An Overview of Health & Wellness

Health & Wellness

A generalized scope of the different components that make up the health and wellness industry in order to further understand where WeckMethod is currently focused on innovating.

Biomechanics

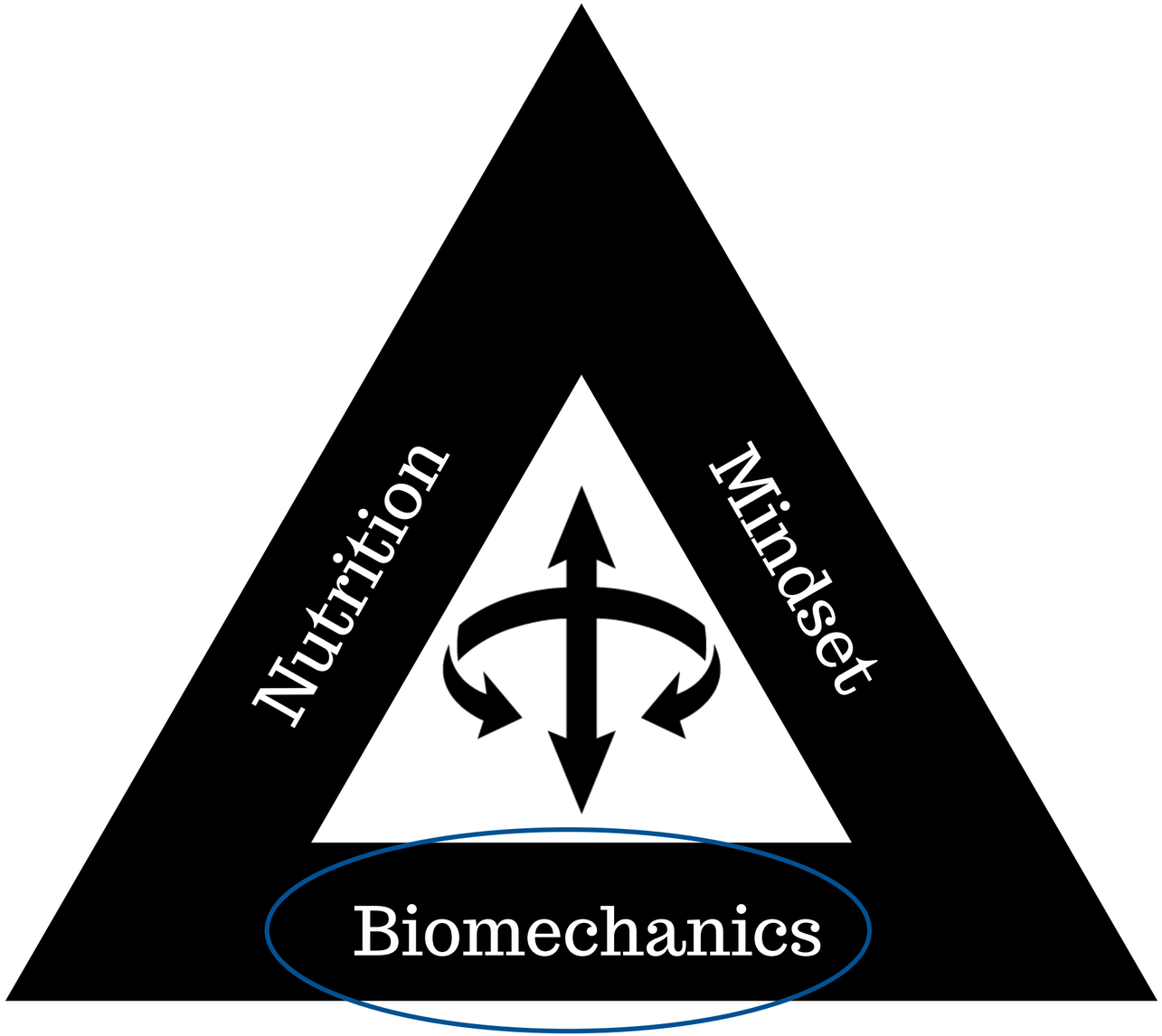
the science of movement of a living body, including how muscles, bones, tendons, and ligaments work together to produce movement. We prioritize an understanding of gravity's affect on all of these components during both static and dynamic movement.

Mindset

the attitudes held by an individual typically categorized between a fixed or growing state

Nutrition

the nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an individual



The Functional Trinity of Physical Expression

The Functional Trinity

Understanding the relationship between these 3 functional categories of movement is critical in understanding what it means to move like a WeckMethod Coach.

Locomotion

is movement or the ability to move from one place to another. This concept is a foundation in the development of our current training methods and techniques. Examples include running, brachiating , jumping, swimming, ect.

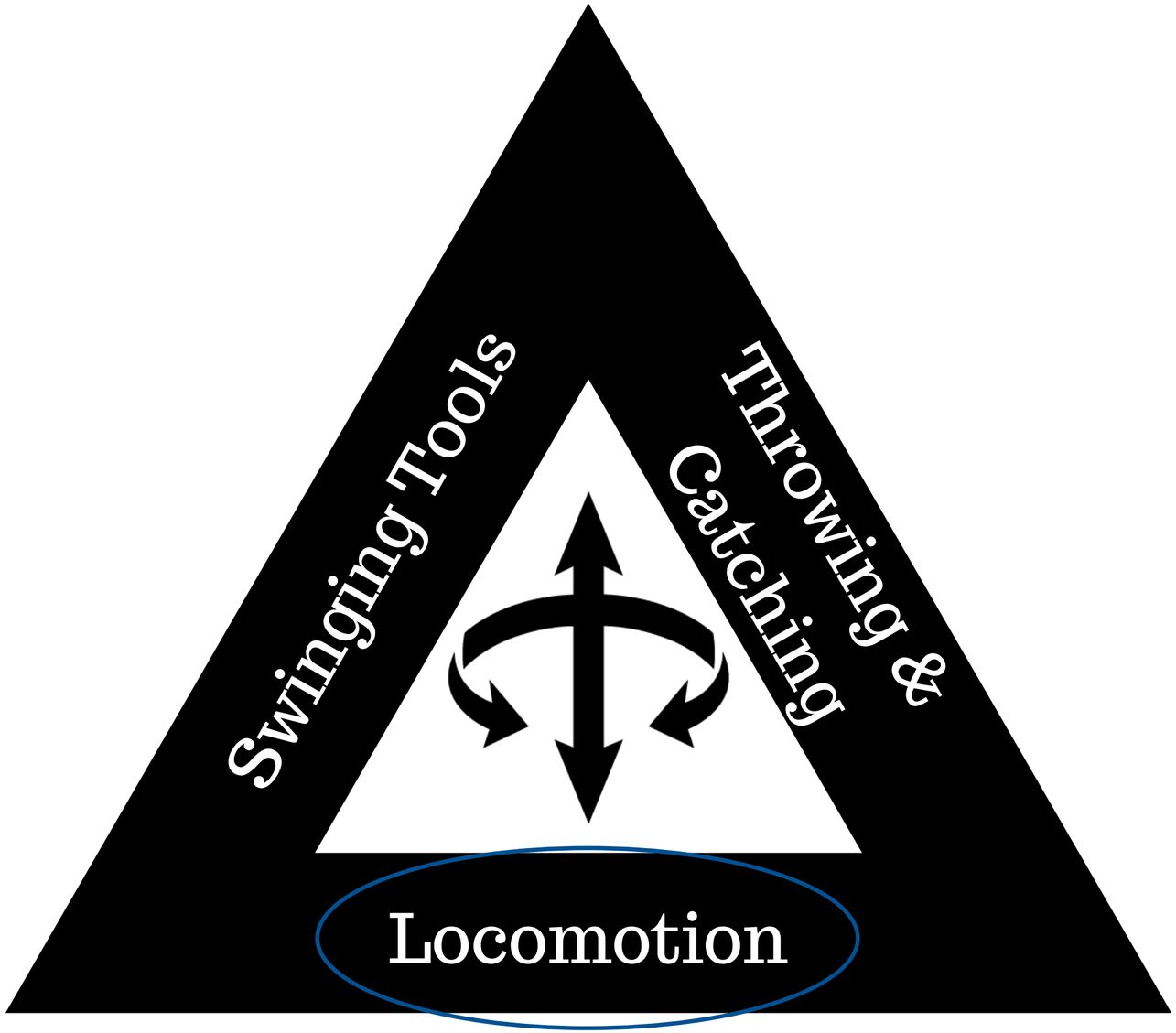
Swinging Tools

The use of tools allows an individual to achieve goals that otherwise would be difficult or impossible to reach. We prioritize the use of Ropes and Clubs for the ability to move through a broad range of motion rapidly while providing absolute feedback on my understanding and control of that range of motion.

Throwing & Catching

Throwing being the action of propelling an object away from the core through the use of rotation

Catching being the action of taking a hold of an object to receive it into the core to then be expressed or put toward something.



The Foundation of Proximal Rotation

WeckMethod Foundation

Our most current solution to categorizing and explaining specific functions of the proximal core during all forms of movement. Having these definitions provides and understanding of ratios of rotation within your current training programs & allows for adjustments to provide more carryover to the event or goal.

