

"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

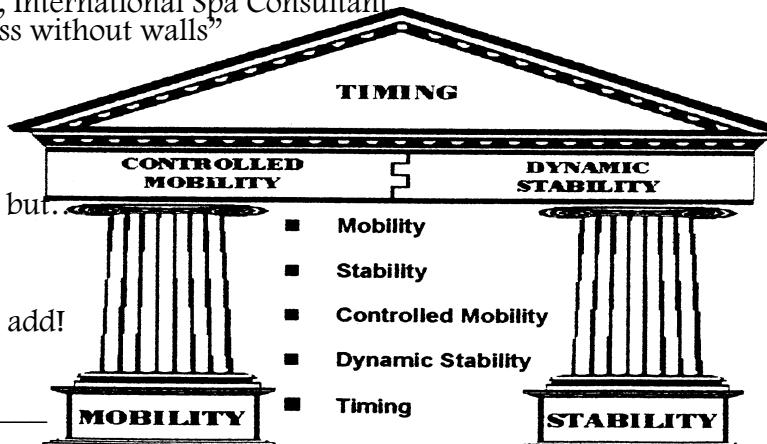
# T.E.M.P.L.E.: TIMING ENHANCED MOVEMENT, PRODUCING LAYERED EXERCISES

Lawrence Biscontini, MA  
Mindful Movement Specialist, International Spa Consultant  
Missing: "wellness without walls"

## I. INTRODUCTIONS

1. Namaste
2. Gratitude
3. Our Purpose Today: NOT hypertrophy but...
4. This session is really about:
5. Barefoot suggestions:
6. Hollywood:
7. Take-away: get this without load, then add!
8. NASM, ACSM, and the ACE IFT Model
9. PURPOSE: fusing:

stability \_\_\_\_\_  
mobility \_\_\_\_\_



*Functional Performance Structure*

## II. THEORY

1. Movement patterns are "series"
2. Interdependence & Injury: the body as a human kinetic chain
3. Why stability training?
4. Why mobility training?
5. Terminology: "progressions" and "regressions"
6. The diagram as human movement:
  - a. Movement is \_\_\_\_\_
  - b. Exercise is \_\_\_\_\_
  - c. Multi-joint and "functional"
7. Add \_\_\_\_\_ stability and add \_\_\_\_\_ to mobility
8. ACE Instructional Techniques

D  
R  
I  
LL  
S

### The Will & Grace Format:

Teach the \_\_\_\_\_ (A)  
Rest it while you:  
Teach the \_\_\_\_\_ (B)  
Continue that, and integrate(A) immediately.

1. Timing Slower and Faster. 2. Commence with shaded areas. 3. (Min. Reps)
2. Isometric & Isotonic training: after fatigue sets in, speed increases

### EQUIPMENT LEGEND:

- BODYWEIGHT (BW)
- BENDER BALLS (BB)
- GLIDING DISKS (GD)
- ELASTIC TUBING (ET) listed just for ideas



# findLawrence.com



### III. PRACTICAL

#### Series 1: "Namaste" Warm-Up IN BILATERAL NARROW STANDING

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Abduct arms overhead, bring to praying position	Squat	1-8	Upper body mobility and lower body stability	BW
Rotate torso to one side lifting arms overhead	Lunge with leg opposite to rotated side	9-16	Hands remain 'praying'	
Rotate torso to other side lifting arms overhead	Lunge with leg opposite to rotated side	17-24	Hands remain 'praying'	
Hands to quadriceps, roll shoulders and scapular retraction	Reverse squat	25-32	Extend spine	

#### Series 2: "Scapular Retraction" + Squats" IN BILATERAL NARROW STANCE (2)

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Scapular retraction/adduction	Squat	1-8	Spine remains extended always	ET Optional
Scapular retraction/adduction	Squat	9-16		
Scapular retraction/adduction	Squat and bring the trailing knee up	17-24		
Arms circumduct: lower to front and circle up and over head	Single leg squat down, change lead, and other knee up	25-32		

#### Series 3: "Unilateral Reciprocal Reaches" IN BILATERAL NARROW STANCE

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
One shoulder flexes forward on diagonal	Opposite leg lunges back on diagonal	1-8	<i>Think of standing in the middle of a clock and take left hand towards 10 and right foot to 5</i>	MB in moving hand/shoulder
One shoulder flexes forward on diagonal	Opposite leg lunges back on diagonal	9-16		
Arms hold overhead	Adduct legs in squat (no observable movement)	17-24	Entire body stability with latissimus dorsi lengthened in squat position	Adduct legs against medicine ball above knee
Arms circumduct: down to sides and full-circle, while one hand grabs medicine ball to begin again	Slowly extend knees towards standing	25-32		

#### Series 4: "Power Zen" IN BILATERAL WIDE STANCE

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Hold BB and Press over one Shoulder (biased) Shoulder flexion	Biased Squat	1-8	Try to finish on a Single Leg Stance	MB, BB in hands
Rotation towards opposite hip	Inferior rotation of non weight-bearing leg towards midline	9-16	Maintain neutral spine; add vestibular challenge if possible	
Tricep Press	Single Leg Squat	17-24		
Circumduction	Hamstring Curl	25-32	Maintain neutral spine.	

