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Printable crossover symmetry exercise chart

You can push-up for days in a wod, but when you jump on the rings, you crumble immediately. You lost 400 pounds, but when you put 135 on it, the bar uncontrolled. You can retry 95 pounds without problems, but try using 35-pound handlebars, and that you... raise your muscles? Yeah, okay. Lift your muscles? There's no chance. › Double tap if this like you › What's going on in these cases? Do you always have a day off when I'm DB instead of balancers? Will it ring you forever? No, none of this is true. You are running into the concept of stability, which is bound but distinct from strength. Because your muscles are able to generate enough power to move a certain amount of pounds, it does not mean that your body understands how to keep that amount of weight yet, or stable. You might have experienced this if somehow completed a crazy elevator, but it was sloppy and marginally embarrassing. Or maybe you have chosen a weight for your DONNA you have thought it was moderate, but since you can't keep the weight stable, you have expelled an amount of energy not necessary on each repeater and fatigued after the first round... FRUSTRATION! In the worst case, you could get hurt to raise a weight that your muscles can manage, but the rest of the body can not. So, how do we work on stability? At EVF, we actually have a lot of stability work. Whenever you see handlebars, unilateral elements (single side), rigorous gymnastics, rings, band exercises —are all that help you build stability. Yet, even with all this practice, most of us have grown in a culture that distinctly enhances the pure strength on stability. Bottom line: all of us can resist to work a little more on our stability. Have you ever seen that very official set of bands hanging from the platform in both EVF positions? This is Crossover Symmetry, and if you don't already have, you should know. What is Crossover Symmetry? Crossover Symmetry is a simple system specially designed to make shoulder stability development easy, effective and practical in less than 5 minutes a day. The bands are equipped with an instruction card, so all you have to do is follow. Movements are not challenging and can be easily modified according to your level of experience and comfort. Crossover Symmetry is designed to do two important things. First, it strengthens the stabilizers muscles. In simple terms, your shoulder stabilizers are small muscles that help keep your bachelors in place. The strong stabilizers allow the larger muscles (such as the pecs, deltoids and lats) to do the work they should do, i.e. actually move the heavy weight in the head or push the body up to the bar. If your stabilizers are weak, your bigger muscles have to do an additional job — either to make stabilization instead or because your unstable shelving makes them work from a compromised position. The best case, this leads to loss of strength. The worst case scenario, this leads to injuries.teaches your brain how to express strength. The motion models we make in CrossFit are complex. They need your brain to send fast and powerful signals to multiple muscle groups. Then, those muscle groups need to work together to perform complicated tasks such as Olympics and Gymnastic kipping. Crossover symmetry exercises are intentionally sequenced for layers motion patterns in the right order to go to the head. By constantly practicing exercises, you are training your brain on what muscles activate, how, and in what order. The more practical you get, the faster and more powerfully your brain will be able to send these signals to your muscles. By strengthening your stabilizers and training your neurological pathways, you are putting your body in a better, safer and stronger position to express the strength that it develops every day in the classroom. Crossover Symmetry Exercises 101 The Crossover Symmetry system comes with a very simple instruction board. Includes pictures too! You do not need any rigorous training to understand what to do. That said, here are some basic principles to help you start. Setup and postures Set bands up to the correct height. Approximately half of the exercises will require the bands to be at the level of the eyes, and the other half will ask that the bands be at the knees. Crisscross bands. The band on the left goes into the right hand, and the band on the right goes into the left hand. (Get it? "Crossover"Establish an athletic position before each repeater. The feet should be approximately the width of the shoulder, the knees slightly bent and the vertical torso. Your hips should be back, as in the reception location for a clean power. Prepare your core. The crossover symmetry is intentionally designed to be performed standing. The research shows a strong correlation between core stability and shoulder stability, and standing position requires you to activate your core similarly to how you want when hanging or putting weight over your head. Finally, take shoulder straps and down, keeping your core tight. In this position, you should feel solid rock! Select the right bands Choose two bands to use for your exercises: a "heavy" and a "light". The instruction board includes guidelines for which bands choose. If you are just starting, follow the "novice" guidelines: yellow is your "heavy" and green is your "light" band. As you get used to the exercises, go up to red for "heavy" and purple for "light". Most of us do not need to advance beyond these resistance levels. Remember, Crossover Symmetry is about the muscles training stabilizers — no one needs PR their reverse gang fly! Execution Choose one of the three main Crossover Symmetry programs. Each program includes a sequence of exercises, which are designed to be executed in order. Activation: A warning for the shoulders The focus is to get your brain to activate the right in the right order, which improves your ability to use them in your next workout. Run 5-8 reps of each exercise listed. For each repeater, hold the finishing position for 2 seconds before returning to the beginning. Recovery: A fresh-down for shoulders The focus is on slow and eccentric contraction, which promotes increased blood flow, reduced inflammation and tendon health. Perform 10 reps of each listed exercise. For each repeater, perform a negative return of 6 seconds to the starting position. Force ("Iron Scap") A more rigorous program to improve strength and dynamic stability in your shoulders It can be difficult to maintain the right posture through some of the exercises, so you should advance only to this once you are comfortable with the activation and recovery series. Perform 10 reps each of each exercise listed. Each exercise has a different prescription in terms of holds and negatives. Frequency Crossover Symmetry is more effective when performed regularly and consistently. If you do it sporadically before some classes, you will still probably feel better for the next workout, but for the true long-term benefits you should constantly perform. Choose a frequency that seems reasonable to you, and be consistent with anything you choose. Crossover Symmetry recommends doing exercises 2-3 times a day, 5 days a week for the optimal benefits. Once you get used to it, this could be easily realized using it for 5 minutes before and after each class. Like everyoneUsually, this can take time to build. A good starting point could be making the Activation or Recovery series three times a week before or after the class. Once this becomes an easy habit, you can add days or start doing it both before and after training. Increasing stability is just like improving mobility or facing a difficult capacity: consistency is essential. Pop in a few minutes in advance or stay a few minutes after the lesson, and your shoulders (and your lifts!) will thank you. Any questions? Email carissa@evfperformance.com. carissa@evfperformance.com. printable crossover symmetry exercise chart pdf

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