Coiling Core Training

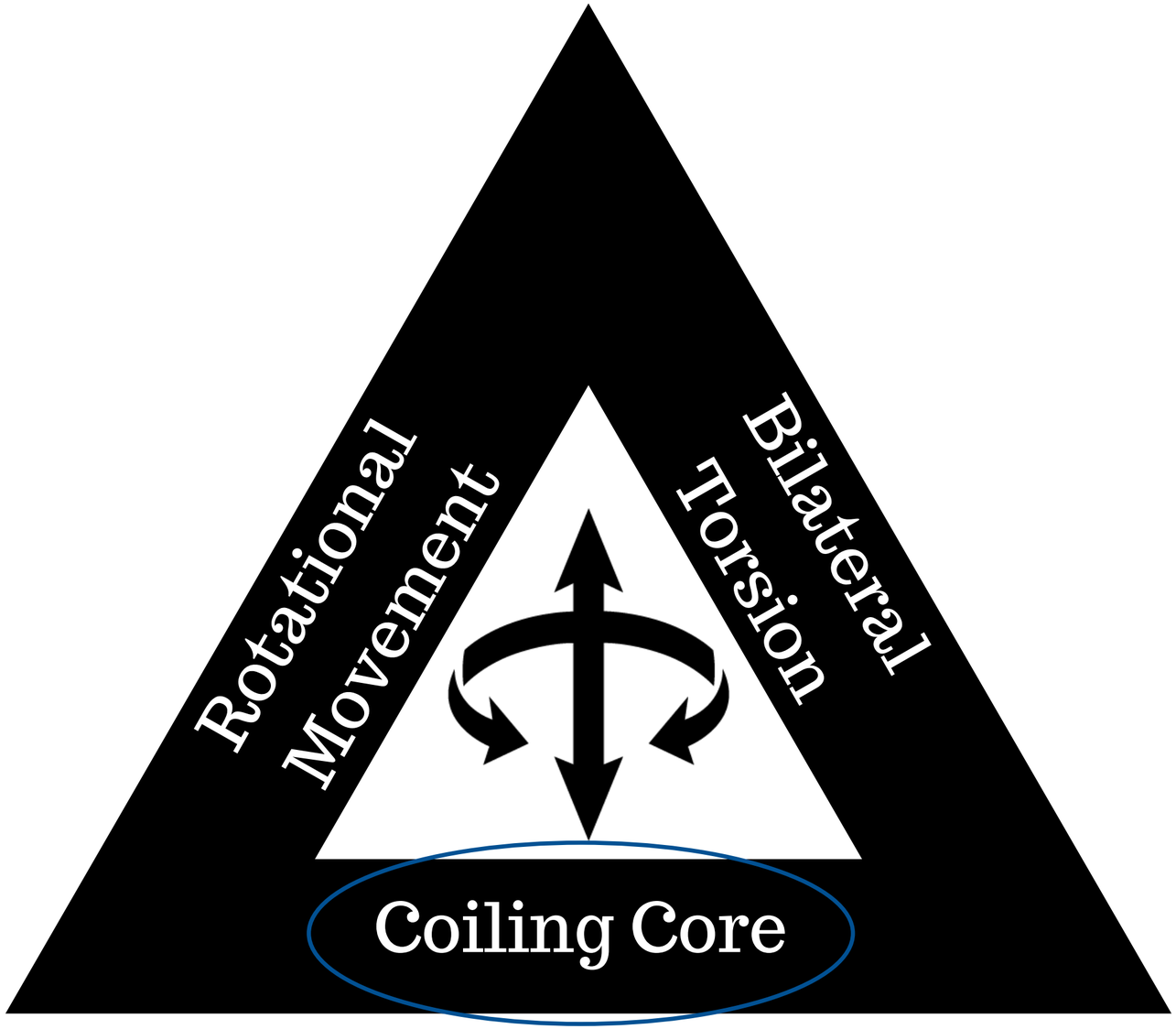
This style of training focus on one side at a time through the use of a rotational isometrics we refer to as coiling. This concept allows us to deepen and strengthen our understanding of our fullest range of rotation and use it to educated the intent of our other training methods.

Rotational Movement Training

This style of training is the expression from one side to the other or as we commonly say from coil to coil. Mastering this style of movement is essential in achieving optimum human performance.

Bilateral Torsion Training

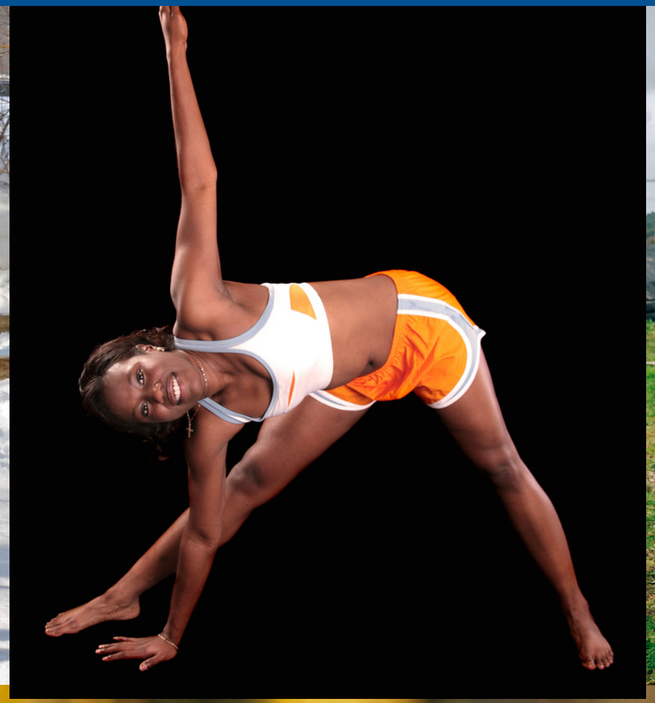
This style of training is when side bending or coiling is not an option but rotational principles need still be applied. Think of the standing broad jump, butterfly stroke, traditional powerlifts, kipping pullups, ect.



Coiling Core Examples











Rotational Movement Examples











Bilateral Torsion Examples













Torsion: Mastering Proximal In(tension)

Proximal In(tension)

This is the line of intent via the musculature and tissues in the body in which you are driving a movement through starting from the core. This can be a standalone intent or expressions in and out of both torsion lines.

Internal Torsion

This line of intent orginates around and is driven by the External Obliquee. It travels up through the ribs into the inner arms foen the the thumb side of the hand as well as down the inner legs into the arch of the foot of the big toe. It is helpful to imagine you are trying to give someone a huge hug to associate to this line of intent

External Torsion

This line of intent orginates around and is driven by the Lower Lats. It travels up the entirety of the lat and down the outer arm to the pinky as well as down the outer legs toward the pinky toe. It is helpful to imagine you are performing a chest bump or sticking your chest out like a super hero to associate to this line of intent.

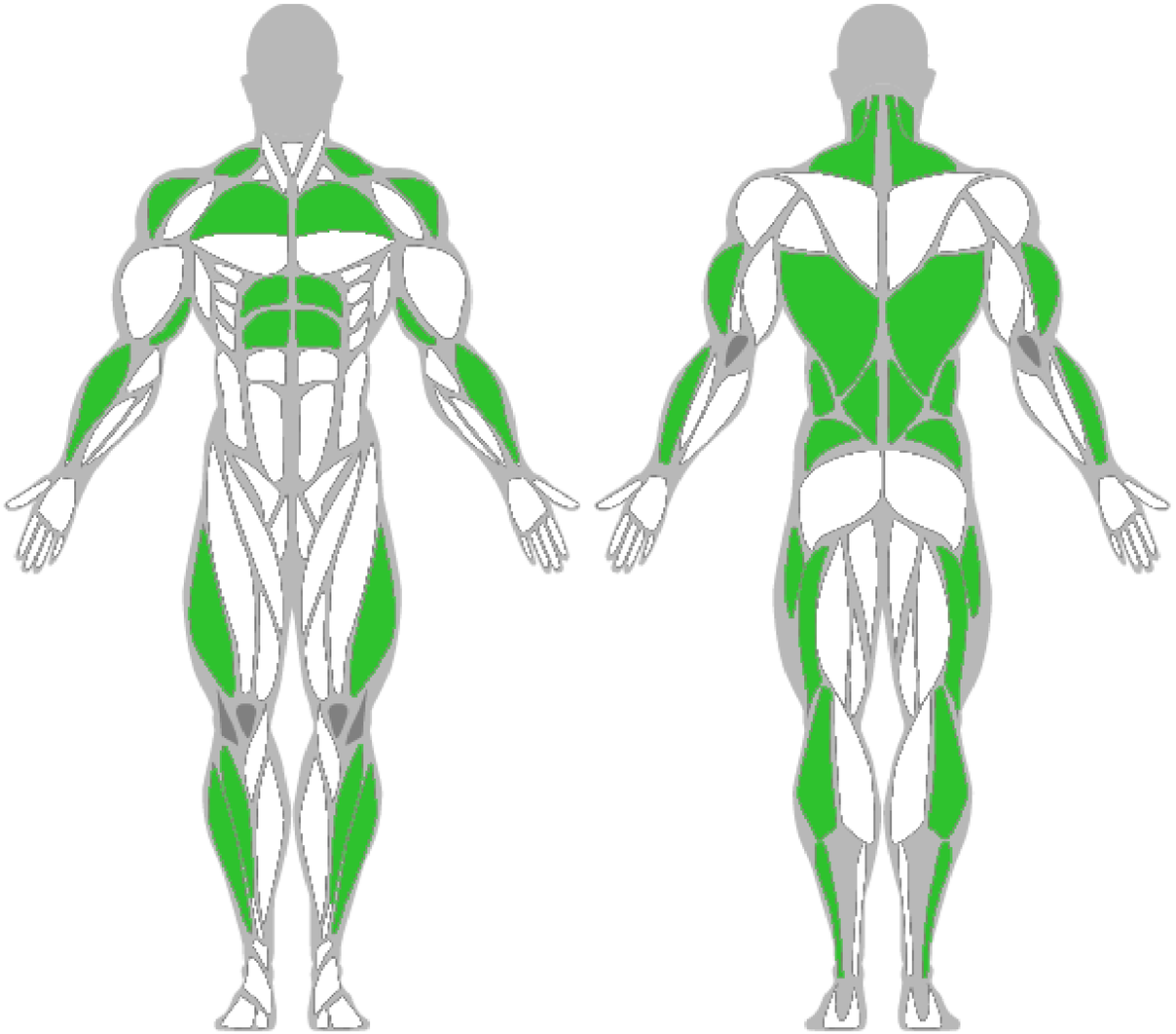
Split Torsion

This in itself forces you into a form of CCT or RMT. where you are able to mix the lines of intent in order to express movement. This is typically found in fluid almost automatic movement like walking and running. With this understanding we can apply principles from it to tradtional training technique to further advance our baseline within fluid movement.

