



**CAROLINA
MULTISPORTS**

Pressing RESET on your Nervous System

**original
strength**



Original Strength vs. Strength

- Having original strength is really having reflexive strength.
- Reflexive control is the body's ability to express itself in mobility, strength, speed, fluidity, and grace. If a person is lacking reflexive control, they will have movement barriers and limitations. As a consequence, their body may engage in compensatory movements in order to achieve the brain's desire. The more an athlete compensates for movements they truly don't own, the greater the potential for injury to occur.
- When an athlete is moving optimally, the brain is also at a state of relaxed focus, their thoughts are efficient, and they can learn and retain information easier.

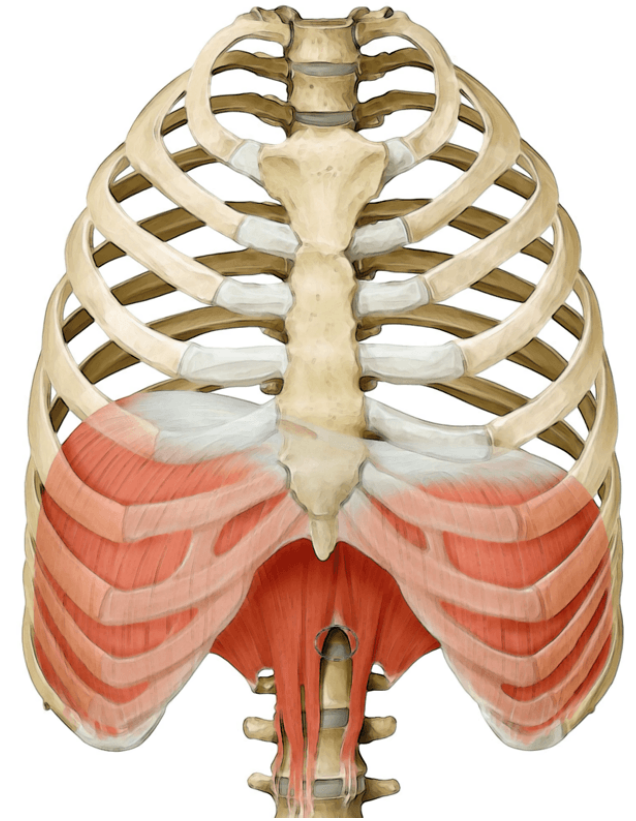
Three Pillars of Pressing RESET

1. Breathe properly with the diaphragm.
2. Activate the vestibular system.
3. Engage in contra-lateral and midline movements.

Breathing with the Diaphragm

Strength Starts Here

- The diaphragm , the primary breathing muscle responsible for pulling air deep down into the lungs and filling them from the bottom to the top, is a wellspring of information, influence and regulation that globally affects the entire body.
- Breathing with the diaphragm greatly affects the nervous system as well as the thoughts and emotions of the individual.
- The diaphragm is also a spinal stabilizer and is connected to other spinal stabilizers. When the spine is stable, the brain feels safe, and the body is free to express mobility.

