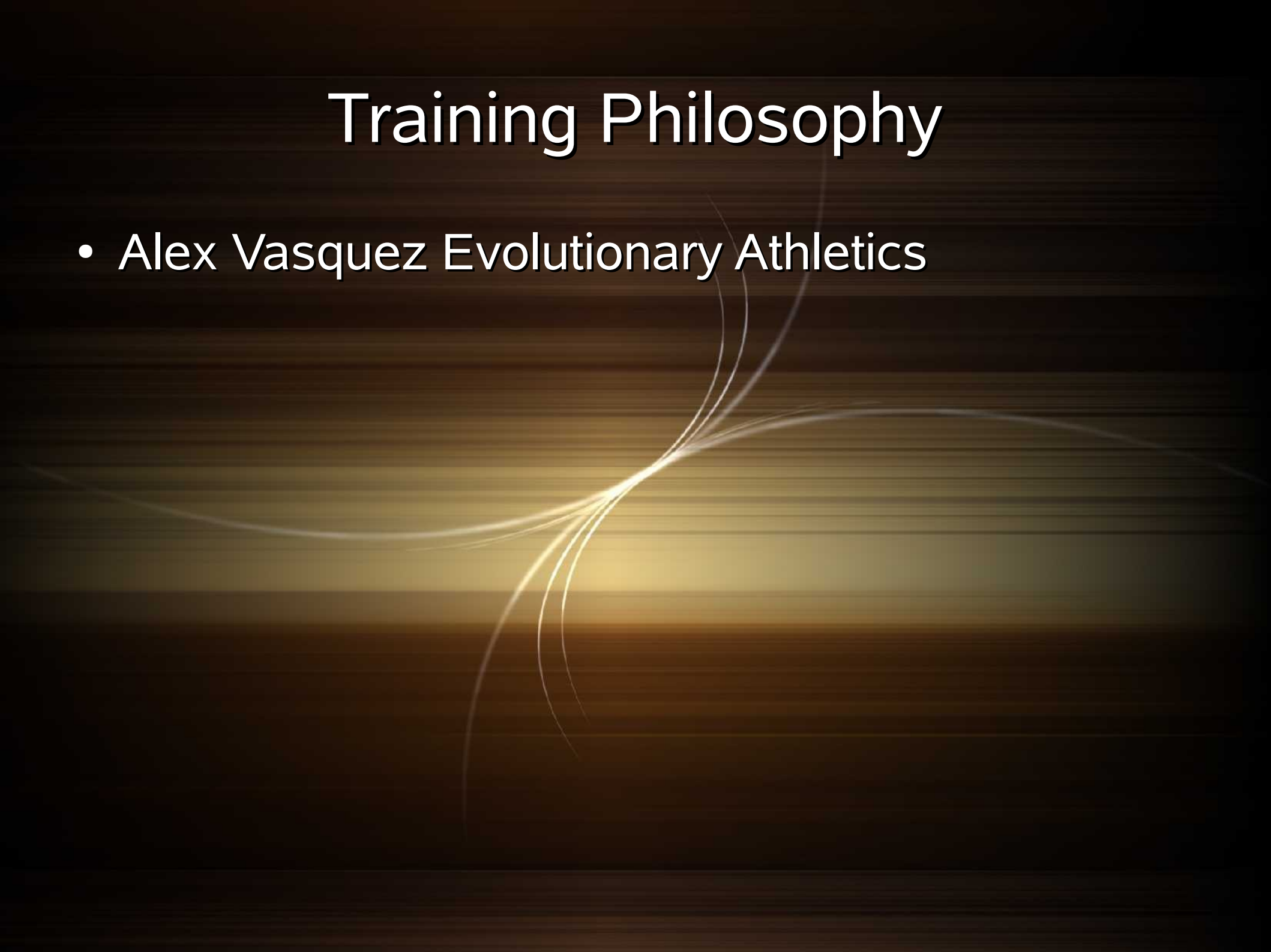


Training Philosophy

- Alex Vasquez Evolutionary Athletics



Training Philosophy

- Primary Movement Patterns
 - Raise and Lower Center of Gravity (COG)
 - Squat
 - Horizontal Movement of COG
 - Hip Extension and Locomotion
 - Push things away from COG
 - Vertical and Horizontal Presses
 - Pull Things closer to COG
 - Vertical and Horizontal Pulls

Training Philosophy

- Movements – Lower Body
 - Squat
 - 1 and 2 Leg Variants
 - Hip Extension – RDL and Deadlift
 - 1 and 2 Leg Variants
 - Sprint
 - Straight ahead and change direction

Training Philosophy

- Movements – Upperbody
 - Upper Push
 - Press and Bench Press
 - 1 and 2 arm variations
 - Upper Pull
 - Pull Up and Row
 - 1 and 2 arm variants

Training Philosophy

- Workout Template
 - Warm Up 1-2 x 8-15
 - Single leg squat
 - Single leg deadlift
 - Unstable /1 arm upper push
 - Unstabl/1 arm upper pull
 - Core
 - Foot function

Training Philosophy

- Option 1
 - Day 1
 - Squat
 - Push
 - Sprint
 - Day 2
 - Deadlift
 - Pull
 - Sprint

Training Philosophy

- Option 2
 - Day 1
 - Squat
 - Press
 - RDL
 - Sprint
 - Day 2
 - Squat
 - Bench
 - RDL/Row
 - Sprint

Training Philosophy

- Option 3

Day 1	Day 2
<ul style="list-style-type: none">• Squat• 1 Leg hip ext/GHR• Press• Pull Up• Sprint	<ul style="list-style-type: none">• RDL• 1 Leg Squat• Bench• Row• Sprint

Training Philosophy

- Option 4
 - Day 1
 - RDL/DL
 - Bench
 - 1 Leg Squat
 - Day 2
 - RDL/DL
 - Press
 - 1 Leg Squat

Training Philosophy

- Notes
 - Add 1 upper pull and load as an assistant lift
 - Loading parameters will be covered in another presentation

Training Philosophy

- Summary
 - Exercise selection need not be complicated
 - It is better to master fewer exercises than be crappy at many
 - I have added the slides from presentations to the resources page