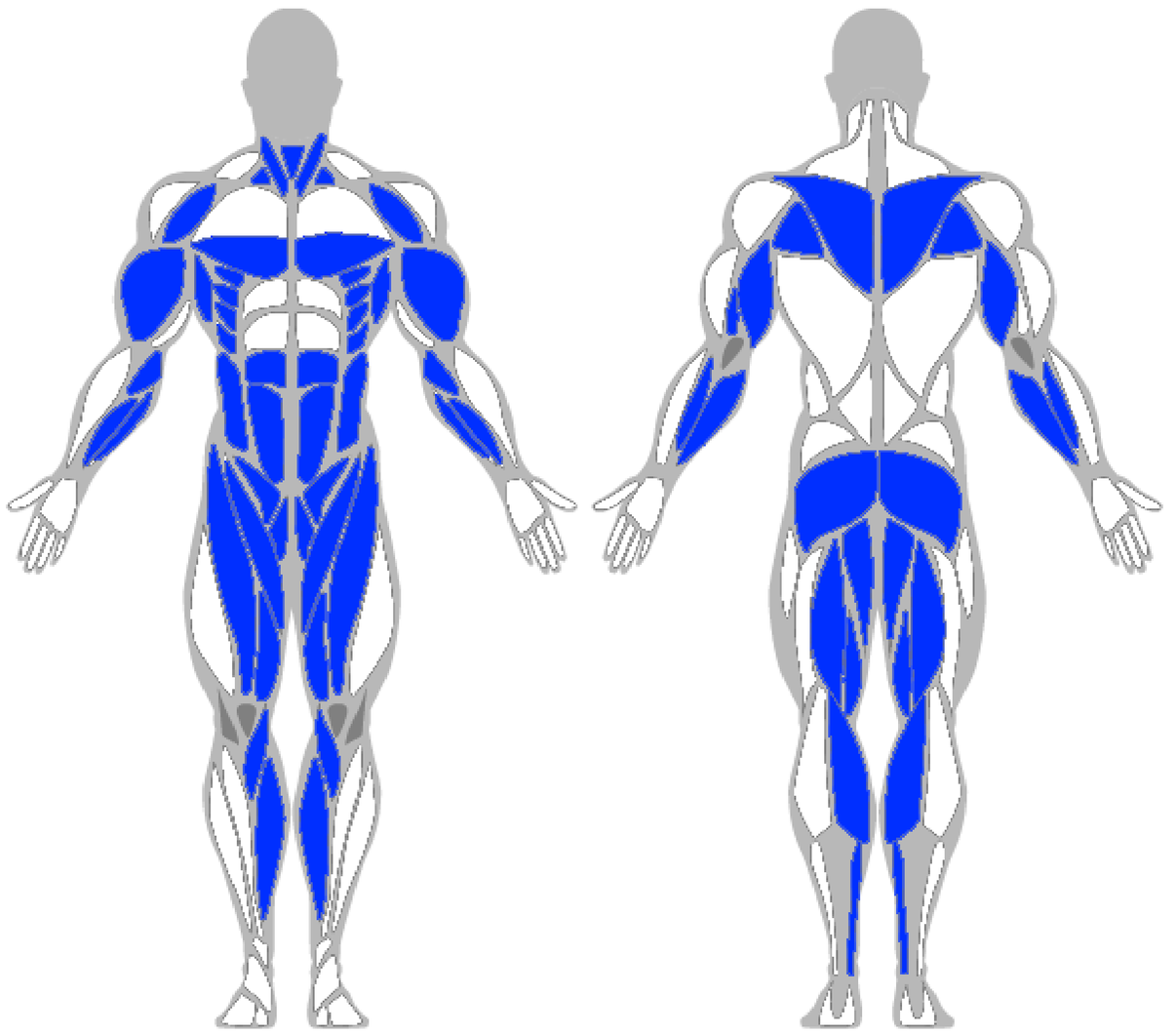


Torsion Lines

External Torsion



Internal Torsion



Steering the Elbows: Distal Expression and Reception

Distal Expression & Recepetion

This is rotation through the extremeties during both input(reception) and output(expression). This is done through what we simple refer to as steering. Steering in essence is the direction in which your elbow is traveling in relation to the Centerline of your body

Near Steer

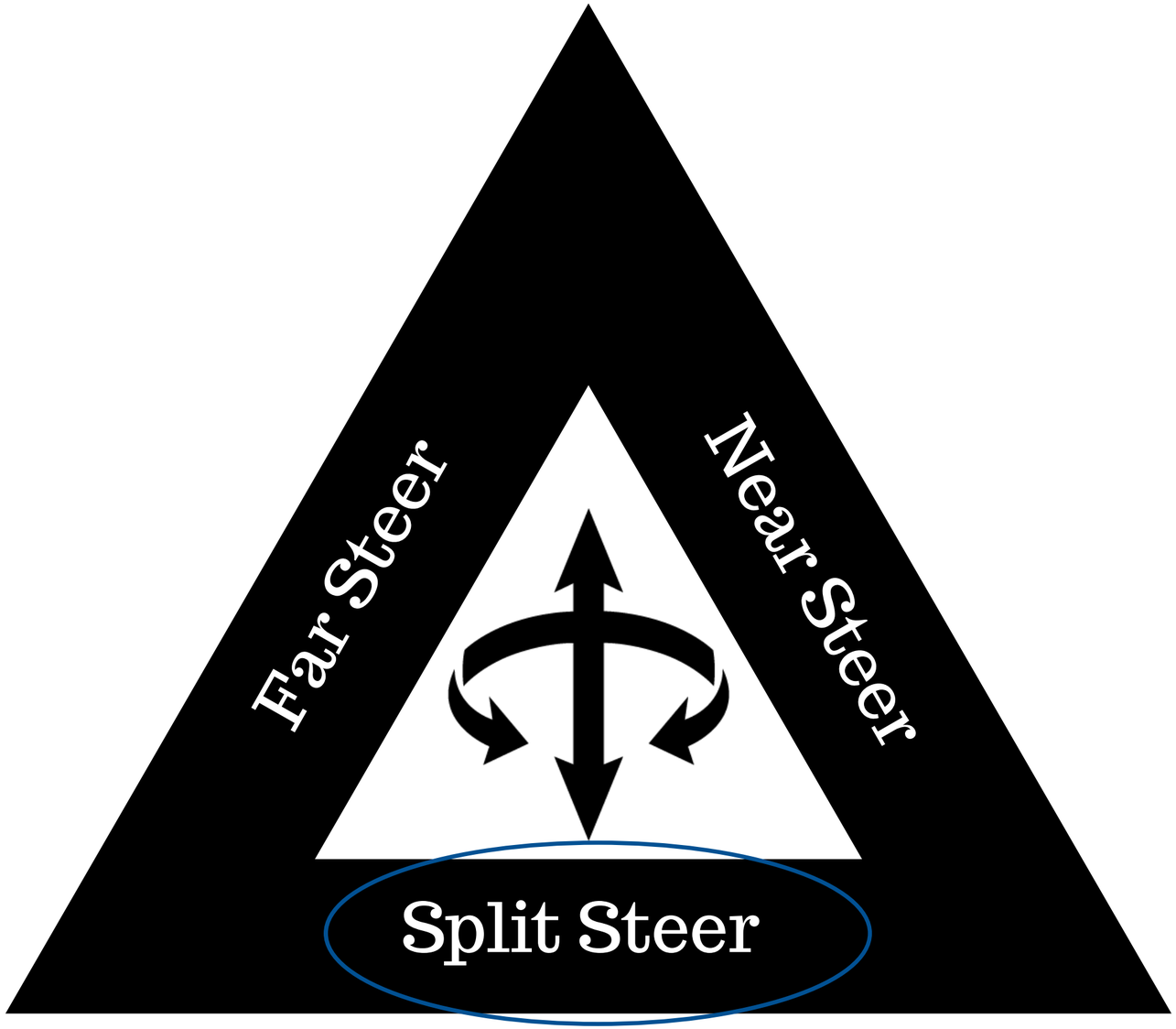
This form of steering is when the elbows intent is to meet the center line of the body both proximally , distally , and within expression between those two functions. It is an esesential component of CCT and RMT Training. While it can be a standalone form within BTT Training.

Far Steer

This form of steering is when the elbows intent is to leave the center line of the body both proximally ,distally , and within expression between those two functions. It is an esesential component of CCT and RMT Training. While it can be a standalone form within BTT Training.

