



## THE WHAMMY CLAMMY

We get our stability and strength training started with a supremely challenging, advanced exercise: The Whammy Clammy!

**The goal is to load the hips in BOTH internal and external rotation simultaneously, while ALSO keeping the muscles under constant tension throughout the exercise.**

You should begin with a lighter band around the knees and *your lightest band* around your ankles (yellow or green if you are using the Perform Better bands, which I recommend!).

Build from there.

**Keep track of your total time “under tension. For more on that topic, see below the instructional video.**

*Your focus for this movement should be prioritized in this order:*

- 1. Maintain full and complete external rotation of the hips (knee band) throughout.*
- 2. Rotating at the hip joint ITSELF to create the internal rotation moment.*
- 3. Moving slowly – radiating tension throughout.*
- 4. Stop and go to a lighter band as soon as form begins to falter.*

***How do you progress from one level of strength to the next – using the time under load principle of training? Let’s review!***

## **FOUR Progressive Levels: Training Time Under Load**

One of the things that was very important to me when I put this course together was that it be accessible to ANY person, even for someone without any real strength training experience. After all, every one of us including the most experienced and strongest, started at the beginning. We all deserve that opportunity.

With that in mind, I recorded the instructional videos and set up this program so that you can start at the APPROPRIATE starting point for your present level of strength, body control and core stability. I want you to begin where you ARE, not where you want to be. But I also want you to have ample opportunities to progress.

To accomplish this, I created FOUR different progressive levels of training.

My suggestion is to begin at LEVEL ONE, and then go from there. Keep in mind that each level addresses BOTH time under load and other elements such as range of motion and timing. I will discuss those elements shortly. Keep reading!

Here they are. Read this section carefully and keep a copy of this information handy when you train. Notice the subtle but important details that separate these different levels.

### **Level ONE:**

- You will perform the movement for ~30 to 60 seconds of Time Under Load (TUL).
- Pause at the easier range-of-motion.
- 5 – 2 – 5 or 2 – 5 - 2 count, which is 5 seconds descending or ascending, 2-second pause, 5 seconds ascending or descending. (The direction you're moving will be determined by which movement you're doing. For example, for a push up you'll be lowering to start. For a bridge, you'll be rising up).
- Note: With ~30 to 60 seconds of TUL, this would equal 2 to 5 reps.

### **Level TWO:**

- You will perform the movement for ~45 to 75 seconds of Time Under Load.
- Pause at the easier OR harder range-of-motion.
- 5 – 2 – 5 or 2 – 5 – 2 count, which just like level one, is 5 seconds descending or ascending, 2-second pause, 5 seconds in the opposite direction.
- Note: With ~45 to 75 seconds of TUL, this would equal 3 to 6 reps.

### **Level THREE:**

- You will perform the movement for ~60 to 90 seconds of Time Under Load.
- Pause at the harder range-of-motion.
- 5 – 3 – 5 count is 5 seconds descending or ascending, 3-second pause at the harder range of motion, 5 seconds in the opposite direction.
- Note: With ~60 to 90 seconds of TUL, this would equal 4 to 9 reps.

### **Level FOUR:**

- You will perform the movement for ~90 to 120 seconds of Time Under Load.
- Pause at the harder range-of-motion.
- 5 – 3 – 5 to 5 – 5 – 5 count (progressing to a full 5 count pause at the harder range of motion).
- Note: With ~90 to 120 seconds of TUL, this would equal 5 to 10 reps.

As you can see and will experience firsthand, it will get MUCH harder very quickly, once you start to move your way through these levels.

*The challenge will be to maintain good form and also hold onto tension throughout. **It will be much harder than you think, trust me.***