#### Series 5: "Hip Hinge" IN UNILATERAL STANDING (2)

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Shoulder Abduction	Hip Flexion ("hinge"), rolling BB behind into lunge position	1-8	Remember the purpose is to learn how to bend forward like when you brush your teeth	BB under one foot
Rotation towards opposite hip & return	Maintain extended spine.	9-16	"Knees can flex; the spine canNOT."	
Rotation towards opposite hip & return	Maintain extended spine.	17-24	Challenge, roll the BB slightly backwards and forwards	
Shoulder Adduction	Hip Extension, returning to neutral standing	25-32	Maintain neutral spine without arching.	

"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

Series 6: "Planks" START PRONE (2)

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Start: prone and push up, extending elbows (elbows facing out, fingers pointing towards each other)	Extend one hip (long or short lever)	1-8	Keep neutral spine; BW with isotonic upper core work	BB/MB
Maintain Plank	Hip abduction & return	9-16	"Knees can flex; the spine canNOT." Isometric upper core work with inferior challenge	
Maintain Plank	Hip abduction & return	17-24	Challenge, roll the medicine ball slightly backwards and forwards; Isometric upper with inferior challenge	
Lower to prone start position (eccentric pushup)	Lower lifted leg to starting position	25-32	Maintain neutral spine; avoid arching back; BW isotonic eccentric upper core work	

Series 7: "Toe Taps" IN DEAD BUG STARTING POSITION (1)

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Unilateral Shoulder Extension	Opposite toe/heel taps floor towards hip extension	1-8	The most challenging and most safe progression is to maintain a neutral spine throughout entire series.	MB in moving hand
Unilateral Shoulder Extension	Opposite toe/heel taps floor towards hip extension	9-16		
Hold MB and rotate to each side, making "figure 8/infinity"	Rotate inferior body to each side, making "figure 8/infinity"	17-24	Only go as far as you can without losing proximal stability	
Throw & Catch BB/MB twice	Femur abduction & adduction	25-32	Maintain neutral spine	

Series 8: "Bridge" with SHOULDERS EXTENDED ON FLOOR BEHIND BODY

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Flex Shoulders to "dead bug" position"	BB between knees; Bilateral Hip Extension into Bridge	1-8	Maintain neutral spine throughout	BB/MB in moving hand(s)
Right thumb touches floor behind left shoulder, rotating upper torso	Maintain Bridge: Extend Right (opposite) Knee & Lower	9-16	Experiment with extending/flexing knee of same arm and opposite arm to see which is progression for you	
Left thumb touches floor behind left shoulder, rotating upper torso	Maintain Bridge: Extend Left (opposite) Knee & Lower	17-24		
Extend shoulders to start position on floor	Flex hips back to start position	25-32		

Series 9: "Quadruped" WITH SPINE FLEXED, L ELBOW TO OPPOSITE KNEE, BB BEHIND R FLEXED KNEE OFF OF FLOOR (2)

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Bring upper core to neutral quadruped position	Extend R hip squeezing BB	1-8	Maintain neutral spine throughout	BB
Externally rotate core over L shoulder and return	Abduct R hip and return	9-16	Neutral pelvis. Resist the temptation to look forward; keep chin tucked for neutral cervical spine.	
Externally rotate core over L shoulder and return	Abduct R hip and return	17-24	Try to shine the heart up to the sky/ceiling with extended spine	
Return L elbow to start position near R knee	Lower knee (flex hip) to start position keeping knee off of floor	25-32	Upper mobility and lower body stability	

Series 10: PRONE "SWIMMING"

Upper Body	Lower Body	Counts	Alignment Cues	Equipment
Extend Spine	Extend R Hip	1-8	Arms at side is regression or hands at ears is progression	BW
External Rotation L	Maintain	9-16	Focus on stability of lifted leg	
External Rotation R	Maintain	17-24	Focus on stability of lifted leg	
Return to Neutral	Lower R Hip	25-32		

Summary:  
 Final Take-Home Messages:  
 Resources: "Temple"  
 Home-Work: 1. No equip. 2. BB. 3. External Resistance 4. Aqua

"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

