



## Clean & Jerk

- Demo from the 'hang position'
- Pathway of the bar
- 'Prerequisite' exercises
  - Front BB squat - \_\_\_\_\_
  - Bend knee deadlift - \_\_\_\_\_
  - Front BB shoulder press - \_\_\_\_\_
  - Straight leg deadlift - \_\_\_\_\_
  - Plank-based exercises - \_\_\_\_\_

## Core Body Conditioning

- 4 key mechanical movements of spine include
  - \_\_\_\_\_
  - \_\_\_\_\_
- Example of poor "core body program"
  - Crunches + ab curl on swiss ball + high pulley ab curl + medicine ball sit-ups
- Example of poor exercise progressions and/or changing of program
  - Incline ab curl -> BOSU ab curl -> ab curl on swiss ball -> medicine ball self toss-ups
- Dynamic AND static (isometric component)
  - Dynamic
    - Flexion from rib cage without/with rot'n
      - flexion from pelvis without/with rot'n
    - Extension without/with rot'n
    - Lateral flexion without/with rot'n (forward AND backward)
    - Trunk rotation from rib cage
      - Trunk rotation from pelvis
  - Stabilization (isometric)
    - Static - plank
    - Dynamic - marching plank, DB plank row
- Total body conditioning must be an adjunct to any core body conditioning or the spine may always be at higher risk of injury due to continual higher stresses than necessary as the "rest of the body" isn't keeping pace with the demand of ADL's or sport