Hip, Squat, Deadlift

Topics:

Cueing

Hip Marching

Tags:

Adductor, Bracing, Core, Grip, Hamstrings, Hip, Quad, Squat, Deadlift

Topics:

Cueing, Main Lifts

Hip Side Shift and Rooting

The Hip Side Shift is used to bring awareness unilaterally to glute involvement. This is a great exercise to improve reciprocal inhibition in the hip extension mechanics.

Tags:

Glutes, Hip

Topics:

Mobility, Rehab

How To Bench with Disc Issues

Dual coaching video with Dr. Phillip Snell and Chris Duffin covering flexion intolerant low back considerations in the bench press.

Tags:

[Bracing](#), [Breathing](#), [Core](#), [Squat](#)

Topics:

[Main Lifts](#), [Rehab](#)

How to Deadlift with Disc Issues

Dual coaching video with Dr. Phillip Snell and Chris Duffin covering flexion intolerant low back considerations in the performance deadlift

Tags:

[Bracing](#), [Breathing](#), [Core](#), [Deadlift](#)

Topics:

[Main Lifts](#), [Rehab](#)

How To Squat with Disc Issues

Dual coaching video with Dr. Phillip Snell and Chris Duffin covering flexion intolerant low back considerations in the performance back squat.

Tags:

[Bracing](#), [Breathing](#), [Core](#), [Squat](#)

Topics:

[Main Lifts](#), [Rehab](#)

Intercostal Tension and Extension

Intercostal muscles are groupings of muscle that run between the ribs and help form the chest wall. This video details a method for assessing tight intercostals which may be leading to inhibited thoracic extension and altered breathing patterns.

Tags:

[T-Spine](#)

Topics:

[Mobility](#)

Internal Rotator Impingement

This video walks you through an exercise designed to improve internal rotator impingement. You will need a moderately heavy band to perform this exercise. You may perform this exercise during the training window or on non training days. This may be used as a prehabilitative exercise for athletes who accumulate a large amount of shoulder volume.

Tags:

[Bench](#), [Shoulder](#)

Topics:

[Mobility](#), [Rehab](#)

Intro to Body Tempering with Donnie Thompson

Disclaimer: Body Tempering is NOT rehabilitation (rehab), physical therapy, occupational therapy, chiropractic or orthopedics; it has nothing remotely to do with medical practices, diagnosis, treating injuries and or body manipulation. It is a highly anaerobic method of strength training only!

Simply put, the X-Wife diffuses (Dispersal) tissue and its crushing weight relieves tightness involving fascia, muscle, veins, organs and nerves. It's like a rolling pin kneading dough. Body Tempering is the fastest way to feel good again. Trigger points and muscle adhesions cannot hold up to the method. Nothing in the world even comes close to doing what the X-Wife can perform in seconds. This has peaked worldwide interest. Body Tempering is actually a new old strength method, just much more efficient process than other forms of tempering. Numerous Pro and College Football teams are now using body tempering.

Tags: **Body Tempering, Contributor: Donnie Thompson**

Topics: **Cueing, Main Lifts, Mobility, Rehab**

Intro to KMS by Coach Chris Duffin

An introduction to the KMS method by creator and coach Chris Duffin, filmed during one a KMS seminars to a live audience of coaches, athletes, clinicians, and other specialists.

Topics:

Cueing, Main Lifts, Mobility, Rehab

It Band Foam Rolling

This video covers a specific method for soft tissue treatment of the thigh complex. This method has application for those who experience frequent knee pain during activity. If performed during the training window considerations should be made for overall time as laxity should not be introduced to the system unless absolutely necessary pre training.

Tags:

Hip, Quad

Topics:

Mobility, Rehab

Knee Tempering

This video demonstrates a method for soft tissue treatment popularized by Donnie Thompson. This method is best utilized outside of the training window and non training days. This may be performed during the training window with the consideration of overall time spent. To get the most of this mobilization try to relax through the tempering.

Tags:

Knee

Topics:

Mobility, Rehab

Komodo Dragon

This DNS inspired move is used to simultaneously resotore hip and scapular function while integrating core stability. This may be plugged into the preparatory phase of an upper / lower body workout or on non training days. Careful attention should be payed to spinal position in avoiding lumbar extension and scapular winging.

