

3 DRILLS

TO MAXIMISE YOUR TRAINING

UPPER & LOWER
BODY PREP FOR PEAK
PERFORMANCE



ONLY THE
COMMITTED

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3 UPPER BODY DRILLS

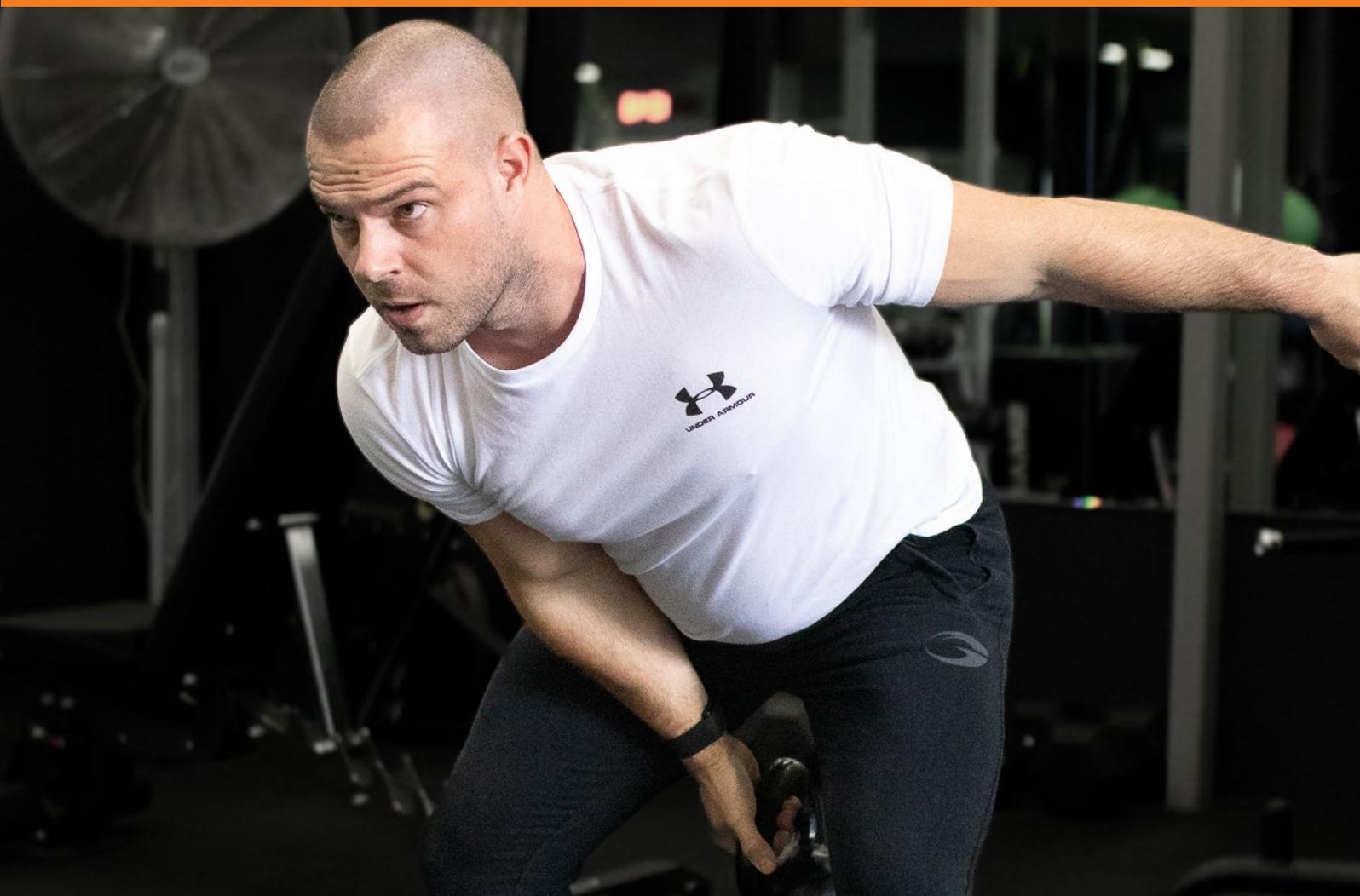
Picture this, you feel stiff when you get to the gym after work and you go on Instagram and see your favourite influencer doing a 'mobility flow' and you decide to give that a try to loosen up before you lift.

The problem is, what works for them, might not work for you. It's not specific to your body, or your goals.