Split Steer

The combination of near and far steering in order to remove slack from the musculer and fascial lines . Understanding this is essential in establishing your full range of rotation within CCT training and will be used in the expression from side to side withing RMT Training



Steering Baseline Example

Far Steer



Near Steer



Split Steer



Extremities : Mastering Distal In(tension)

Distal In(tension)

Manipulation and an understanding of the furtherst ranges of our bodies including the hands, feet, and even the head allow us to tighten the line further removing more and more slack from our system. This allows us the most optimized experience of balance. Ultimately leading to greater strength and performance

Head & Neck

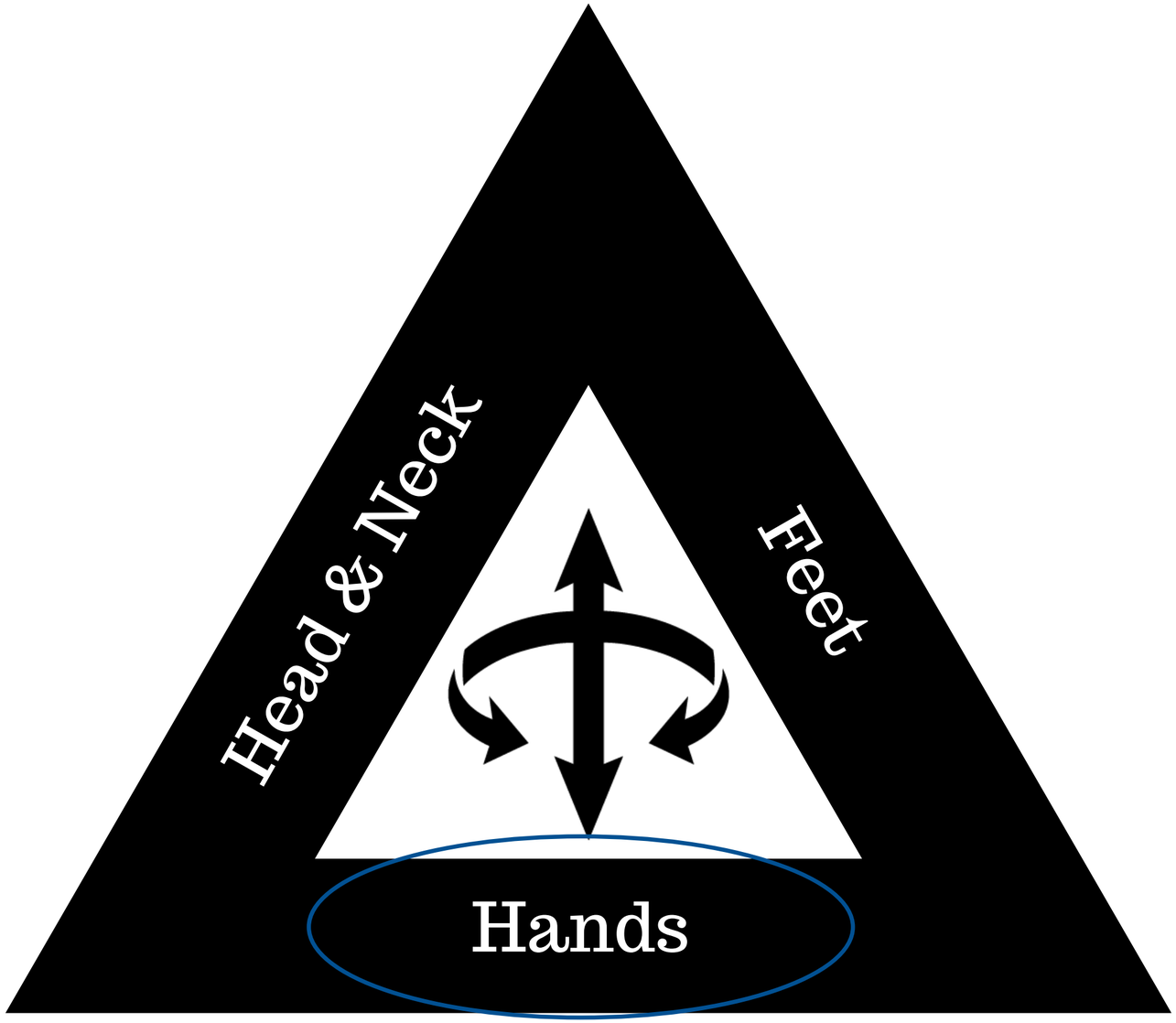
Knowing where to place or rather steer our head and neck in relationship to the torsion lines and the task at hand play a huge roll in optimizining our postures and directing intent.

Hands

Weckmethods understanding of the hands is probably one of our most profound discoveries in the distal extremeties. We have stemmed a varitey of training techniques off of them including Pulsing, Wringing , Whipping . The Hands are one of our most common tools used to learn steering and lead the lines of intent.

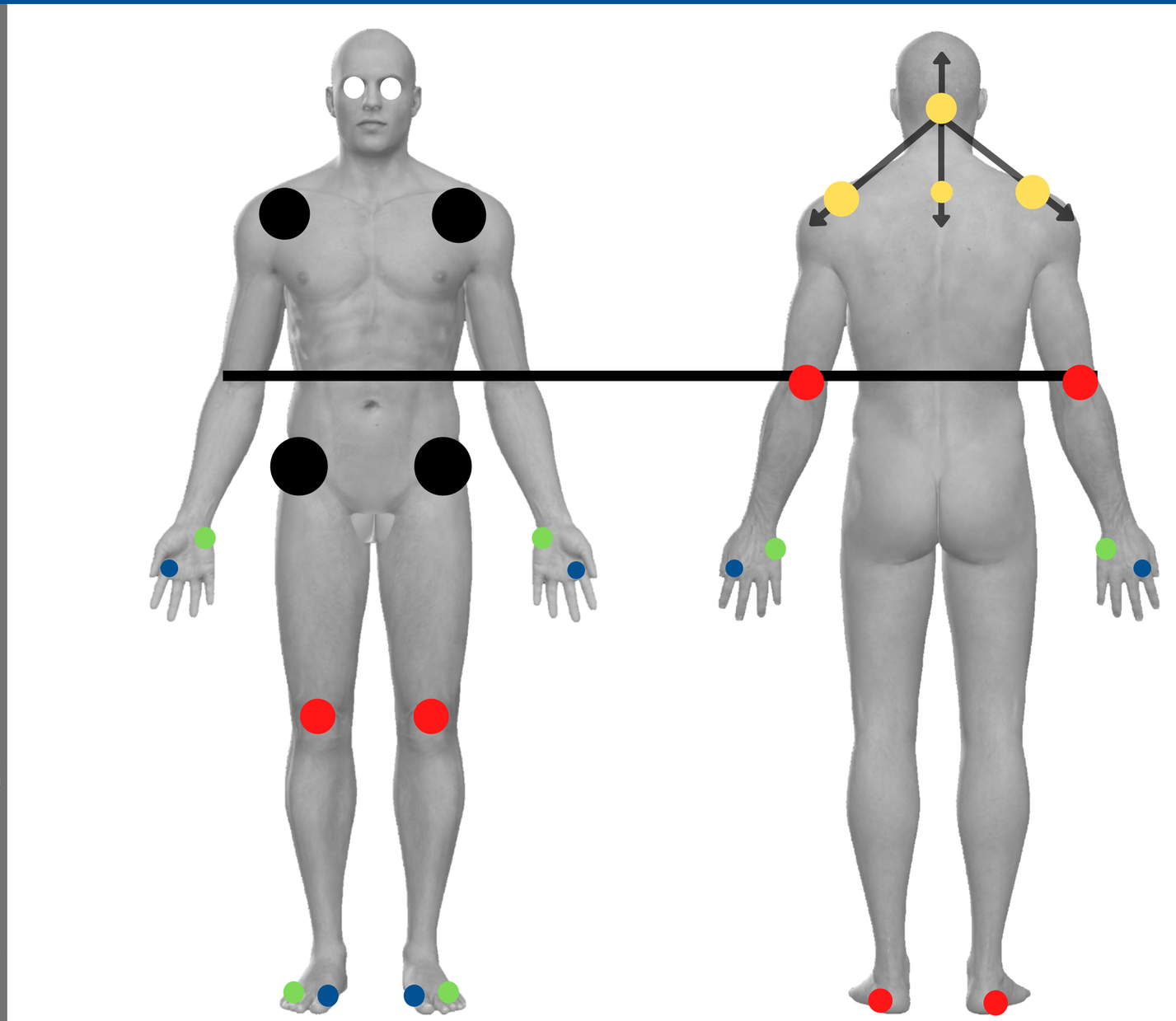
Feet

As with all in this category we use the feet as a way to tighten the fascial lines and direct intent. Using the Green Dots or 4th and 5th Metatarsals as a pivot point we are able to maintain extension of the toes and learn to move more effieciently across the ground. We also use 6 lines of intent to educate much of our understand of how we work with the ground.



WeckMethod Landmarks

- Eyes
- Head & Neck
- Shoulders/Ribs/Hips
- Elbows/Knees/Heels
- Hand/Foot Pivot Point
- Hands/Feet Exit Point



WeckMethod Common Cues

Eyes
- On Target

Head & Neck
- Over or Outside the Base of Support
- Long & Strong
- Top Pyramid

Shoulders
- Shoulders Low to Reinforce the Neck
- Throttled for External Torsion
- Fanned for Internal Torsion

