

TRAINING HIP STABILITY AND STRENGTH

“Practice doesn’t make perfect. Perfect practice makes perfect.”

– Vince Lombardi (legendary NFL coach of the Green Bay Packers)



By the time you have reached this point – which is **STEP 3** – you’re going to be anxious to train by getting into the specific movements (and circuits) that are here for you.

(*Make sure to consult “The Plan” portion of the program to ensure you arrive here at the right point in your learning and progression)

Also, by this point, you should have a firm understanding and possession of all SIX of these training elements:

1. **A very clear sense of how your hip is functioning, particularly in extension.**
2. **A good idea of your stability on a single leg, perhaps during something that is highly dynamic such as running.**
3. **A clear understanding of neutral pelvis, and in particular, what it means to position your pelvis very slightly anteriorly.**
4. **Complete mastery of the Basic Bridge and Basic Clam exercises, and the ability to load them progressively.**

5. **A very good understanding of and the ability to demonstrate a near-perfect hip hinge.**
6. **A good understanding of, and the ability to demonstrate a basic bilateral deadlift.**

If you ARE able to “check the box” on all of the above, then get started training. As mentioned, refer to the “PLAN” portion of the program for guidance on frequency and progression.

Training begins with the **Whammy Clammy**. Good luck and remember, work hard but train smart!

“I expected to see more exercises...”

Some athletes will come into this program looking for video links to a hundred different exercises.

This speaks to one of the biggest myths in all of strength and conditioning: *“The more different kinds of exercises you do, the better you’ll get.”* This is simply NOT true.

Which leads me to this: **Variety is greatly overrated.** Once the shiny new-ness of an exercise wears off and you’re “bored” with it because it isn’t “new” anymore, you’re forced to get deeper into it...or bail out and just move on to something else “new” and “exciting.” I’d argue the best choice is the former, not the latter.

It’s NOT about having a hundred different exercises to work on, it’s about learning basic skills and progressing them step by step. This is how elites train – digging deeper into the fundamentals to wring the most out of each!

Strength is NOT the goal with the movement training we do. Strength is a symptoma symptom of moving well.

In a similar vein, speed training is not the optimal path toward improving our fitness.

Improved fitness leads to improved speed potential.

Speed is a product of moving well and improved fitness.

If you need to review any of the above elements, don't hesitate.

The truth is that occasionally revisiting the basic and fundamental skills that form the foundation of our training, reinforces optimal patterning AND accelerates progress. You'll ultimately get better, easier and faster!