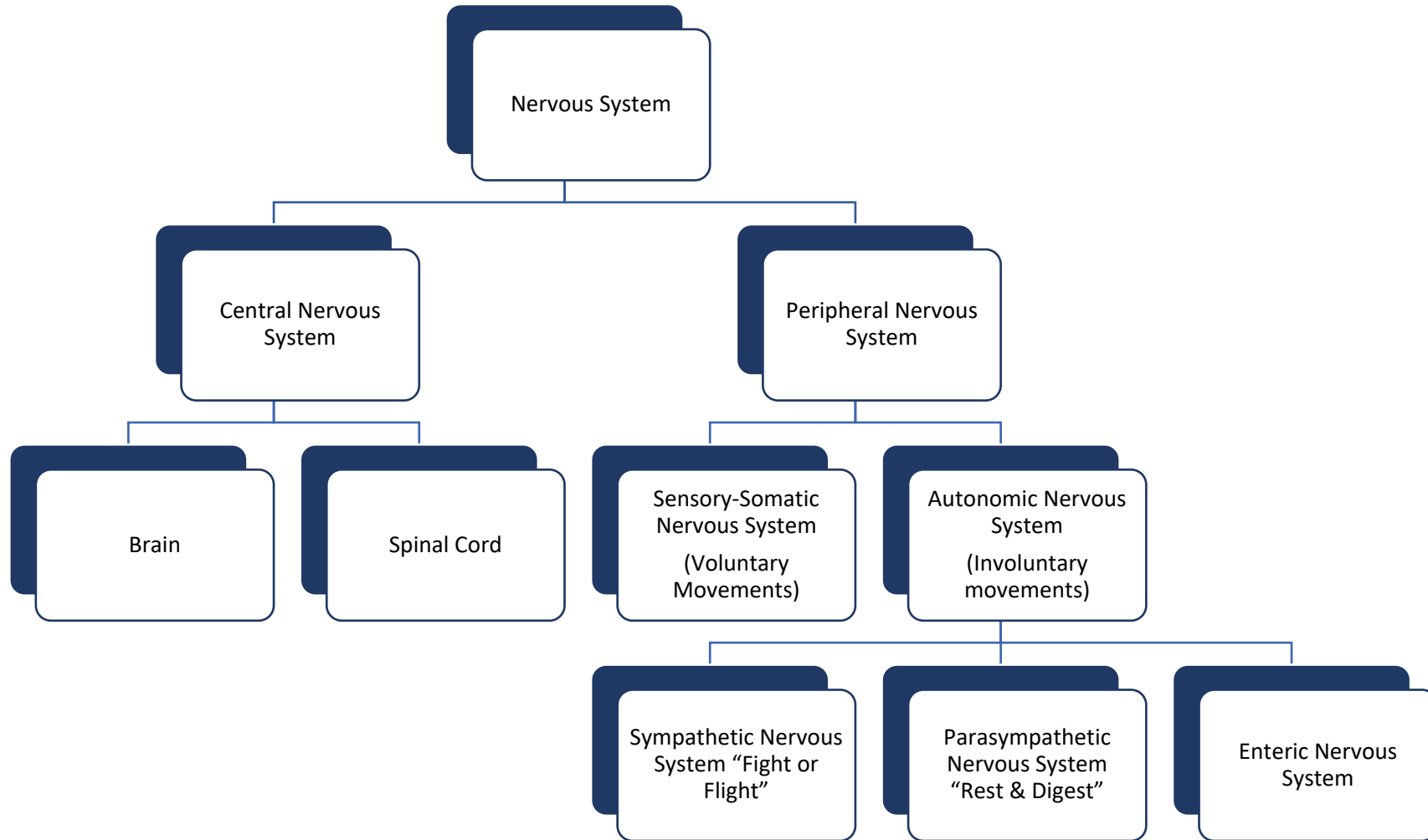


Breathing with the Diaphragm

The Autonomic Governor

- The diaphragm also greatly affects the autonomic nervous system, the nervous system responsible for regulating the body's unconscious actions like heart rate, or digestion.

Nervous System



Breathing with the Diaphragm

Creating the Advantage

- The diaphragm is a muscle. Like other muscles, it can be trained and strengthened through crawling , marching, and walking.
- These gentle loads make it easier to pull air down into the belly than other activities that might make the heartrate elevate too quickly.
- The key to success is keeping the tongue on the roof of the mouth with the jaw and lips relaxed but shut. This technique forces nasal breathing and allows the tongue to be used as the governor for the diaphragmatic strength training.
- An athlete who can maintain diaphragmatic breathing during physical exertion of their sport, is an athlete with a competitive advantage.

Activate the Vestibular System

- The vestibular system (VS) resides in the head behind the ears.
- All information the body receives and makes gets routed through the VS.
- The head is designed to stay level with the horizon and the body is designed to follow the head. Every muscle in the body is connected with where the head goes and with what the head does.
- A healthy VS is essential for having optimal balance, posture, coordination, and strength.
- Active movement is the best way to activate the VS. Breathing with the diaphragm (which has significant vestibular input/influence) and engaging in contra-lateral patterns is the best way to activate the VS and keep it healthy, which in turn provides the foundation for reflexive strength.

Contra-lateral Patterns and Midline Crossing

- The body is a series of X's in both shape and design. The center of the X is where all the forces we generate and encounter get transmitted to the other side. The stronger the center, or core, the better the X moves.
- Neurologically, we are an X too. The opposite hemispheres of the brain control the opposite sides of the body. Both hemispheres of the brain communicate and work together to coordinate opposing limb patterns. The more efficient the nervous system, the better the X moves.
- Engaging in contra-lateral movements, asymmetrical loading, and crossing the midline from some side of the body to the other create a strong core and efficient nervous system.



Roots of Performance

- Having a healthy nervous system is truly the foundation to performance enhancement as every acquisition and quality of desired performance (strength, speed, power, fluidity, skill set) is determined (optimized or undermined) by the health of the nervous system.

The Trunk of Strength

- Any strength training program is limited by the athlete's nervous system.
- Once a solid foundation of reflexive strength and control is established, efforts in strength training can become more effective and less detrimental.
- The athlete that is constantly pressing RESET, is an athlete that has the ability to recover quickly for the next challenge. This reduces overtraining, burnout, and injury.



The Trunk of Strength

- Human movement can be separated into 6 basic groups:
 - Hinge
 - Squat
 - Pull
 - Push
 - Gait
 - Rotate
- The goals of strength training can be separated into 5 groups:
 - RESET
 - Pattern
 - Tie the “X”
 - Build
 - Perform



The Trunk of Strength

Press RESET

- Restore reflexive strength, mobility, and strength.
- Stimulate and refresh the nervous system, encourage joint range, and activate muscles for specific exercises to be performed.
- Facilitate learning of multi-joint movements, by establishing neural patterns.
- Evaluate or “check-in” with how you are moving at that moment.
- Trains the “X”.



The Trunk of Strength

Pattern the Movement – Establish Competency, “Learn it”

- Rehearse and refine technique to reinforce correct movement.
- Low load, controlled speed to increase proficiency.
- Add volume to develop muscular endurance to better sustain quality movement.



The Trunk of Strength

Tie the “X” – Establish Symmetry & Improve Resilience

- Loaded single limb and/or contra-lateral movement training to move more toward “balanced strength,” including the ability to control rotation in the torso.



The Trunk of Strength

Build Out the Structure

- Add external load with appropriate modality, i.e. progress from machine to free weight.
- Increase load progressively over time to increase strength, endurance, and hypertrophy



The Trunk of Strength

Perform – Velocity and Power Realization

- Upon demonstrating competency in the movement, i.e. sufficient strength and technique that is “dialed in”, add speed.
- Select appropriate movement and modality to develop and demonstrate power.

The Branches of Expression

- Physical conditioning and preparedness can only take a person so far. The state of a person's mind is also of great importance for the freedom of expression.
- If an athlete wants to improve and optimize performance, they must address threats and stressors because they ultimately influence the nervous system.
- Movement, emotions, the conscious and subconscious mind are highly intertwined. There is no separation of the human "being." The "being" is the dance of everything about us. Nothing is apart from itself. Everything matters.



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