Tags:

Core, Hip, Shoulder

Topics:

Mobility, Rehab

Komodo Dragon Crawl

This is a progression from the Komodo Dragon. This progression aims to further challenge scapular stability and hip function in a dynamic pattern. Consideration should be made in torso positioning. While performing this movement there should be zero elevation change in the back and hips. This among other movements heavily rely on being purposeful and executing with intent.

Tags:

Core, Hip, Shoulder

Topics:

Mobility, Rehab

Lat Engagement Deadlift

Coaching video designed to trouble shoot and overview the lats function in the deadlift. Acting as major spinal stabilizers, the lats are of primary importance for those looking to maximise motor potential in the deadlift.

Tags:

Lats, Deadlift

Topics:

Cueing

Lat RNT on Deadlifts

This video details a special exercise used to reinforce lat engagement in the deadlift. This exercise may be used prior to more demanding exercises as a method of priming the functional ability of the lats. Considerations should be made of anchor point and band thickness. You should anchor the bands to point 5-8 feet in front of yourself and it is unnecessary to use heavy bands.

Tags:

Lats, Deadlift

Topics:

Cueing

Lats Foam Rolling

This video covers a specific method for soft tissue treatment of the lats. If performed during the training window considerations should be made for overall time as laxity should not be introduced to the system unless absolutely necessary pre training.

Tags:

Lats

Topics:

Mobility, Rehab

Mckenzie Pressup

Back Pain management

Topics:

Mobility, Rehab

McKenzie Pressup

The McKenzie Pressup is used to treat those suffering from discogenic back pain. Flexion intolerant patients/clients may find relief in this exercise as it encourages displaced discs to shift back into the correct place. 1-3 sessions per day may be needed to see relief.

Tags:

Low Back, T-Spine

Topics:

Mobility, Rehab

Median Nerve Flossing

This video discuss methods for treating medial nerve impingement that results in numb fingers or arm pain. This benefit of this method is best realized when done frequently especially after prolong periods of non-activity such as sitting at a desk.

Tags:

Elbow, Neck, Nerves

Topics:

Mobility, Rehab

Okinawan Strength Technique

The Okinawan Strength Technique is used to bring proprioceptive awareness to abdominal pressurization in loaded and non loaded movements. This technique is best utilized with a partner. Intensity of proprioceptive awareness should range from a light touch, to a moderate raking, up to a violent hit or slap. This technique may be applied to any lift requiring intra abdominal pressurization.

Tags:

Bracing

Topics:

Cueing

Overhead RNT Squat

The Overhead Reactive Neural Training (RNT) Squat is an efficient squat preparatory exercise designed to influence scapular stabilization and intra abdominal pressurization. This exercise is best performed pre squat training for 1-2 sets of 10-20 reps. Considerations should be made when choosing bands. It is unnecessary to use heavy bands.

Tags:

Bracing, Shoulder, Squat

Topics:

Mobility, Rehab

Pony Ride (Grounded Hip Thruster)

Tags:

Core, Glutes, Hip, Squat

Topics:

Cueing, Mobility

Psoas Foam Rolling

This video covers a specific method for soft tissue treatment of the psoas complex. This method has application for those who experience anterior pelvic tilt under load. If performed during the training window considerations should be made for overall time as laxity should not be introduced to the system unless absolutely necessary pre training. This may be performed pre bench training to improve arching capability.

Tags:

Hip, Low Back, Psoas

Topics:

Mobility, Rehab

Psoas Situp with Donnie Thompson

In this video Donnie shows us a sit-up variation to activate and target the psoas.

Tags:

Contributor: Donnie Thompson, Bracing, Core, Psoas

Radial Nerve Flossing

This video discuss methods for treating Radial nerve impingement that results in numb fingers or elbow pain. This benefit of this method is best realized when done frequently especially after prolong periods of non-activity such as sitting at a desk.

Tags:

Elbow, Neck, Nerves

Topics:

Mobility, Rehab

Releasing the Subscap

Instruction on opening up the subscap to improve external rotation of the arms. Myofascial release using standard barbell and bands.