Over time, we've developed a 'starting point' prep sequence for our clients for their upper and lower body days. For today, we're going to cover the upper body prep sequence.

There's three main considerations when going through a prep sequence for an upper body session to ensure our shoulders and upper body muscles are primed for the session.

1. Lats
2. Thoracic mobility
3. Scapular motion involving serratus anterior and external rotators



3 UPPER BODY DRILLS

Exercise 1: Banded Lat PNF Stretch

The lats are one of the strongest internal rotators. A banded lat PNF stretch, when done well, could just be the game changer your training needs. Sink into a banded lat stretch and spend time there. Take 5-10 deep breaths and with each exhale, relax and sink into the stretch more.



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Exercise 2: Thoracic Extension & Rotation

We need both thoracic extension and rotation when we train the upper body. Sitting still all day doesn't really help us. Thoracic rotation drills are a great way to a) get us moving outside the up and down that a lot of our training is, and b) when we rotate we also improve our extension, so two birds, one stone.



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Exercise 3: Single Arm Landmine Press

For a well rounded upper body day, we should be training at least 1 movement that involves overhead ranges. Whether it's pull ups or pressing, we need to be able to stabilise our shoulders while overhead.

A single arm landmine press is a great tool to both assess how your overhead ranges are, and a warm up for overhead movements. It's important with this to not arch your back - keep your ribs down and press while keeping your elbow underneath your wrist to really get your shoulder firing.

There you have it. Three quick and easy drills you can do to get your upper body ready for your next session! Give them a try and let us know how you get on!



3 LOWER BODY DRILLS

Following on from upper body prep, you better believe that with the amount of sitting we do for work and for leisure, that we have similar issues with our hips as we do our shoulders.

For this reason, we have a quick prep sequence progression we recommend to our clients as a general starting point.



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Exercise 1: Couch Stretch

Sitting all day sucks for your hips. Being stuck in a flexed position can 'stiffen' up your hips and over time, can result in losing access to some hip extension. A couch stretch is a great stretch to help get us out of the sitting position and feeling like our hips are always tight and remind our brain that we can extend our hips. When doing a couch stretch, it's important to not extend your back to get the stretching sensation. Rather, tuck your pelvis under you to get the stretch. As you hold the stretch, be sure to maintain that posterior tilt for the best results.



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Exercise 2: Modified Pigeon Pose

Similarly to the couch stretch, a modified pigeon pose can be a great tool to help 'open up' ranges of motion in your hips that you don't normally use. The modified stretch position using a bench or box is a great way to prevent mobility in the hips from being a limit, rather allowing you to focus on getting the desired stretch out of the glute.



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Exercise 2: Front Foot Elevated Split Squat With Medball

Thirdly, a great tool we've been adding to a lower body prep day is a front foot elevated split squat, holding a medball. This is a great way of preparing your ability to access internal rotation at the hip and shifting our bodies back onto our heels. We need internal rotation to produce force, so if we don't have enough of it, we can be leaving gains on the table. By adding this to your prep work, we can standardise the amount of rotation we have access to at the hip session to session, and it can also help us to shift our weight backwards as we train, which can be helpful in certain exercises

Give these a try as a sequence going into your next lower body day and see the difference in your performance!



ABOUT ONLY THE COMMITTED

Only The Committed was founded by James Macintosh, an Olympic weightlifter and high level powerlifter for South Africa. James's professional lifting career came to a cease after sustaining injuries which resulted in 7 surgeries and 2 hip replacements on the same leg. Having endured the suffering and hard times that follow, mentally and physically James realised his purpose in life as a coach.

Committed to his cause, James's mission is to make sure no one ever feels the way he did during hard times.

"I take pride in providing a value first approach coaching with Only The Committed. We work with anyone who holds themselves to a higher standard, honours their word and shows integrity within their actions. From comp prep to injury rehabilitation we handle it all. I currently train to prolong the 3rd surgery I require on my hip as the body has rejected the implant again. As I walk the talk myself, I am proud to show all those who work with me that I am what I say I am."

The comeback is always greater than the setback.

While going through the multiple surgeries I searched for people and pathways to better educate myself around what I was facing. This opened up doors for me as an educator in health and fitness. Now, I travel the world and operate education seminars and events for Pre-Script, a global and leading fitness education company.

We are always evolving and growing at Only The Committed. Results and growth are at the forefront of everything we do.



ACHIEVE PEAK PERFORMANCE WITH ONLY THE COMMITTED

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- Contest preparation
- Performance progression
- Lifestyle transformation
- Body recomposition



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