



Movement Matrix

	Squat	Pull	Gait	Rotate	Hinge	Push
Reset	Supine Neck Nods Dead Bug Hip Flexor Rolls Rocking: Lego & Dorsi-Flexed	Supine Neck Nods Prone Neck Turns Elbow Half-Roll Commando Rocks	Neck Nods & Turns Segmental Rolls Dead Bugs Crawls Cross-Crawls	Egg Rolls Windshield Wiper & Advanced Windshield Wiper	Neck Nods Hip Flexor Rolls 4-Point Rocks Bird Dog	Plank Neck Nods Commando Rock Bird-Dog Backward Crawl
Pattern	Bear-Hug Carry TRX Squat Series FTW Squat Goblet Squat	Pull-Aparts Face-Pulls TRX Y-T-W-I Bat Wings	Marching Superman (Loaded) Bear-Hug, Horn, Farmer's Carry	Standing Rolls TRX "Rainbow" TRX Windmill	Hip Bridge Tow-Touch Variations Windmill	Push-Up & Touch Dive Bomber OS Push-Up Rolling Push-Up
Tie the "X"	Split Stance RFE TRX 1-Leg, Pistol, Overhead Step-Up/Lunge	1-Arm Row:TRX Cable, Band KB, DB, Landmine, Renegade Row	Asymmetric Carries: Suitcase, BU, Rack, 1-Arm OH Waiter's On Shoulder	Turkish Get-Up Sandbag Get-Up Sledge Hammer Work	Suitcase Deadlift TRX 1-Leg RDL 1-Leg RDL	Standing 1-Arm Press: Band & Cable Landmine Press Renegade Row
Build: Machine	Leg Press Machine Squat	Row Pull down Pull-Up/Chin-Up	Sled Push Sled Drag Wheel-Barrow Walk	Jammer Rotations Cable Chops & Lifts	45 Back Extension Reverse Hyper Glute-Ham Raise	Shoulder Press Incline Press Bench Press Decline Press Dips
Build: Barbell	Back Squat Front Squat Zercher Squat	Chest Supported Row Bent-Over Row	Crucifix Carry OH Carry Rack Carry	Landmine Twists	Hip Thrust RDL Bent-Legged Deadlift	Shoulder Press Incline Press Bench Press Decline Press
Perform: Speed & Power	Squat Thrust Jump Squat	Prone Row TRX Speed Row	Skips & Bounds Hill Sprints Sled Push Sled Drag	Med Ball Side Throws	Jumps: VJ & BJ Med Ball Throws Clean Variants Snatch Variants	Push-Up Bench Press Push Press Push Jerk

"If it's important, do it every day."

- Dan Gable, 3x NCAA Champion, Olympic Gold Medalist, Former Wrestling Coach at Iowa



**CAROLINA
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strength**

Press RESET

- Restore Reflexive Strength, Mobility & Stability
- Stimulate and “refresh” the nervous system, encourage joint range of motion, & activate the muscles for specific exercises to be performed
- Facilitate learning of multi-joint movements by establishing efficient neural patterns
- Evaluate or “Check-in” with how you are moving at that moment
- Trains the “X”

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

Tie the “X” – Establish Symmetry & Improve Resilience

- Loaded Single limb and/or Contra-Lateral movement training to move toward a more “balanced strength”, including the ability to control rotation of the torso.

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

Perform – Velocity & 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.

You Are the Chef in Your Kitchen...

Remember, the Human Movement grid is one way to organize movements and represent the relationship between OS RESETs and “traditional” exercise movements. Certain resets may unlock your potential for performance in a given exercise, while the impact of others may not be as significant. Hopefully, this opens a new line of thinking, leading you to consider creative ways to promote better movement and performance. The most thorough progression through the levels will flow from Pressing RESET all the way through to the addition of speed in the more technical movements. No matter how far along the continuum one progresses, adding the RESETs alone will promote improved movement.