Topics:

Mobility, Rehab

Rooting

This video describes the concept of Rooting through the ground as a means for efficient force transfer. When learning how to root through the floor its best to perform drills barefoot or in shoes that are non-supportive.

Tags:

Glutes, Squat, Deadlift

Topics:

Cueing, Main Lifts

Scap Mobilization: Banded Wall Angel

This video demonstrates the Banded Wall Angel. This is the most advanced variation of our scapular mobilizations and should only be performed if you have successfully completed the regular wall angel and seated reach. You may perform this during the training window or on non training days.

Tags:

Lats, Shoulder

Topics:

Mobility, Rehab

Scap Mobilization: Drill 1 (Wall Angel)

This video demonstrates the regression from the seated reach. The Wall Angel is used to improve scapular mobility and function. Careful consideration should be made to maintane contact through the wrist on the wall.

Tags:

Lats, Shoulder

Topics:

Mobility, Rehab

Scap Mobilization: Drill 2 (Seated Reach)

This video demonstrates the Seated Reach which is the first progression from the wall angel. While performing this exercise you should never let your wrists come off the wall. This exercise may be performed during the training window or on non training days.

Tags:

Lats, Shoulder

Topics:

Mobility, Rehab

Single Leg Bridge

The Single Leg Bridge may be used in the rehab setting or in the training setting. This exercise focuses on unilateral hip extension and may be a useful diagnostic tool when assessing left to right extension mechanics. Careful consideration should be made as to not let the hamstring overpower the glutes.

Tags:

Glutes, Hamstrings

Topics:

Mobility, Rehab

Single Leg Deadlift

The Single Leg Deadlift is designed to positively influence proprioception in the hinge pattern. This exercise may be performed during the training window as a preparatory exercise leading to more demanding hinge movements or as a rehabilitative exercise. Careful consideration should be made while performing this exercise to keep the hips level and balanced while reaching the non grounded leg back.

Tags:

Glutes, Hamstrings, Knee, Deadlift

Topics:

Cueing, Mobility, Rehab

Spine Issues W/Snell

From Dr. Phillip Snell's FixYourOwnBack.com site addressing exercise interventions for disc injury in the lumbar spine.

Tags:

Bracing, Breathing, Core, Squat

Topics:

Main Lifts, Rehab

Squat Cue: Stand Tall

This is a general coaching video covering the concept / cue Stand Tall. The Stand Tall cue is used to teach individuals proper joint centration in a standing loaded or non loaded pattern. This cue may be immediately useful for individuals exhibiting excessive cervical flexion or extension.

Tags:

Squat

Topics:

Cueing, Main Lifts

Squat Grip

This is a general coaching video discussing variables impacting squat grip position and width.

Tags:

Squat

Topics:

Cueing, Main Lifts

Stallion Squat

The Stallion is segmented movement that aims to improve hip extension. This is best utilized as a strength development tool for the glutes. Because of the low risk of injury the Stallion may be trained with moderate to heavy weight and normal to high reps. Considerations should be made for those who experience knee discomfort.

Tags:

Core, Glutes, Hip, Squat

Topics:

Main Lifts

Stiff Leg Dead with Glute RNT

This is a version of the stiff leg deadlift that aims to improve proprioceptive function of hip extension. This may be added as a preparatory exercise prior to more demanding hinge movements or as a strength builder at the end of a training session. Because of the relatively low risk for injury this movement may be performed with heavy implements for normal to high reps.

Tags:

Glutes, Hip

Topics:

Cueing, Main Lifts

Stir The Pot

Stir the Pot is a foundational abdominal exercise with application in rehabilitative and strength programs. When performing this exercise the hips must remain fixed while only the shoulders move. If training for strength gradually build up to wide oscillating patterns in the normal to high rep range at the end of a training session.

Tags:

Bracing, Core

Topics:

Main Lifts

Stop the Freight Train

This is a coaching video designed to cue you during the squat. "Stop the freight train" is a verbal cue used to tell an athlete or client to push back in the squat. This cue may be useful for individuals who round at the thoracic, or who's hips rise faster than knees extended in the back squat.

