

# One Four Four One (1441) Training Systems

	I SPINAL STABILITY	II SHOULDER GIRDLE (ShG)	III PELVIC GIRDLE (PivG)	IV MOVEMENTS
<b>A</b>	<b>Dead Bugs</b> (Neutral spine) [Hand/Foot: R&R-R&L-L&R-L&L-dR-dL] <b>1</b> Dead Bugs [:10 hold down] <b>2</b> Dying Bugs [:05 down then :05 up] <b>3</b> Perpetual Motion (single arm-Alt feet) [a] Wtd b) Tb-Hurdle c) Contact]	<b>A Foam Roller</b> <b>1</b> IT-Band [a] R b) L c) Alt R&L] <b>2</b> Quads [a] R b) L c) BiLateral] <b>3</b> Alt ITB & Quads (Down & Up: R-Middle-L)	<b>A Heaven &amp; Earth Lunge</b> [a] BW b) Tb] (TALL spine - rotate across Lead Leg) <b>1</b> In-Place (IP) [a] R b) L c) Alt] <b>2</b> Moving (Mv) [a] R b) L c) Alt] <b>3</b> Walking (W) [a] R b) L c) Alt] [a] Standard b) Skips c) Taps]	<b>A Acceleration Warm Up (xlr8)</b> <b>1</b> High Knees [a] Fw b) Bw c) F-to-B <b>2</b> Butt Kicks [a] Fw b) Bw c) F-to-B <b>3</b> Lat High Knees [a] R b) L c) S-to-S <b>4</b> Lat Butt Kicks [a] R b) L c) S-to-S [a] Std b) Skips c) Taps d) IP "Go-Fast"]
<b>B</b>	<b>1 Front Pillar</b> X) Knees-to-Chest Y) Hip Rotation Alt R&L Z) Walking Wide Alt Ld R&L <b>2 Lat R&amp;L</b> [a] Stacked b) Cpt. Morgans] X) Knee-to-Chest Y) Reach Underneath Z) Starfish <b>3 Back Pillar (Reverse Quadruped)</b> X) Knee-to-Chest Y) Hip Rotation Alt R&L Z) Walking Wide Alt Ld R&L	<b>B Shoulder Warm Up Complexes</b> <b>1</b> Row - Extrot - Press <b>2</b> Retract - Abd - Extrot - Pull <b>3</b> Jimmy Buffetts (Fins to the R&L) [a] seated b) Lunge R c) Lunge L] [a] BW b) dWt]	<b>B Primal Warm Up #1</b> [a] Back b) Overhead c) Pr] <b>1</b> High Step Up [a] St b) O c) Xo] <b>2</b> Lunge w/ LatFlx [a] St b) O c) Xo] <b>3</b> Sqt Jumps [a] O Rot b) 90o c) 180o] [a] BW b) Bdb c) Bb]	<b>B Piston Warm Up</b> <b>1</b> Leg Swing Front-to-Back [a] R b) L] <b>2</b> Leg Swing Side-to-Side [a] R b) L] <b>3</b> Power Step Ups [a] R b) L] <b>4</b> Wall Drill [a] Singles b) 3's]
<b>C</b>	<b>IT-Band Slow Twisting (Tw) Kick Alt R&amp;L</b> <b>1</b> Hands stay glued to floor <b>2</b> Low kick & Low reach <b>3</b> Butt Drop w/ High kick & High Reach [a] Push-Up Pos b) Quad Pos]	<b>C Job Exercises w/ Depressed ShG</b> <b>1</b> [a] 0o b) 90o Extrot] <b>2</b> [a] Full Cans b) Empty Cans] <b>3</b> [a] Hugs b) Shypers] [a] Tb b) dWt w/ single knee on bench]	<b>C Hurdle MobL Cplx</b> <b>1</b> Singles Fw&Bw Ld [a] R b) L c) Alt] <b>2</b> Doubles Fw&Bw Ld [a] R b) L c) Alt] <b>3</b> Lateral Over [a] R b) L c) Alt] <b>4</b> Lateral Under [a] R b) L c) Alt] [a] Hands behind the head b) sDb Ovhd]	<b>C Cocky Walk</b> [a] R b) L c) Alt R&L] <b>1</b> Walk <b>2</b> Skips <b>3</b> Flips <b>4</b> Ankle Hops Fw [Clock: 12-3-12-9-12] <b>5</b> Ankle Hops Bw [Clock: 12-3-12-9-12] <b>6</b> ...moving R [Clock: 12-3-12-9-12] <b>7</b> ...moving L [Clock: 12-3-12-9-12]
<b>D</b>	<b>Superman Complex</b> (externally rotated arms) [a] BW b) Wtd c) Tb] <b>1</b> Straight out w/ thumbs up <b>2</b> Bird (T-Position) <b>3</b> Cobra (Hands tucked into sides) [Feet: a) St b) Wide c) Scissors]	<b>D Bear Crawl Complex</b> <b>1</b> [a] Fw b) Bw] <b>2</b> F-2-B w/ [a] R spin b) L spin] <b>3</b> Lateral [a] R b) L] <b>4</b> S-2-S [a] Fw spin b) Bw spin] [a] BW b) sWt Push b) sWt Pull c) Lb]	<b>D Drunk Step Lunges</b> [a] Back b) Ovhd c) Pres] <b>1</b> In-Place "IP" [a] R b) L c) Alt R&L] <b>2</b> Moving "Mv" [a] R b) L c) Alt R&L] <b>3</b> Walking "W" [a] R b) L c) Alt R&L] <b>4</b> Deep Lunge Pos [a] R b) L c) Alt R&L] [a] BW b) Bdb c) Bb d) dDb e) sDb]	<b>D Lateral Speed &amp; Agility (LSA) Warm Up</b> (Athletic Stance-Shuffle Position) <b>1</b> Low & Slow [a] R b) L] <b>2</b> Quick [a] R b) L] <b>3</b> Lat R&L to Spin [a] Fw b) Bw] <b>4</b> Singles for distance [a] O b) Xo]
<b>E</b>	<b>Geometry</b> [a] Continuous b) CoD] <b>1</b> Triangle <b>2</b> Square <b>3</b> Fig. 8's <b>4</b> 5-pt Star [a] Mb b) sWt c) SpCd Lat Loaded R d) L]	<b>E Inch Worms</b> [a] Fw b) Bw] <b>1</b> BW Neck Rolls [a] Clock b) Counter] <b>2</b> From Push-Up Pos <b>3</b> Over-extended Push-Up Pos <b>4</b> w/ Tumbling Warm Up [a] IP b) Moving c) Walking]	<b>E Leg Cradle to Twisting Lunge</b> (TALL spine - rotate across Lag Leg) <b>1</b> In-Place (IP) [a] R b) L c) Alt] <b>2</b> Moving (Mv) [a] R b) L c) Alt] <b>3</b> Walking (W) [a] R b) L c) Alt] [a] Standard b) Skips c) Taps]	<b>E Quick Feet Complex</b> <b>1</b> Run On & Off Lead [a] R b) L] <b>2</b> Lateral Outside [a] R b) L] <b>3</b> Lateral CrossOver [a] R b) L] <b>4</b> