



*If you've gone through RESTORE: The Bodyweight Program, it is likely you've seen this information. I reposted here because of its importance. Enjoy re-reading and listening in on the video – there's lots of gold nuggets that will empower you and your training!*

*– Coach Al*

In order to make real progress that is sustainable over a long period of time, we need a framework – a long term overview – of what it takes to go from a novice or “beginner,” to experienced and ready to explode our potential!

This page and the accompanying video provides that framework.

## **PHASE 1 – STEP 1**

### **Mastery of the Basics and Fundamentals: Skill-building – restoring balance.**

- Most of this starts with a willingness to learn.
- Individual joint health/function/Range-of-motion.
- Least amount of training “freedom,” e.g. stick to the script and be accountable to the progressive basic skills.
- A beginner mindset.
- The 80/20 rule.
- The foundation for everything else that follows.
- This is where strict adherence to form/technique is critical, as we are building a basic SKILL set that will help us progress safely and effectively.

- Prior injury increases risk; this first phase becomes even more important.

## **PHASE 2 – STEP 2**

### **Progression of Basic Skills: “Dancing on the edge of our ability.”**

- Increased dynamic challenge; increased loads; increased stress.
- Step by step, inch by inch.
- The 1% rule: this means 3800 % over the course of a year. Massive gains from tiny steps forward consistently.
- This is how our brain “learns.”
- To continue to be able to increase dynamic loads and take training to a higher level, two things need to be addressed continually: 1. Address individual limiters. 2. Try to reduce asymmetry between sides/patterns.
- Increased “freedom” to explore, experiment, and step outside the “box” of defined movement skills to explore capabilities.

## **PHASE 3 – STEP 3**

### **Continued Progression: Compare potential rewards with possible risks. Risk/reward.**

#### **Choose wisely!**

- As dynamic challenge increases, the risks associated with it also increases. Does the potential reward make the risk worth taking?
- Massive potential to lift training (strength and power) to new heights, but ALSO along with it, comes a potential increase in injury risk.
- Rinse and Repeat!

- It's a journey, a moving target. Racing and aging impact our need to return to basic skills on occasion to "reboot" and reset.
- 80/20 basics and fundamentals, to everything else. Returning to those basics routinely gives back 80% of the potential benefits and keeps the risk low.
- Onward and upward.

*In the 18-minute long video below, I take a sit-down DEEP DIVE into all of the above bullet points. Grab a cuppa joe and join me. It's taken a lot of years to learn all of this the hard way!*

*– Coach AI*

- *The goal isn't perfection, only "better."*
- *If you're not nailing basics, the next steps aren't nearly as productive – in fact, what often occurs is some kind of injury.*
- *Once you demonstrate you've mastered the basics, you get lots more freedom. Of course, you're always free to do what you like.*
- *The 80/20 rule applies. The basics are most of what we all need to excel in S/B/R or in any other sport. The question becomes, what are your goals, and why do you do this? Those are always good questions to ask...*
- *I AM constantly encouraging you to do BOTH of these things: 1. master the basics. 2. progress your training! That's the point of "dancing" – to encourage you to push the envelope. The greater your mastery of the basics, the better you'll be able to progress.*
- *If you find you're injured frequently or not progressing as you want to, you're getting hung up on Steps 1 and 2. That is, you haven't mastered the basics, or, you haven't challenged yourself to progress.*
- *Read the prior bullet again.*