Ribs
- 9th Rib Approximate Point to Referecnce when Rotating

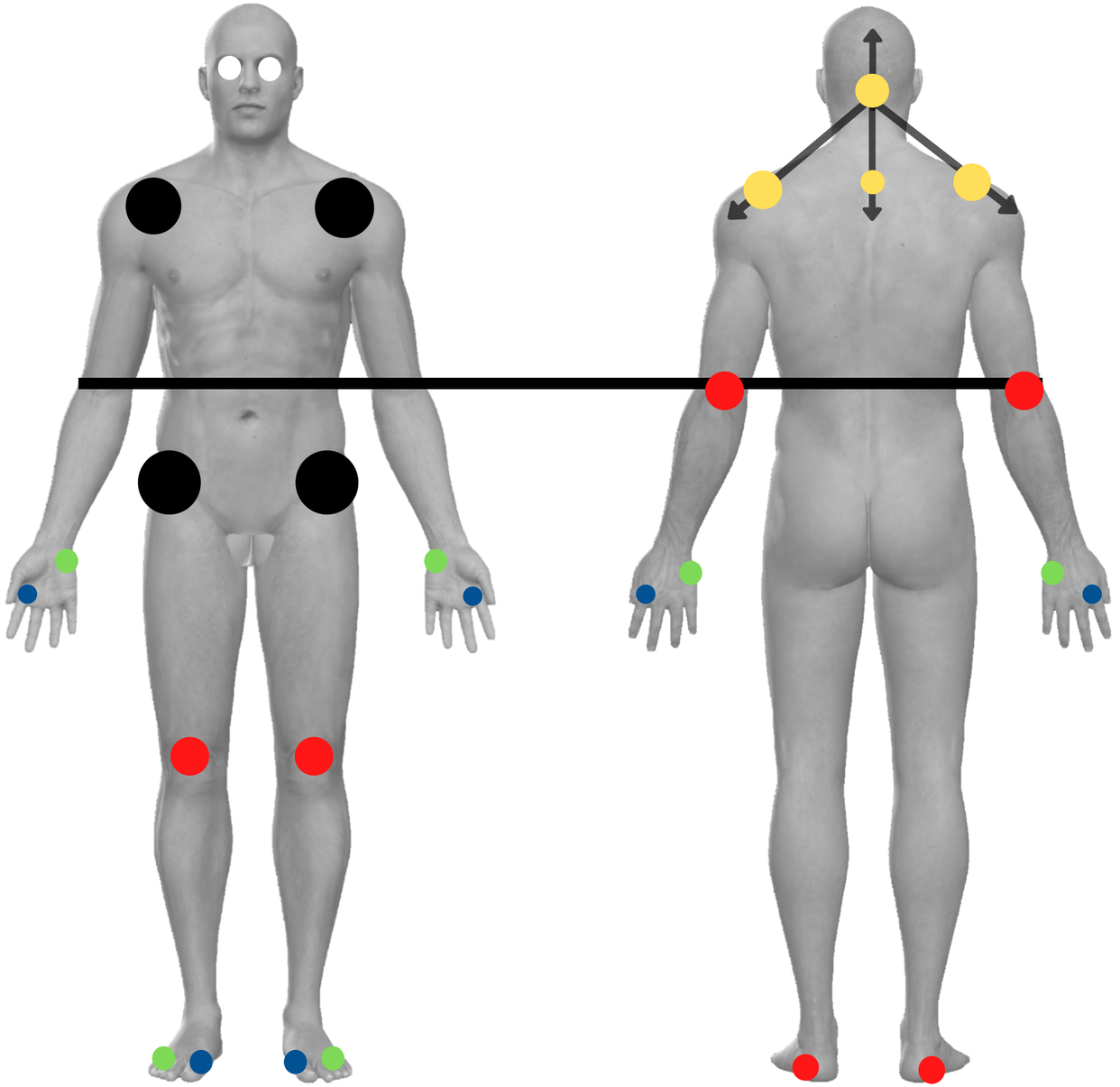
Hips
- Up & Forward in Relationship to the 9th Rib

Elbows/Knees/Heels
- Weaponized Toward Target
- Away or Long

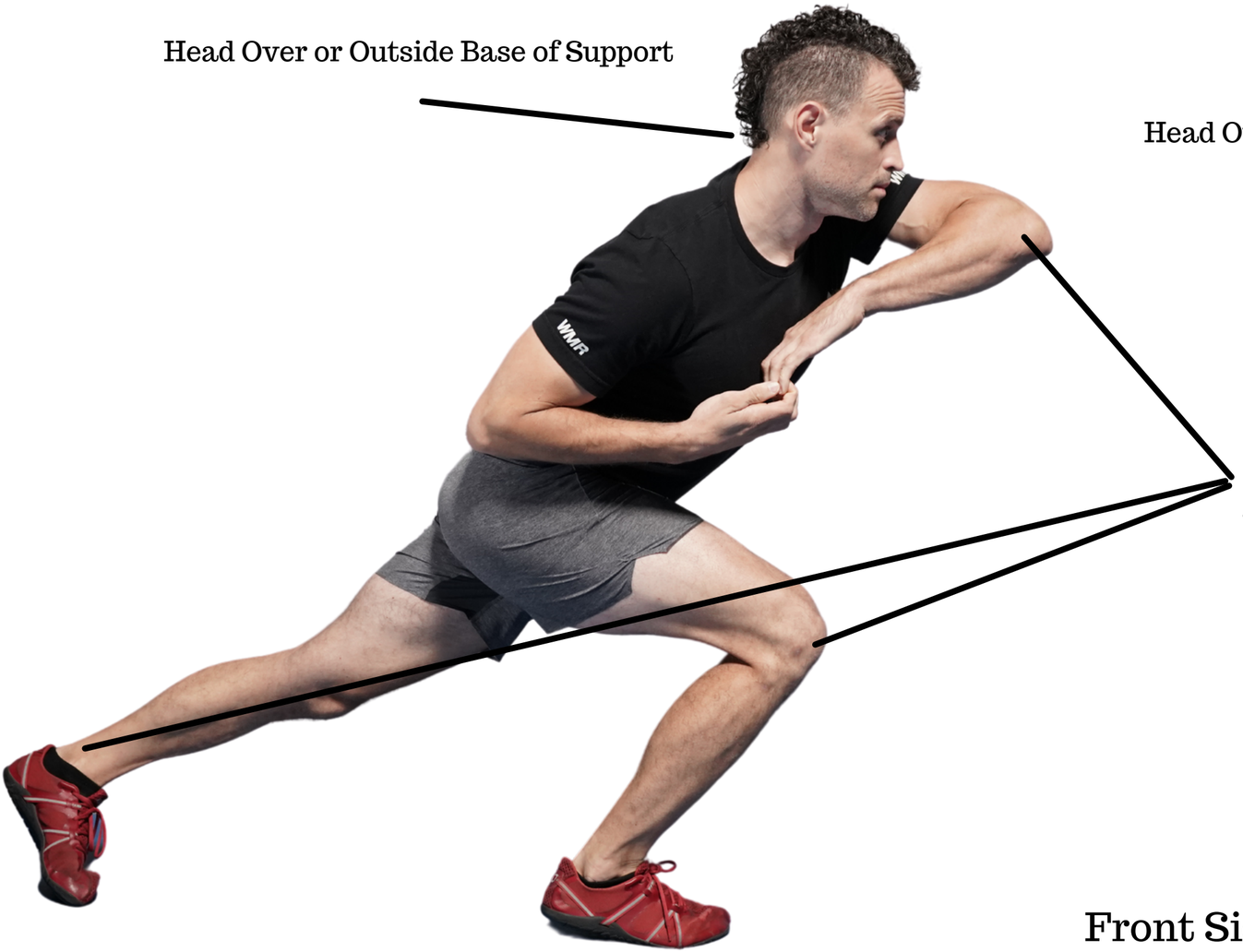
Hand & Wrist Pivot Point
- Darted or Cocked Back
- Supinated

Foot & Pivot Point
- First Floor
- 4th and 5th Metatarsal or Green Dot
- Substantial or Go Zone

Hands/Feet Exit Point
- Second Floor
- Go to Zone



Optimal Landmark Baseline Posture





Front Side Coil
External

Catch All Angle for Coaching



Eyes on Target

Head Over or Outside Base of Support

Long Side

Elbow, Heel, Knee
Weaponized to Target

Coiled or Short Side

Front Side Coil
External

Alternative Postures



Back Side Coil -
External



Back Side Coil
External



Back Side Coil
Interal



Front Side Coil
Internal

Flow of a Set or Session

Flow of a Set

This is a tangible approach to implmenting Weckmethod principles, products, and movement strategies into a training set or block.

Prep & Prime

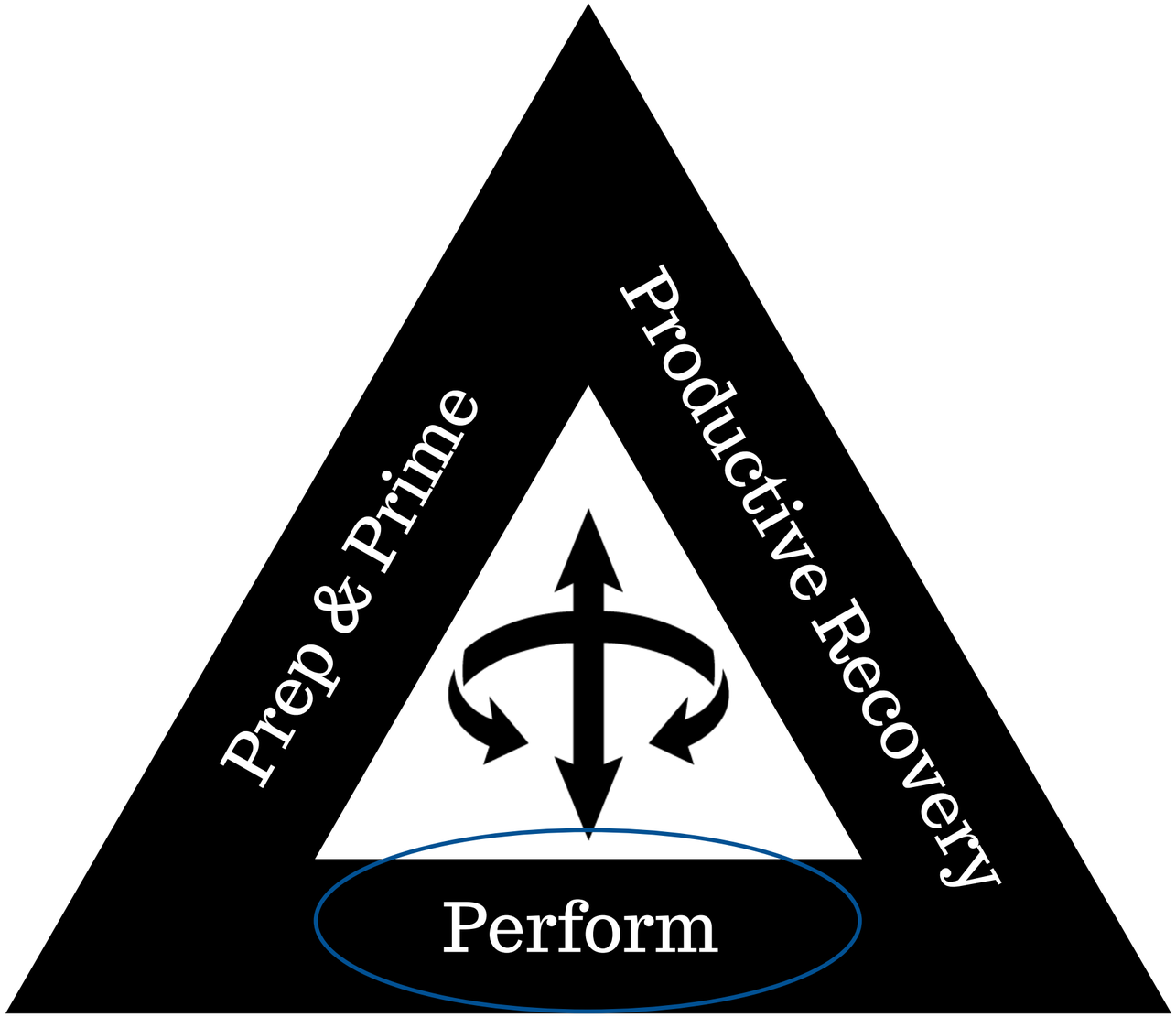
Typically an isometric drill done in a coiled enviroment in order to prep and connect to the core intent or intents for a specific drill or exercise. The Royal Coil is our prime drill to do this and we perform it with RMT Clubs, Elastic Bands, Balls, and other tools. The main idea is to find something that can give you a boost in performance in as little time and with as little energy expended as possible.

