

Chapter 1: Introduction to the Foundations

Foundations

- There are 5 foundational areas:
 - Hip mobility
 - T-spine mobility
 - Plank and midsection stability
 - Fast and Loose drills
 - The StrongFirst “clock”

Chapter 2: Mobility

Prying Goblet Squat

- Foundation for squat mechanics
- Improves hip mobility
- Improves ankle mobility

Goblet Squat Technique

- Assume the proper stance and set-up
- Perform a goblet clean
- Sniff air in and pull yourself down into the squat as far as you can go without losing spinal alignment
- Drop “straight down”
- Aim the elbows for the inside of the knees
- Press your elbows into the vastus medialis—the teardrop-shaped muscle just above and to the inside of the knee
- Pause, then grunt and drive the feet into the ground to extend the hips and body back to the starting position
- Focus on spinal alignment and opening your hips

Foam Roller T-spine Extension and Mobilization

- Perform this drill to increase t-spine extension and for soft tissue prep
 - Begin with the foam roller perpendicular to the body placed just below the shoulder blades
 - Place the hands behind the head and extend the neck and spine “over” the roller
 - Repeat and move up one vertebrae at a time to work on different areas
 - Finish by rolling the t-spine from the base of the neck to bottom of the thoracic area
 - Watch for lumbar vs. t-spine extension

- **Quadruped T-spine Rotation**

- Get into a quadruped position and sit the buttocks on the heels with the elbows directly under the shoulder and forearms placed together in the center of the body firmly in the floor
- Place one hand on your low back, palm facing away from the back. Then, look toward and rotate that shoulder toward the ceiling
- Inhale at the starting position and exhale during the rotation. A pause can be performed at the end range of motion and multiple breath cycles can be performed before returning to the starting position
- Return to the starting position and proceed to take the shoulder toward the floor. Keep the post arm firm
- Repeat for the desired number of repetitions/breaths and repeat on the other side/direction

- **Crocodile Breathing**

- Begin in the prone posture by positioning yourself face down, so that your stomach is on the floor with your forehead on your hands, both palms down, one covering the other. Make sure the chest and arms are relaxed, and you are as "flat" as you can get; your neck should be relaxed and comfortable. You should feel that you are on your chest not on the edge of your ribs
- Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground, this should happen naturally without you forcing your stomach out
- Nasal inhalation should be a low, slow 3 seconds
- Then a brief pause
- Nasal exhalation should be slow and full 4-6 seconds
- Then a longer pause (2-3 seconds)
- Then the next breath cycle
- The air should expand in a 360-degree fashion filling the "cylinder" of the abdomen

Plank

- Improves the ability to get tight and improves midsection stability
- Begin on elbows and toes and compress the midsection
- Breathe shallow using hisses to enhance tightness
- Body does not change shape—just gets tighter more compressed
- High tension is not for everyone, especially those with heart conditions so speak to your Healthcare provider if you have any questions

Chapter 3: Grip

Setting the Proper Grip

- Improper grip can lead to bad leverage and hyperextension of the wrist
- The ulna is the proper bone to load the weight on to
- Bring the barbell into the webbing of the thumb (the “ok” part of the hand) and bring the index finger and thumb and wedge the hand around the barbell
- The calluses are parallel to the bar

Chapter 4: Relaxation Drills

Relaxation Drills

- Tension and relaxation are two sides of the same coin
- Fast and Loose drills can teach and improve the ability to produce relaxation
- Vibration—frequency and amplitude

Fast and Loose Drills

1. Stand with 99% of your weight on one leg and place the 1% leg slightly in front of you. Begin to “shake” the leg with the same side hand/arm until the muscle relaxes and you “shake the meat off the bone” or “shaking water off your leg”
2. Now try to produce the same relaxation and shaking using the leg itself shaking or pulsing the leg
3. Repeat on the other side
4. Begin vibrating the fingertips of one arm/hand until your hand feels large and heavy. Allow the vibration to travel up the arm so the whole arm is relaxed and loose
5. Repeat on the other arm
6. Perform a “boxer’s bounce” – rise up slightly on the toes and begin to bounce up and down without letting the heels hit. In addition to letting the body relax and bounce you can allow the breath to be “knocked out” with each bounce
7. Perform the Washing Machine – place the palms together at chest level to provide a stable point and using that stable point (and keeping a relaxed lower body) begin to shake or rotate the hips side to side (Allow the glutes to relax)

Chapter 5: The StrongFirst Clock

The StrongFirst Clock

- Understand where your hips are moving
- 9 = Good morning
- 8 = Deadlift or the 8 o’clock Zercher squat
- 7 = High bar back squat
- 6 = Goblet squat or the 6 o’clock Zercher squat

Chapter 6: Conclusion to the Foundations

Foundations

- These are the 5 foundational areas:
 - Hip mobility
 - T-spine mobility
 - Plank and midsection stability
 - Fast and Loose drills
 - The StrongFirst “clock”
- Make sure to spend extra time on these areas

Notes:

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