

MOVEMENT PREPARATION

Movement Preparation is a training component designed as an efficient, systematic approach to help people prepare for the specific demands of the day's training session. "Movement Prep" is a series of active and dynamic stretching involving movements that imitate those inherent to the activities for which you are preparing.

5 Benefits of Movement Preparation

- + Activates - Effective in improving balance and body awareness, the ability to sense the position, location, orientation and movement of the body and its parts.
- + Elongates - Actively lengthens muscles promoting proper posture and ability to move freely through a full range of motion.
- + Increases Core Temp - Increases body temperature and circulation throughout the body's systems.
- + Reinforces - Reinforce proper movement patterns. Remember – "Practice makes permanent"
- + Primes - Primes the central nervous system and lets the body know "it is time to move."

3 Components of Movement Preparation

- + Pillar Activation - Will allow Sailors to effectively transfer energy in particular, your glutes. Your glutes protect your back, and stabilize your knee, effecting both up & down your chain. Often "shut off" from sitting all day, and poor posture.
- + Dynamic Flexibility - Will allow Sailors to engrain proper movement patterns through various planes of motion in an unloaded situation. This is vital for injury prevention and movement quality, helping to train Sailors out of any compensatory patterns.
- + Neural Activation - The goal is to stimulate the CNS. This is achieved through Rapid Response Drills that are quick bursts of controlled movement.

