

Isometrics: Prevent Movement for Rehabilitation and Elite Performance

This session will explore Isometric training utilizing a fundamental gymnastics strength approach. Isometric exercises have long been utilized as a rehabilitation strategy and we will explore multiple positions to aid in Rehabilitation and Pre-habilitation of commonly injured areas. Promoting a balance of strength within the injured area while limiting inflammation will be the goal of the session using specific protocols rather than a library of movements.

Isometrics also bring incredible amounts of strength when employed with leverage and contraction. Fundamental Gymnastic positions inherently elicit a maximal contraction of the body in order to achieve the position. Additionally, the leverage advantages can be decreased to multiply the resistance of our bodyweight. These two factors result in elite levels of strength and performance.

Participants will be shown progressions towards achieving the Natural Glute Ham Raise, the L-Sit and Hanging L-Sit, the Front Lever along with multiple isometric movements to promote mobility and control within major articulations of the body.

L-Sit Progressions

Hip Behind Hands – Legs tucked



Hips in Line With hands – Legs tucked



Hips in Line With hands – Legs Extended



Natural Glute Ham Progression Easiest to Hardest

Hip behind Knee – Arms in Chest



Hip Directly Over Knee- Arms into Chest



Hip Directly over Knee – Arms Extended behind Head



Hip Directly Over Knee – Arms Fully Extended Over Head



Hip In front of Knee - Hands on Belly

