

RE-CAP OF THE LONG BEACH PERFORM BETTER SUMMIT

My flight arrived back home in Minneapolis at 11:58 p.m. on Sunday. Not only was I tired, but my head was still spinning from the amount of new ideas, concepts, and knowledge I had just been fed in Long Beach.

If you have never attended a Perform Better Summit, start saving for next year now! These are by far the best educational resource money can buy. It's like having my entire library come to life for me to ask questions and dig deeper than ever before.

Here are my "cliff notes" on the three day summit, buckle-up!

DAY 1:

1. My weekend started with a lecture from Josh Henkin titled "Beyond Functional Training". Here are the highlights:
 - ★ Develop a system of training, not just a library of exercises
 - ★ Different modalities of overload; placement of implement, speed of movement, complexity of movement
 - ★ Re-introduce lunging back into your programming
 - ★ www.henkinfitnesssystems.com
2. Next up, Chuck Wolf and his lecture about "Flexibility Highways in Motion". I loved this lecture and can't wait to use some of Chuck's stuff in my warm-ups.
 - ★ The feet are often the root of many structural problems, we need to work on the feet
 - ★ There are six flexibility highways, and each needs to be worked/stretched differently. Side note: if you do not have Thomas Myers' *Anatomy Trains*, get it. It's brilliant.
www.anatomytrains.com
 - ★ Three fantastic cues for training: lift head to ceiling, this automatically gives better posture, the 'beacon of light', an imaginary flashlight pointing out of your belly-button that points where you want your hips to go, and reach with your scapula, not your hands, for more scapular mobility
 - ★ www.3dhumanmotion.com
3. My final lecture on Friday was Robert Yang. Robert spoke on "Training Your Core With Food". By far the best nutritional presentation I have seen in a long time. Maybe because we were both certified at the same place!
 - ★ All of the core muscles are affected by the GI tract. They all share the same nerve intervention with the spine
 - ★ GI (gastro-intestinal) problems can lead to inhibition of the core musculature
 - ★ Four common "health foods" cause most of the GI inflammation: wheat, dairy, soy, wine
 - ★ The Yang Food Pyramid: bottom is water, middle is whole foods, top is supplements
 - ★ Hydration=1/2 your body-weight in ounces per day
 - ★ Organic fruits and veggies, grass-fed meats, and pro-biotics are key
 - ★ www.robertyang.net

DAY 2:

1. Saturday started with a presentation from Stuart McGill titled: Training Maximum Performance, What We Learn From the Strongest and Fastest Athletes.
 - ★ Grip strength is the missing link, we need to train it more
 - ★ Athletes need the ability to become super-stiff and relax in an instant
 - ★ Train the ability to relax quickly
 - ★ The one arm off-set bench press with one leg down. Great core and glute work
 - ★ www.backfitpro.com
2. Grey Cook spoke next about Dynamic Stability Training. This was basically how to tweak the Functional Movement Screen, and some additional tips in regards to corrective exercises.
 - ★ Injury occurs when physical performance exceeds physical capabilities
 - ★ Lack of flexibility is not the problem, because it is not movement oriented
 - ★ Two athletes may have the same flexibility, but very different movement abilities
 - ★ Poor stability is often the problem
 - ★ Biomarkers for injury risk: previous injury, asymmetry, poor motor control, excessive weight
 - ★ His Y balance test should be included in my assessment
 - ★ Just because the pain is gone does not mean you are well
 - ★ A score of 14 on the FMS is the breaking point, below that there is an increased chance for injury
 - ★ Screen for asymmetry
 - ★ Correcting one area of instability will often clean-up other areas as well
 - ★ www.functionalmovement.com
3. Cardio Strength Training was the topic of discussion from the great coach Robert Dos Remedios.
 - ★ Steady state cardio is dead
 - ★ High intensity interval training is the best
 - ★ Short, frequent training sessions are better than 1-2 long sessions per week
 - ★ Cardio strength training is not easy
 - ★ Timed sets, complexes, Tabatas, circuits, and density sessions
 - ★ www.coachdos.com
4. Chris Frankel from Train Anywhere (TRX straps) spoke about the suspension trainers and various progressions.
 - ★ TRX are great for teaching squats of all kinds: regular, overhead, hack variation, single leg
 - ★ A great tool for mobility work
 - ★ TRX can be very humbling
 - ★ These can be great for metabolic work as well (see Coach Dos)
 - ★ www.fitnessanywhere.com

DAY 3:

1. With my head swimming from all of the new information, I thought the legendary Vern Gambetta would be just what I needed to over-flow my cup. He didn't disappoint.
 - ★ We have over complicated warm-up
 - ★ Create a system and work from there
 - ★ It is much easier to modify and progress if you have a firm system in place
 - ★ The hips are key, but so too is the core and shoulder girdle in warm-ups
 - ★ Lunging patterns can be a great addition (which I immediately re-added into my warm-ups)
 - ★ We need to train more multi-directional running patterns, especially turns
 - ★ www.gambetta.com
2. Day three ended with a lecture and hands-on session with Sue Falsone. Sue is the head of Physical Therapy for Athletes Performance, as well as the head Athletic Trainer and Physical Therapist for the L.A. Dodgers baseball team. She was speaking on the Thoracic Spine and its relation to core stability.
 - ★ Bilateral shoulder flexion and extension require thoracic extension
 - ★ Uni-lateral shoulder flexion/internal rotation requires thoracic extension and ipsilateral rotation
 - ★ Uni-lateral shoulder extension/external rotation requires thoracic flexion and contralateral rotation
 - ★ Flexors, internal rotators and adductors are our "old system" and we revert back to that when we are hurt, scared, de-trained, or aging
 - ★ Extensors, external rotators, and abductors are our "new system" and we need to train this system more
 - ★ The diaphragm attaches to the sternum, lower 6 ribs, the transverse abdominus, lumbar spine, thoracic spine, the quadratus lumborum, and the psoas
 - ★ Breath is key to proper thoracic mobility, ribcage mobility, and core stability
 - ★ Train with breath during your T-spine mobility drills
 - ★ Soft tissue work is very important
 - ★ Rotational mobility of the T-spine is key, as it often also addresses extension mobility
 - ★ twitter.com/suefalsone
 - ★ www.athletesperformance.com

Well I hope you enjoyed the Perform Better Summit, or at least my re-cap of it. I can't wait to begin digesting and implementing the information from the conference. I hope to see you all there next year!!