



## ***AN OVERVIEW OF YOUR 9-WEEK TRAINING PLAN***

In your enthusiasm to start TRAINING and building your strength, it will be easy to just jump into this plan and start working hard. *But that approach isn't likely to give you the results you're looking for.*

What do I mean? It's not just about **training "hard."**

**It's about patterning well - building skills progressively**, especially early on as you are beginning the program.

Your focus must first on those things, first and foremost.

- **Pattern well.**
- **Build skills progressively.**

*In a very real way, this phrase sums it up perfectly:*

**"It's not about THE exercise - it's about HOW the exercise is done."**

To achieve the success you desire - to really build an incredibly high mountain of hip stability and strength that will support you and your training moving forward, you need attention to detail and a willingness to stop, watch, learn, and listen.

By listening, I mean...listen to your intuition. It will tell you when you've crossed the barrier from moving "well" and working hard, to something less than that.

- **Use a mirror.** Watch yourself. Are you seeing what you hope and expect to see?
- **Be willing to pause a "workout" to practice a skill.** Take a step back if need be.
- **Continually and regularly watch the instructional videos.** Each time you do, you'll notice a new detail or hear something a different way, all of which will help you execute the movements better - and thus get more from them.
- **Be willing to repeat a day or week, in the plan,** if it will mean you'll end up feeling like you are "getting it," and making the progress you need.
- **Remember, it's not about "the plan," it's about skill development and patterning well** and learning and building true hip stability and strength. Forcing it before skills are in place leads to compensation, which will end up short-circuiting your long-term success.