



INGRID **MARCUM**

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“Better Get Better. Building a Solid
Foundation”

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Better Get Better: Building a Solid Foundation

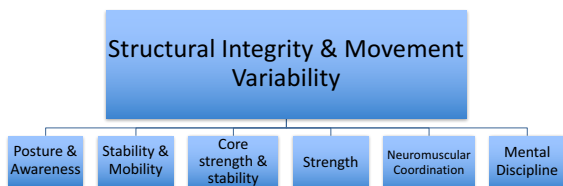
Ingrid Marcum, CSCS

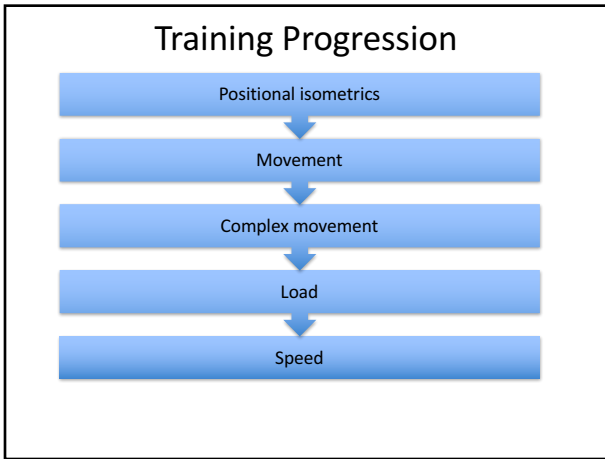


Learning Objectives

- Understand *movement variability* and *structural integrity* and how they relate to training, performance and **longevity**
- The *building blocks* of a solid physical foundation
- Keys to teaching *connection* and *control* and why that's important
- Primary areas of the body to target for best results
- Exercises and progressions to develop and maintain structural integrity and biomechanical efficiency

Building or Rebuilding the Physical Foundation



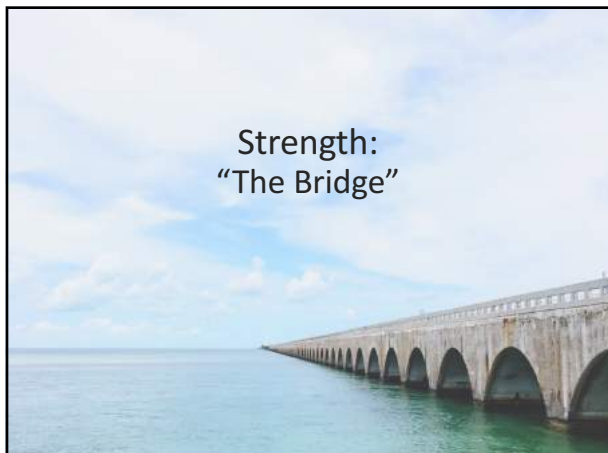




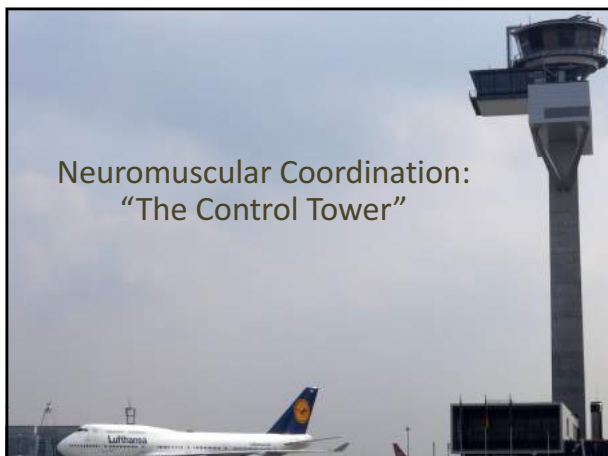


**Core Strength and Stability:
"The Girdle"**

**Strength:
"The Bridge"**



**Neuromuscular Coordination:
"The Control Tower"**









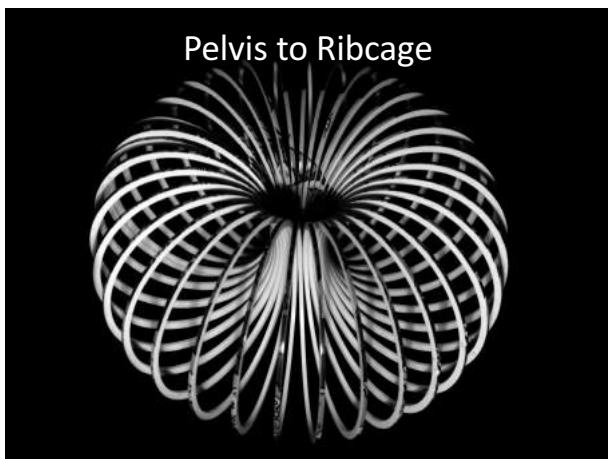
Training:
The Feet

- MJ Leans
- Single leg balance variations
- Calf raise variations
- Iso holds



Training:
Breathing

- Birthday candle breath (exhale)
- Balloon breath (exhale)



**Training:
Pelvis to Ribcage**

- Lean backs
- 90/90 Iso push
- Bridge with heel push
- Plank variations
- Quadruped variations



**Training:
The shoulders**

- Vertical push up
 - “Handstand” work
- Vertical pull down
 - Active “hangs”
- Horizontal push
 - Prone isometric push
- Horizontal pull
 - “W” isometric push

Active Mobility

- Prone knee to elbow
- Prone roll to side lying rotation
- Cat/cow – Up/down dog
- Deep squat work
- Feet

Training Guidelines

- Self-limiting
- Transferable
- Connection and control vs. bracing or locking
- Self-tests
- Purposeful and quality movement
- Bilateral and unilateral options
- Placement in a workout

Training Guidelines

- Active vs. passive
- Conscious vs unconscious
- Foundation work vs. corrective work
- Precision
- Include light load, high rep work
- Don't just do something because it's *supposed to be* beneficial
- Find the access point

Thank you for attending

Thank you to PLAE for the opportunity to share with you

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