

## BENDING AND STIFFNESS TRAINING MENU

There are a host of pragmatic movements that go beyond the barbell and conventional movement patterns. Among those include broad general movement patterns that we're all familiar with (i.e. crawling, lunging, hinging, locomotive patterns, and so forth). I think it's important, however, that we continue to explore variations in this realm that extend beyond the basics of "primitive" and "functional" patterns.

Two items I often include in both assessments and training are bending and stiffness movements. In the athletic realm, or in my case the tactical realm, these are two traits that are inherently demanded. We can cite endless examples, but just apply logic here. As for the general population, I firmly believe including these items in addition to conventional training methods can have tremendous benefits. Improving general movement competency and overall movement capacity can help with improving overall ability and feel. Additionally, chronic pain and "tightness" can see tremendous improvements in these areas as well. Although these are things that are sometimes indirectly applied in training, I think it's important that we make a specific effort and attack these items directly. In doing so, we can not only help better prepare our athletes for competition, but we can also sometimes exploit weaknesses and by addressing them improve overall strength/robustness.

With that all being said, here's a short list of some of the more common variations I include in my athletes training. These, for the most part, are safe movements that can be performed by most. It should be noted though, you should be adept with the basic variations (i.e. standard Palloff press) prior to sampling the movements listed below (i.e. Band Dynamic Palloff). These work well as warm-up/movement prep options, intraset variations, and accessory options.

BENDING	STIFFNESS
<a href="#">Waist Bend from Split</a>	<a href="#">Band Inertia</a>
<a href="#">Landmine SL Hinge-to-Bend</a>	<a href="#">MB Drop in Split</a>
<a href="#">Band OH Press to Bend</a>	<a href="#">Heavy Band Crawl</a>
<a href="#">Landmine SL Band Chop</a>	<a href="#">Band Dynamic Palloff</a>
<a href="#">Plate Transfer from Glute</a>	<a href="#">Band Anti-Movement</a>
<a href="#">MB Glute Atlas</a>	<a href="#">Impulse Throw from Split</a>