Perform

This is the event, drill or exercise we are tasked with. This could simple be a traditional exercise like squats or presses or more complex like a specific route or pattern during field sports. If this doesnt improve then we need to re evaluate our priming strategies.

Productive Recovery

The goal here is to perform low intensity fluid movement typically in the Rotational Movement Training enviroment in or to keep the body fresh and ready for the next performance. We will traditionaly utilize the RMT Rope and RMT Club to keep the proximal core moving in a way that benefits the performance.



Flow of a Set : Strength & Power Example

Strength and Power Flow Ex.

Example Flow of traditional Strength and Power Set

Prep & Prime - CCT

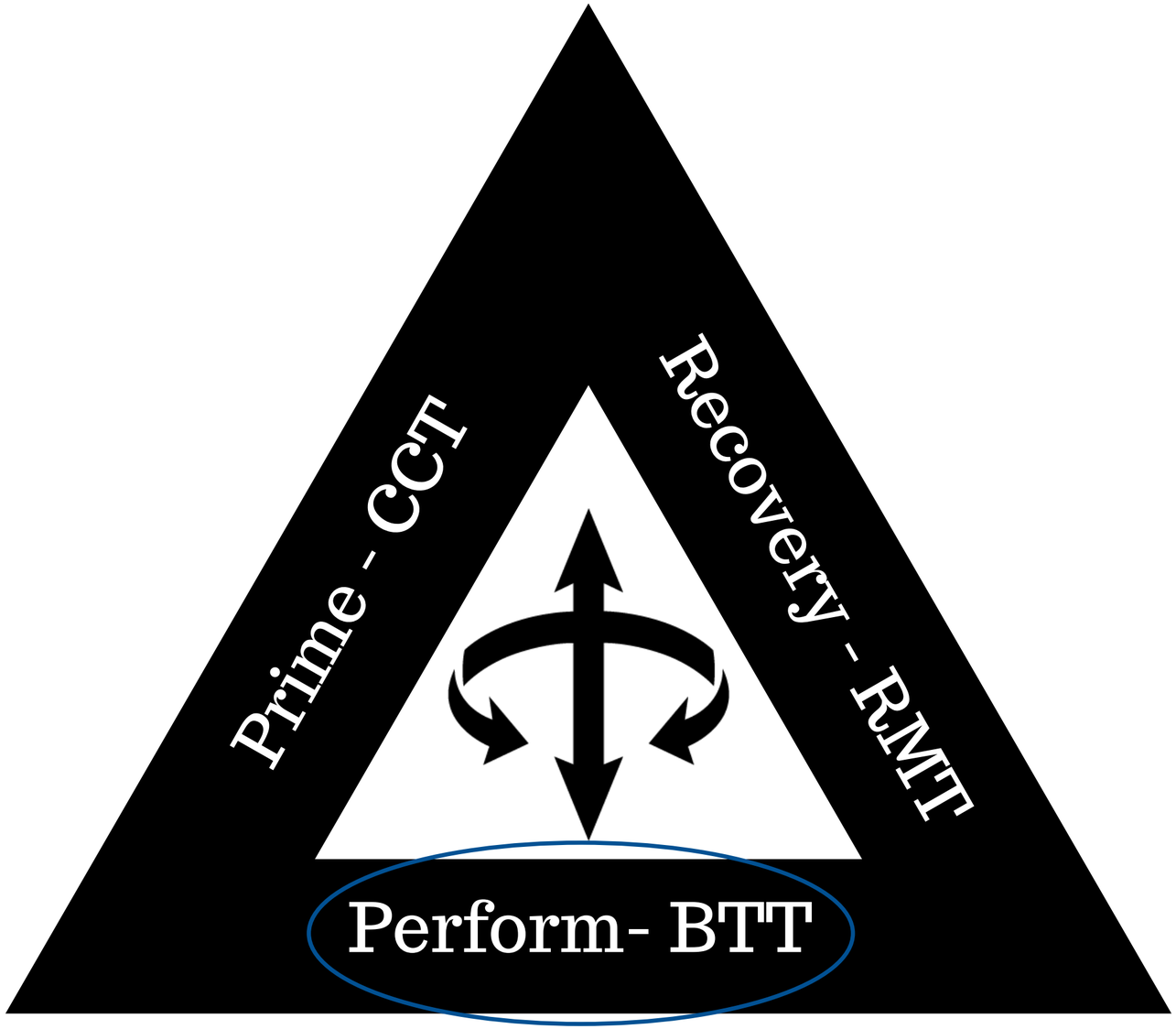
A1. Bulgarian Coiled Split Squat Iso - Front Side
B1.Low Wall Achored Coiled Chest Iso- Front Side
C1.Low Wall Anchored Coiled Row Iso - Back Side
D1. HIgh Wall Anchored Coiled Lat Iso - Back Side

Perform - BTT

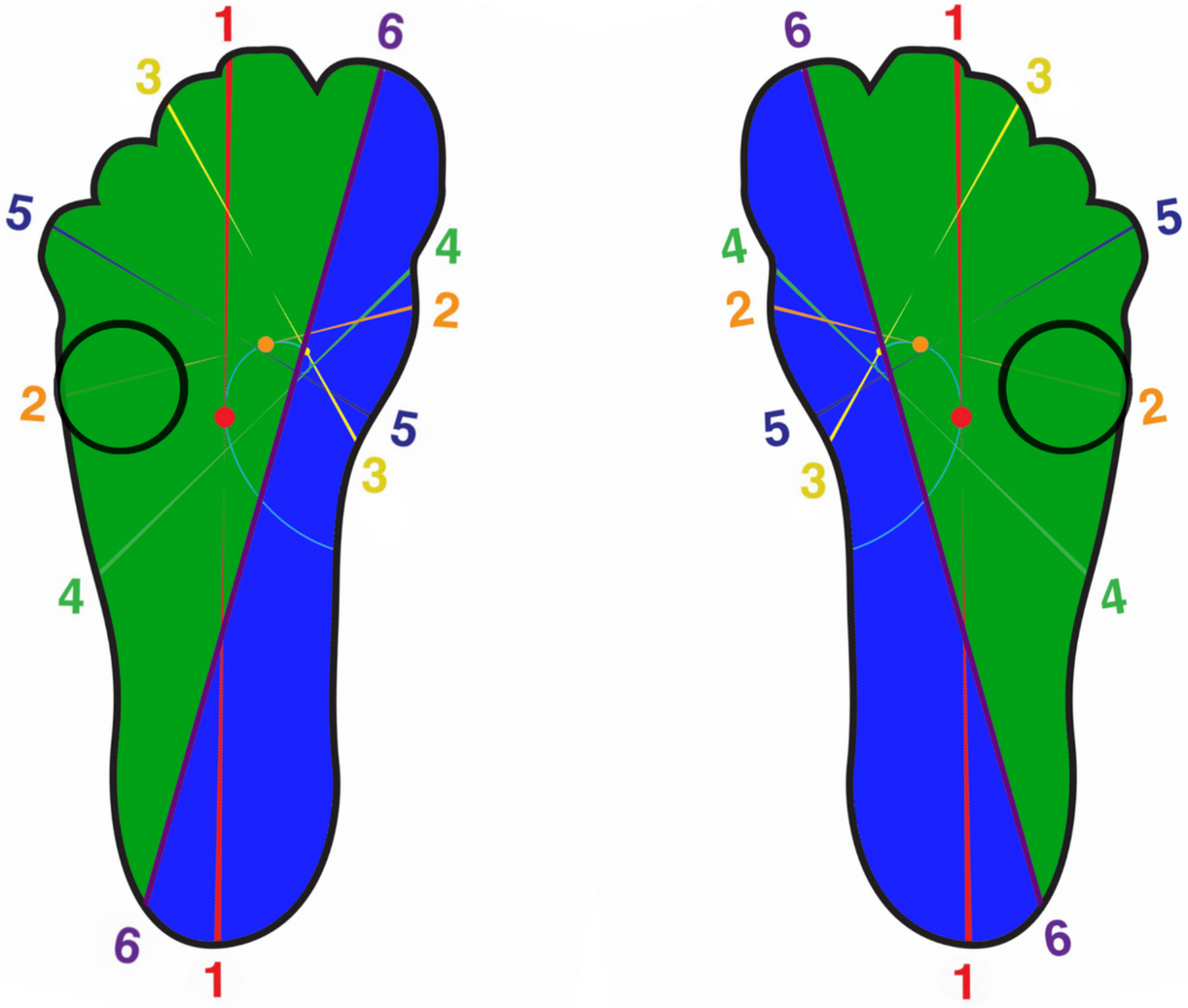
A2. Back Squat
B2. Bench Press
C2. Deadlift
D2 Chin Up

