



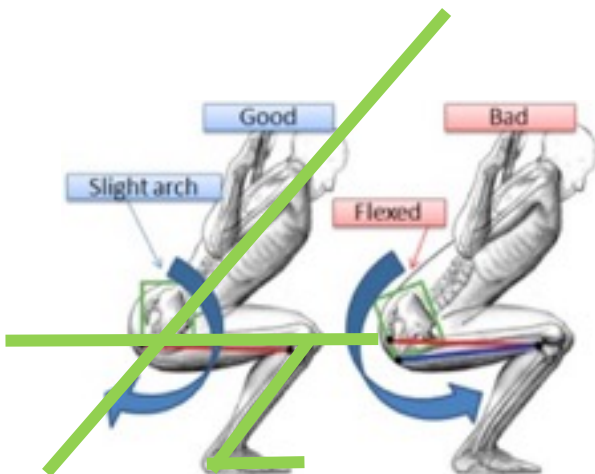
## Mechanics & Stabilization

### Squat

Important Mechanics: Straight back – not arched or curved. Hips Back, Ankle Flexion, Feet straight not deviated.

Purpose: Quad strength, functional movement, build muscle/burn fat around glutes, inner thighs.

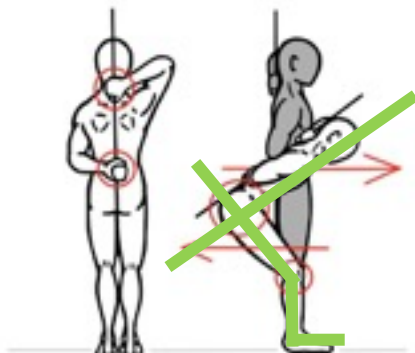
\*Exercise performed predominantly by anterior muscles (front of thigh, core, glutes).



### Hip Hinge

Important Mechanics: Straight back, hip back first then knees

Purpose: Strengthen inner thighs, glutes, functional movement – exercise performed predominantly by posterior muscles (hamstring, glutes, inner thigh).



## **Prehab vs. Rehab**

Prehab is a list of select exercises that change based on the program and any injuries. It is a way to help prevent injuries from occurring, strengthen muscles prior to surgery, and compliment your workout program as part of your warm up.

Example Prehab exercise: world's greatest, hip mobility, glute medius strengthening with lateral walks, range of motion, foam rolling.

Rehab is a list of select exercises that change based on injury, past surgery, or other limitations you may have. This is usually focused on between workouts or after each workout for muscle groups and joints that need a little extra attention.

Example Rehab exercise: wall slides, modified plank, internal/external rotation, mobility/stability, etc.

- ❖ A **rehabilitation** exercise changes to a **prehab** exercise when there is no pain and there is complete functional movement.

## **Optimize technique through the following movement patterns:**

Squat

Hinge

Lunge

Push – vertical & horizontal

Pull – vertical & horizontal

Gait (the way you walk)

Posture (your natural movement tendencies)