LEARNING OBJECTIVES

+ Identify and explain the difference between training methods and a training system

+ Identify and define the mission, goals, pillars, and process within the EXOS Training System

+ Identify and describe the eight primary training components and all associated sub-components within the EXOS Training System
What is the difference between a system and a method?

Classified as a procedure, technique, or single way of doing something
Classified as a coordinated body of methods forming a complex of singular whole

Sensitive to change over time and are not always robust across a diversity of contexts
Resilient and designed to handle a diversity of contexts, while having the capacity to adapt over time

Designed with an understanding that no one component is too small, as a small influence can have a big impact
“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

- Ralph Waldo Emerson

01

TRAINING SYSTEM: DEFINED
OUR MISSION...

Provide the finest performance systems, specialists and facilities seamlessly integrated to efficiently and ethically enhance our athlete’s performance

OUR GOAL...

Improve Performance
Decrease Injuries
Motivate Through Education
Produce Results
OUR SYSTEM PILLARS...

**MINDSET**
Mindset is about walking into a situation or working toward a goal with a full understanding of what it requires and how to accomplish it.

**NUTRITION**
Food is fuel for the body and brain. Fueling cuts through the latest diet marketing hype. It's about consuming what fuels the body best.

**MOVEMENT**
Movement refers to incidental and structured movement. Both are essential for health, weight management, performance, and vitality.

**RECOVERY**
The mind and body repair, recharge, and upgrade during rest. Recovery strategies must be employed throughout each day, week, month, and year.

OUR SYSTEM PROCESS...

**EVALUATE**
Evaluation drives the prioritization of the training system relative to individual needs.

**ISOLATE**
Isolate individual dysfunctions and correct using focused methods/strategies.

**INNERVATE**
Innervate specific patterns to practice and refine upcoming movement skills.

**INTEGRATE**
Integrate specific patterns at the speed, force, and direction relevant to sport/life.
CHECK FOR LEARNING

- Write down 3-5 sentences describing your personal mission or core values that would be a part of your mission.
- Write down 3-5 lines describing the importance of a system and the difference between a method based versus a system based approach.

02

TRAINING SYSTEM: COMPONENTS
### TRAINING SYSTEM: EVALUATION

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete/Client Interview</td>
<td>Identify needs/wants, behaviors, and goals/motivation</td>
</tr>
<tr>
<td>Nutrition Evaluation</td>
<td>Body composition and nutritional habits assessment</td>
</tr>
<tr>
<td>Movement Quality</td>
<td>Movement screening and orthopedic assessments</td>
</tr>
<tr>
<td>Strength-Power Qualities</td>
<td>Identify maximal strength and power specific capacities</td>
</tr>
<tr>
<td>Speed Qualities</td>
<td>Identify linear and multidirectional speed capacities</td>
</tr>
<tr>
<td>Energy Systems Qualities</td>
<td>Identify aerobic and anaerobic energy system capabilities</td>
</tr>
</tbody>
</table>

### TRAINING SYSTEM: COMPONENTS

<table>
<thead>
<tr>
<th>Component</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pillar Preparation</td>
<td>Individualized prep based on movement screening</td>
</tr>
<tr>
<td>Movement Preparation</td>
<td>Session prep based on movement skill session</td>
</tr>
<tr>
<td>Plyometrics</td>
<td>Activation based on movement skill session</td>
</tr>
<tr>
<td>Movement Skills</td>
<td>Based on dominant movement demands in sport</td>
</tr>
<tr>
<td>Medicine Ball</td>
<td>Activation based on strength-power session</td>
</tr>
<tr>
<td>Strength-Power</td>
<td>Based on dominant strength quality demands in sport</td>
</tr>
<tr>
<td>Energy Systems Development</td>
<td>Based on dominant energy system demands in sport</td>
</tr>
<tr>
<td>Regeneration</td>
<td>Recovery based on total demands of training session</td>
</tr>
</tbody>
</table>
01 PILLAR PREPARATION

Integrated mobility and stability of the hip, trunk, and shoulders

- Massage
- Stretch
- Activate

02 MOVEMENT PREPARATION

Increase temperature, actively elongate muscles, refine movement patterns, and activate nervous system

- Activation
- Dynamic Stretch
- Movement Integration
- Neural Activation
03 PLYOMETRICS

Transferring the weight room to the field through the development of specific speed-strength qualities

Movement  Direction  Initiation

04 MOVEMENT SKILLS

Develop specific movement skills under reactive and non-reactive conditions in an effort to optimize transfer to sport

Linear  Multidirectional
05 MEDICINE BALL

Develop power and stability while improving kinetic linking and ability to transfer force

Linear

Rotational

06 STRENGTH-POWER

Development of strength and power qualities through a movement based approach that emphasizes individual needs and sport demands

Strength

Power
07 ENERGY SYSTEMS DEVELOPMENT

Development of aerobic and anaerobic qualities through a movement based approach that emphasizes individual needs and sport demands

Equipment Based

Field Based

08 REGENERATION

Optimizing adaptation through individualized fueling, physical and psychological restoration strategies, and alternative methods

Fueling

Massage+Stretch

Alternative
CHECK FOR LEARNING

- List the 6 categories of testing within the EXOS Training System. Note 1-2 example tests/screens based on current knowledge.
- List the 8 components within the EXOS Training System and note any sub-components.

TRAINING SYSTEM: CONCLUSIONS
Systems allow for the integration of all necessary (methods) training components and have the capacity to evolve and grow over time while working in a diversity of contexts.

It is paramount to have a mission and goals that guide the best practices relative to the execution and evolution of the training system.
Training components represent the anatomy of a training system and must be based on athlete/client type, facility capacities, and mission/business in an effort to maximize results.
APPENDIX