Productive Recovery - RMT

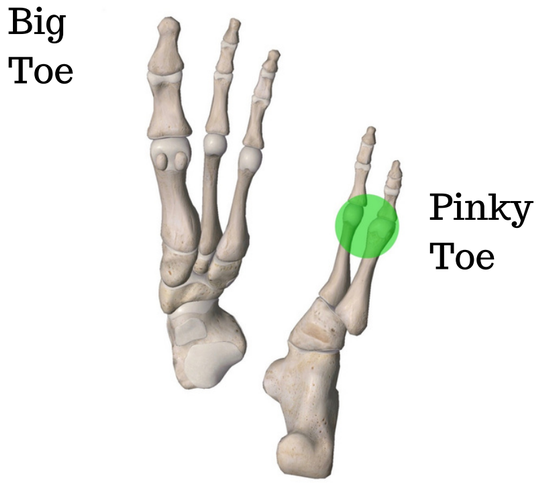
A3. Dragon Rolls R/L
B3.Underhand Matador - Far Steer
C3. Overhand Matadors - Far Steer
D3.Overhand Matadtor - Near Steer



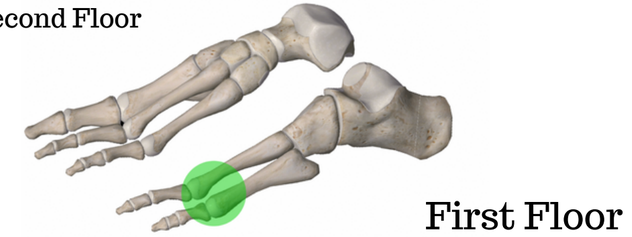
Closer Look at the Feet



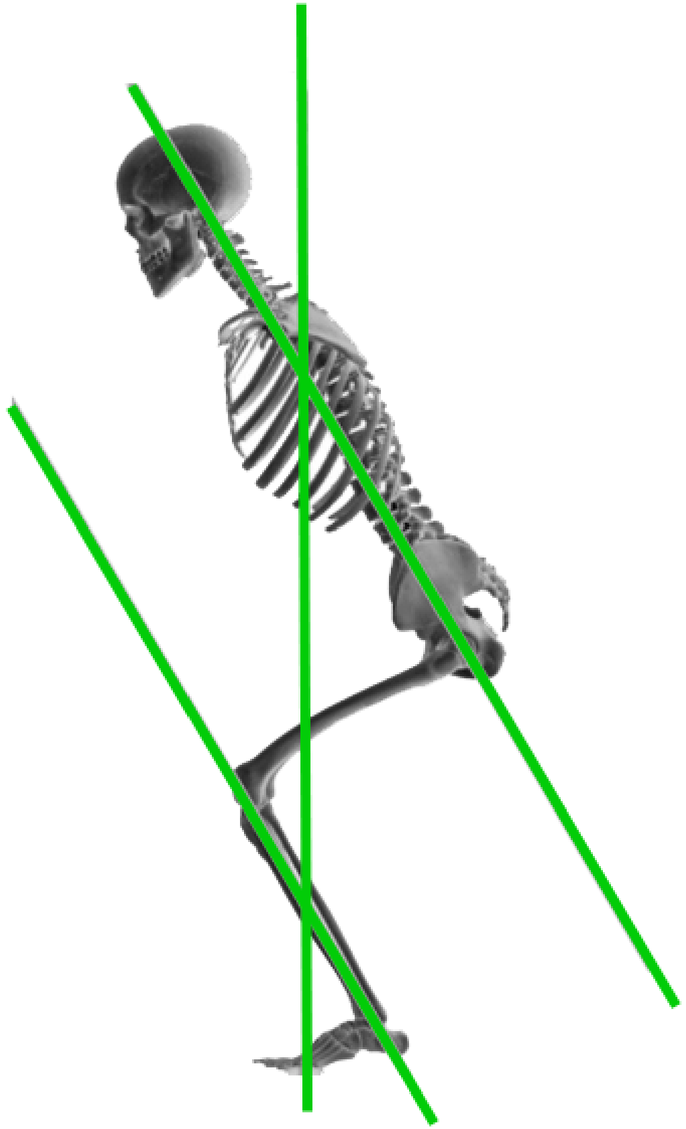
Top View of Foot



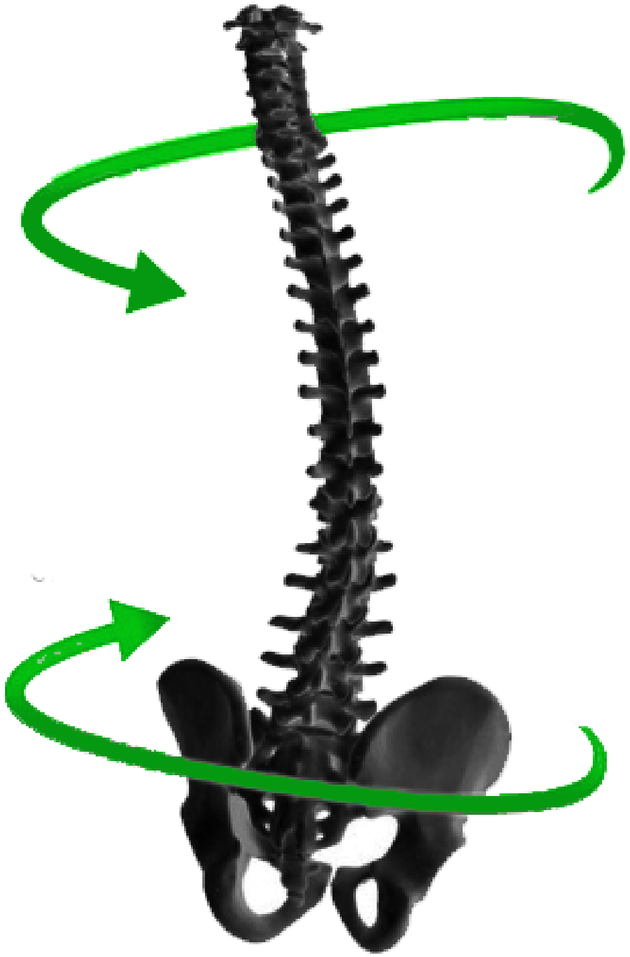
Side View of Foot



Spine Shin Angle



Side Bending the Spine





The RMT® Rope

Product Features

- 1lb
- .5 Inch Diamter
- 8 Feet Long
- Braided Nylon
- Custum Handle
- Durable and Flexible

Expand Your Training

- Rotational Movement Training®
- No-Dominant Side Training®
- Mobility & Coordination
- Flow & Play
- Variability in Intensity (Fast or Fluid)

Learn New Techniques

- OH & UH Race & Chase®
- Matadors Wheel®
- Dragon Rolls®
- The Sneaks®
- Rolling Ropes



The RMT® Rope



Race & Chase®



Matadors Wheel®



Dragon Roll®



The Sneaks®

ProPulse® Speed Trainers

Product Features

- 12oz
- Shifting Weight
- 4 x6 Inch Fluted Design
- Audible Feedback
- 6.1 Inch Circumference
- Portable Design

Expand Your Training

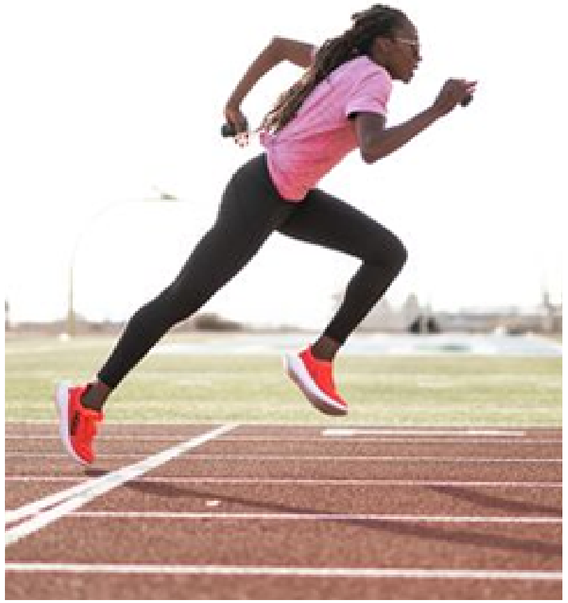
- Reactive & Power Training
- Double Down Pulse® Technique
- Rhythmn & Coordination
- Flow & Play
- Variability in Intensity (Fast or Fluid)

Learn New Techniques

- Shift Running
- Reactive Core Training
- Explosive Calisthenics
- Stationary Pulsing (Cardio)



ProPulse® Speed Trainers



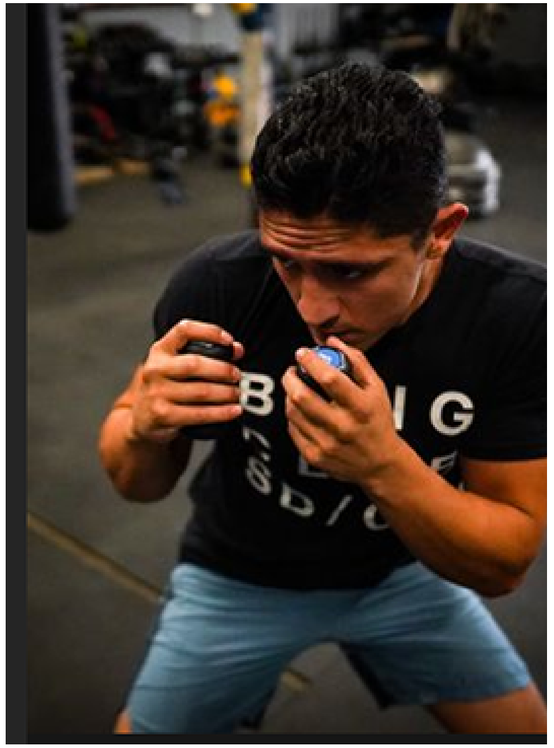
Run

Shift Running
Stationary Mechanics
Long Distance
Sprinting



Training

Plyometrics
Multi Directional Movement
Core Ballistics
Calisthenics & Coordinations



