

DEPARTMENT OF KINESIOLOGY  
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

**FMS Corrective Strategies**

**Movement: Straight-leg raise**

Developing Mobility

Any hamstring stretch

Partner SLR stretch

Sit-and-reach

Any hip flexor stretch

flex knee incl. quad

Any glute stretch



Building Efficient Pattern

Single leg lowering progression (maintain N lumbar curve)  
Lower one lag at a time to bolster (progress to remove bolster)



Toe touch progression (Rolled up towel between knees, squeeze when feeling tightness): *Forefoot elevated / Repeat w/ heels elevated*

Cable Chop & Lift



**Movement: Shoulder mobility**

Developing Mobility

Trunk rotation with shld int./ext. traction

Performed on the floor with cable assistance



Developing Mobility

Wall sit with shoulder press

Arm bar



**Movement: Rotary stability**

Building Efficient Pattern

Rolling (knee-to-elbow)

Soft-Roll (lower body passive, head initiates rot.)



Quadruped with elastics



Building Efficient Pattern

Cable Chop & lift

Bear walk exercise

Superman position



## **Movement: Push-up**

### **Developing Strength**

Incline pushup progression

Pushup walk outs



### **Developing Stability**

Cable Chop & lift

Wobble board (Bosu) static or dynamic pushup



## **Movement: Inline lunge**

### **Developing Mobility**

Same stretches as for the SLR, plus calf stretch, spiderman stretch, and Cook hip lift



### **Building Efficient Pattern**

Medicine Ball Progressions (1/2 kneeling to standing lunge position)

*Chop open (Lateral diagonal down)*

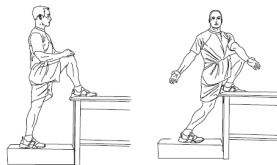
*Lift closed (Lateral diagonal up)*



## **Movement: Hurdle step**

### **Developing Mobility**

Same stretches as for the SLR, plus stride with spinal rotation



### **Building Efficient Pattern**

Mountain climber (keep torso horizontal)

Advanced variation: one-arm



## **Movement: Deep squat**

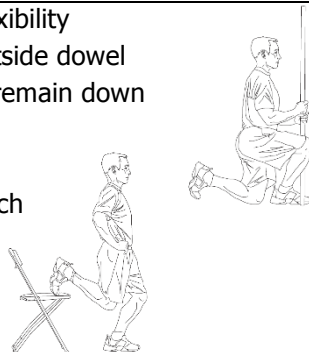
### **Developing Mobility**

Ankle dorsiflexion flexibility

knee tracking outside dowel

The heel should remain down

Standing rectus stretch



### **Building Efficient Pattern**

Using tubing around knees

Pulling down into squat

Squat facing wall