Topics:

Cueing, Main Lifts

Tactical Frog

The Tactical Frog is designed to restore length to shortened adductors. This is a foundational stretch for athletes who spend time in wide stances, such as in the sumo deadlift or wide stance squat. Contract relax methods work well from with this stretch as well as long duration static holds. This stretch should be done far away from the training window.

Tags:

Adductor, Hip

Topics:

Mobility, Rehab

Terminal Knee Extensions

The Terminal Knee Extension is a valuable tool for restoring proper patella tracking as well as bringing awareness to the role of the VMO. Considerations should be made to find the underlying cause of knee pain and only use this method as a way to treat pain. These exercises may be performed during the training window in the 10-20 rep range.

Tags:

Knee

Topics:

Mobility, Rehab

Thoracic Extension

This video describes various methods for restoring thoracic mobility. This exercise may be performed close to the training window or on non training days. For most of these methods, contract relax techniques work well. Careful consideration should be made to avoid excessive lumbar extension.

Tags:

T-Spine

Topics:

Mobility, Rehab

Thoracic Rotation

This video describes a method for restoring rotational movement in the thoracic spine. This exercise may be performed around the training window as well as on non training days. Careful consideration should be made while performing this not to rotate the lumbar spine.

Tags:

T-Spine

Topics:

Mobility, Rehab

Tricep Facial Manipulation

This video covers a specific method for performing soft tissue treatment on the tricep. This may be performed pre squat training or outside the training window of training sessions that involve pressing. Preferred application is outside the training window or non training days.

Tags:

Elbow, Tricep

Topics:

Mobility, Rehab

Turkish Getup for Heavy Athletes

This video features a quick tip for implementing the Turkish Getup for heavier individuals or individuals with knee pain.

Tags:

Knee

Topics:

Cueing

Turkish Getup Steps 1-4

The Turkish Getup is a versatile movement that requires complex motor recruitment in space. This video covers segments 1-4 in the getup. The full getup is highly influential for team sport athletes who need to go from ground to standing as efficiently as possible. If segmented this move positively impacts shoulder and hip stability in a dynamic fashion.

Tags:

Core, Hip, Lats, Shoulder

Topics:

Mobility, Rehab

Turkish Getup Steps 5-7

This video covers segments 5-7 in the getup. In this portion of the getup the transference from high hip to standing and back down is covered. Considerations in bell positioning should be made as the kettlebell must remain stacked over the joints through the entirety of movement,

Tags:

Core, Hip, Lats, Shoulder

Topics:

Mobility, Rehab

Ukrainian Stallion

The Ukrainian Stallion is designed to improve hinge mechanics and glute firing. The best use application is during the training window following more demanding lower body training. Because of the low risk of injury this movement may be trained very heavy and for normal to high reps.

Tags:

Core, Glutes, Hip, Deadlift

Topics:

Main Lifts

Ulnar Nerve Flossing

This video discuss methods for treating Ulnar nerve impingment that results in numb fingers or elbow pain. This benefit of this method is best realized when done frequently especially after prolong periods of non-activity such as sitting at a desk.

Tags:

Elbow, Neck, Nerves

Topics:

Mobility, Rehab

Wall Squat

The Wall Squat is a squat diagnostic tool that aims to give immediate feedback on movement deviation. This tool is best utilized in a test retest fashion. Considerations should be made on stance and distance from the wall.

Tags:

Hip, Squat

Topics:

Cueing, Mobility, Rehab

Wallbug

The Wallbug is a progression from the deadbug. The best application of this exercise is prior to training with the goal of increasing proprioceptive awareness of the shoulder complex and core responsiveness. Regressions may be made by taking the foam roller away.

Tags:

Bracing, Core, Lats, Shoulder

Topics:

Mobility, Rehab

Wedging Concepts - Wedge

Coaching video designed to introduce you to the concept of "wedging". The wedge is a cue that is designed to maximize motor potential in highly skilled athletes

Tags: **Deadlift** Topics:

Cueing

Wrist Issues with Donnie Thompson

A video on addressing common wrist issues, with world-record holding powerlifter and renowned coach Donnie Thompson.

Tags:

Arm, Bench, Nerves, Squat, Wrist, Deadlift

Topics:

Cueing, Mobility, Rehab