MMA

Shadow Boxing
Fortify Technique
Speed and Power
Rhythm & Timing



Sports

Baseball
Soccer
Football
Track & Field

Limit Force Elastics® Bands

Product Features

- 30lb(.5), 60lb(1"), 120lb(2"), 180lb(3")
- 41" Inch Loop Band
- High Qualifty
- Portable Design

Expand Your Training

- Limit Force Elastic® Training
- Coiling Core Training®
- Rotational Movement Training®
- Non-Dominant Side Training®
- Priming

Learn New Techniques

- Short Duration Isometrics
- Long Duration Isometrics
- Progressive Isometrics
- Elastic Resistance Training

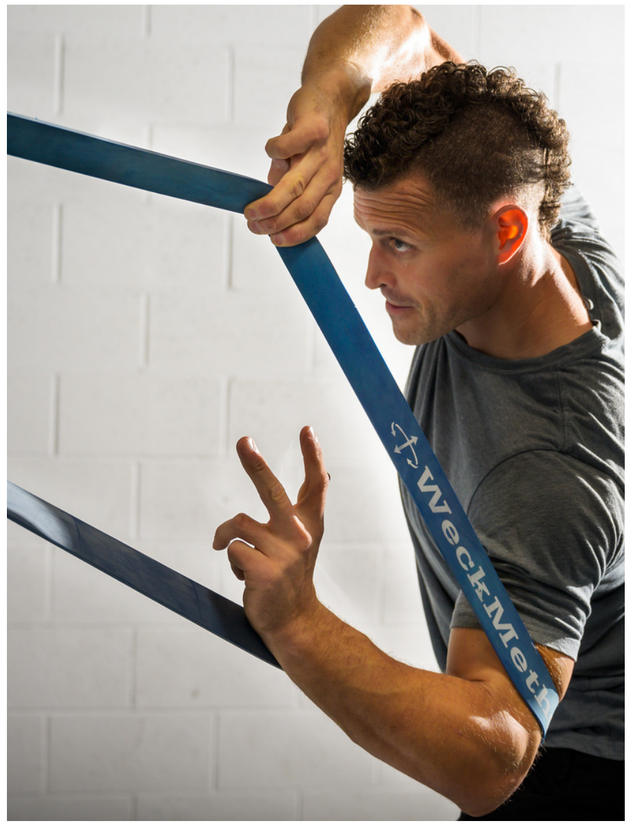


Limit Force Elastics® Bands



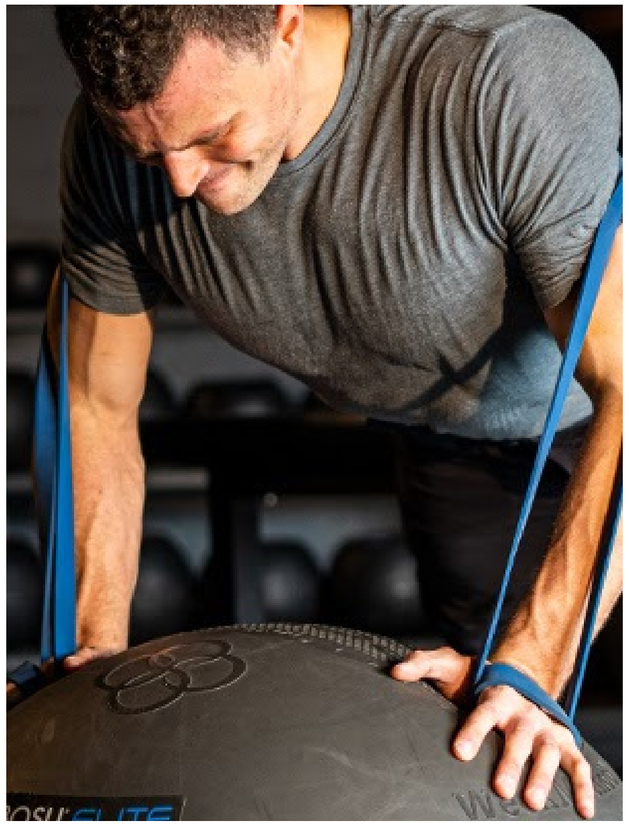
Combine w/ Equipment

Barbells & Landmine
Kettlebells & Dumbbells
WeckMethod Products (ProPulsers®, RMT® Club, BOSU® Elite , SoleSteps®)



Limit Force Elastics® Training

Long Duration Isometrics
Short Duration Isometrics
Progress Angle Isometrics
Anchored LFE



Combine w/ Bodyweight

Pressing
Pulling
Squats Patterns
Hinge Patterns

BOSU® Elite

Product Features

- Hight Density Dome
- 19 lbs
- 8.5inches Tall
- 450lb Max Weight Limit
- Indicators and Grip Zone

Expand Your Training

- Compression Strength Training™
- Coiling Core Training®
- Bilateral Torsion Training

Learn New Techniques

- Short & Long Duration Isometrics
- Priming with Limit Force Elastics®
- Ballistics and Reactive Training
- Advancded Core Training



BOSU® Elite



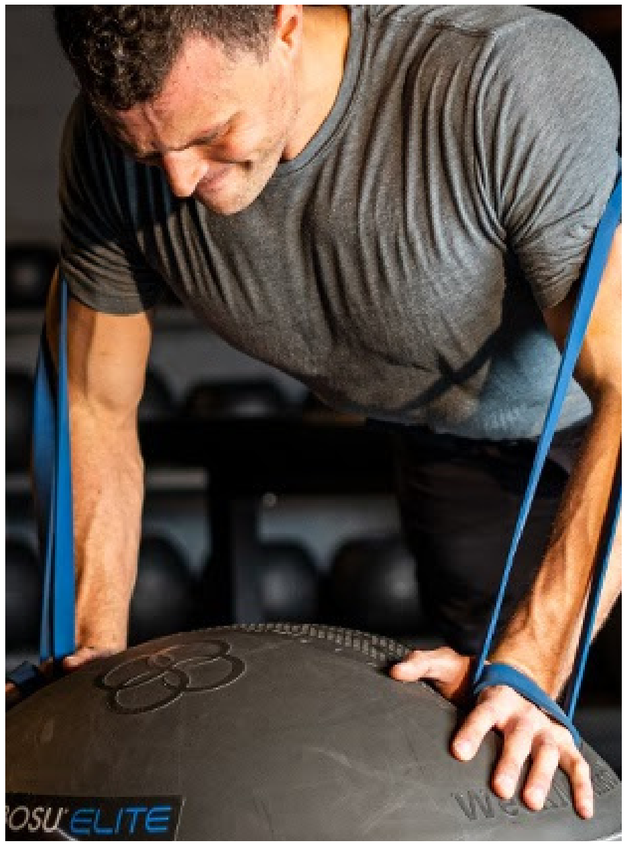
Compression Strength Training™

Variable Resistance
Combine with other Training Equipment
Long & Short Duration Isometrics



Ballistics

Improve Reflexes and Reaction Time
Minimize Stress Landing and Launching
Maximize Combination with other equipment



Core

Improved Stability for Advanced Core
Unique Feedback that improves Function
Variable Intensity using the unique dome shape

The RMT® Club

Product Features

- 2lb, 4lb, 6lb, 8lb
- 21 Inches Long
- Durable Club Head
- Shifting Weight Inside
- Audible Feedback
- Portable Design

Expand Your Training

- Rotational Movement Training®
- Coiling Core Training®
- No-Dominant Side Training®
- Mobility & Coordination
- Reactive & Power Training
- Variability in Intensity (Fast or Fluid)

Learn New Techniques

- Coiled Bailers
- Fluid Swings & Resolutions
- TNTs & Mills
- Circle Stops



The RMT® Club



Power

Bailers
Circle Stops
Drill Drivers



Mobility

Tight R.O.M.
Sweeping R.O.M.
Steering



Fluidity

Figure 8s
Halos
Arm Circles



Sports

Baseball
Golf
Tennis

SoleSteps®

Product Features

- Hardwood
- Grip Tape On Topp
- Rubber Base
- Complex Pitch
- Easy To Store
- Portable Design

Meets You Where You Need It

- Home
- Office
- Gym
- Prehabiliation & Rehab
- Travel

Uplifting Your Soles

- Postural Relief
- Improves Mood & Productivity
- Better Connection to the Ground
- Improved Lifting Mechanics

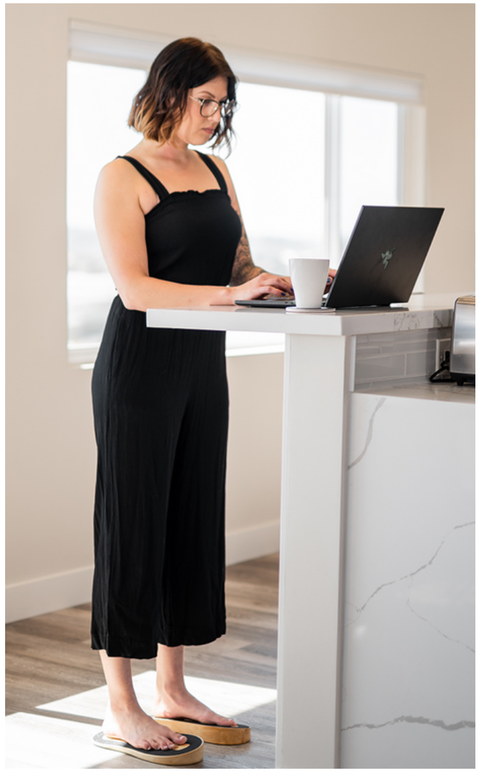


SoleSteps®



Home

Shift Running
Stationary Mechanics
Long Distance
Sprinting



Office

Plyometrics
Multi Directional Movement
Core Ballistics
Calisthenics & Coordinations



Gym

Shadow Boxing
Fortify Technique
Speed and Power
Rhythm & Timing



Prehab

Baseball
Soccer
Football
Track & Field