

The Movement Experience



Presented By Annie
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Owner of Fitness Studio
108

Power Pose



Put your feet shoulder-width apart, put your hands on your hips, hold your head up high with your chin out and finally, hold out your chest.



Hold this pose for two minutes taking deep breaths the whole time.



Power Posing was first introduced by Amy Cuddy in 2010 when she suggested that standing in “high power” produces power by increasing testosterone and decreasing cortisol levels.



While recent studies have been unable to reproduce these findings to that extent, they do suggest that power posing does in fact affect confidence and stress levels

Introduction

- Annie Malaythong NASM CPT, CES, PES, MMACS
NASM Master Instructor
Owner of Fitness Studio 108

Introductions

- Your name
- Where are you from ?
- What you're looking to get out of this session ?



**YOUR
ENERGY
INTRODUCES
YOU BEFORE
YOU EVEN
SPEAK.**

Agenda

Part I	Understanding the 5 KC's
Part II	Overview of muscular imbalances and OH Assessment
Part III	Breakout Group Assessment
Part IV	Identify compensations and solutions table
Part V	Group Workout

The 5 KC's

Kinetic Chain Checkpoints Review

- **Head**
 - Neutral, center of ear in line with center of shoulder
- **Shoulders**
 - Neutral, center of shoulder in line with center of hip joint
- **Hips**
 - Neutral spine with abdominals drawn-in
- **Knees**
 - Straight ahead in line with 2nd and 3rd toes
- **Feet**
 - Straight ahead with neutral position at the ankle



Muscular Imbalances

Muscular imbalances lead to poor body mechanics.



Poor mechanics leads to injury



Less effective training leads to burnout and no change.

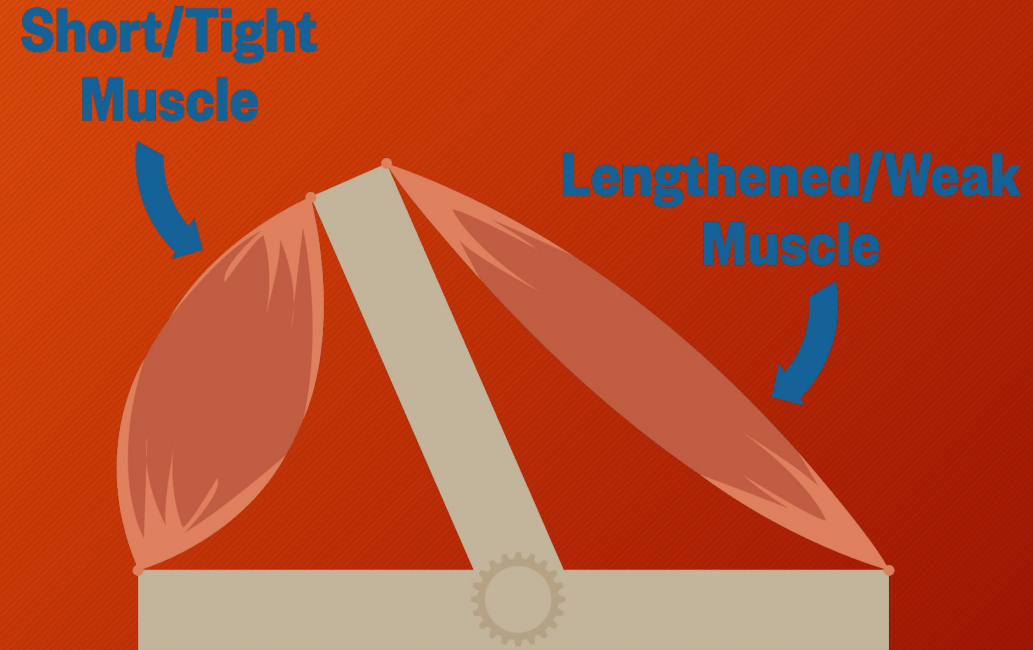


Muscular Imbalances

Foam Roll and Pin/Stretch
Overactive Muscles

Activate “underactive” muscles

Understand that both are not at
it's full range of motion



Group Assessment

- Anterior View

- Do Feet Turn Out?

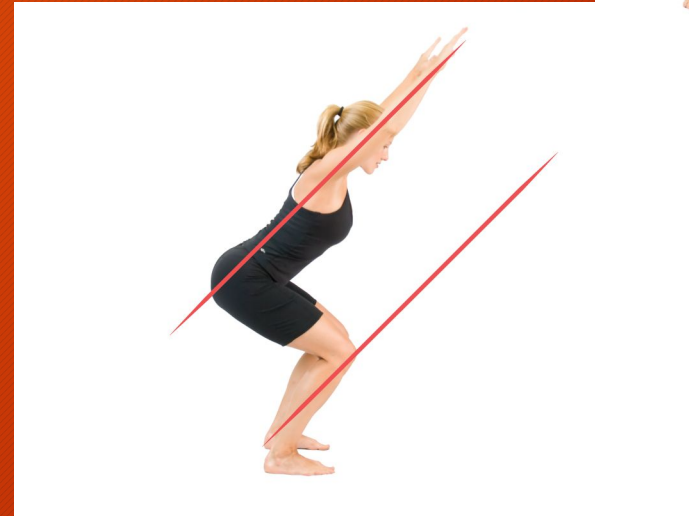
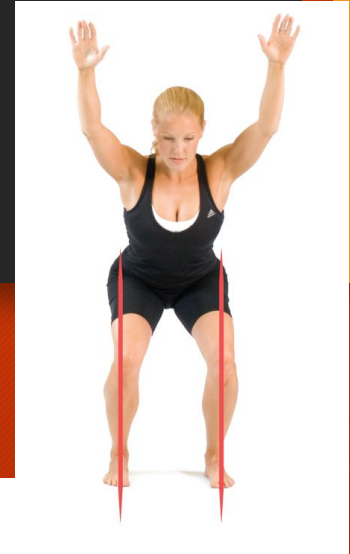
- Do Knees Move Inward?

- Lateral View

- Do Arms Fall Forward?

- Does low back over arch?

- Is there an Excessive Forward Lean?



Compensations and Solutions Table

- The compensations in your assessment determine the exercises you choose for your program.
- Restoration of alignment leads to better, long term movement efficiency.

Overhead Squat Solutions Table • CPT/PES | www.nasm.org | 800.460.6276

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head)	Med. Gastrocnemius Med. Hamstring Gracilis Sartorius Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fascia Latae Vastus Lateralis	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO)	Adductor Stretch Hamstring Stretch TFL Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
Lateral	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arches	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/ Minor Teres Major	Mid/Lower Trapezius Rhomboids Rotator Cuff	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapula Sternocleidomastoid Upper Trapezius	Deep Cervical Flexors	Levator Scapula Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Elevation (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/lower Trapezius	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra

Group Workout

Movement
Prep/Mobility
(joints) and
Flexibility (muscles)

Core

Balance

Plyo

Resistance

Workshop Overview

- If you take any photos from today's workshop, be sure to Tag @108Fit or Fitness Studio 108 and use
- #PeachFitDanceExpo

