Smart Training and Recovery Techniques for the Masters Athlete

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OBJECTIVES

• Understand the basic biomechanics needed for functional movement

• Discover strategies for design to help train for sport

• Learn and tweak specific techniques to improve mobility and stability

Training and Recovery
Issues for the Master Athlete

Injury
Decreased Performance
Joint, bone
Muscle, tendon, ligament
Aerobic
Power output
Skills

Principals

Movement
GRAVITY 3D LOAD TO UPRIGHT
EXPLODE
Ground Force
### 66 Vital Motions

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<td>Shoulder (L)</td>
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### Techniques

![Techniques Image]

![Anterior Image]
SPORT SPECIFIC MOVEMENT

Exercise is Optional… Movement is Mandatory

Thank you!
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Resources and References

• GIFT- 40 week Fellowship in Applied Functional Science. Gray Institute of Functional Transformation
• 3D Maps Certification - Gray Institute of Functional Transformation
• Functional Movement Screen (FMS)
• Titleist Performance Institute
• Nike Golf Functional Performance system


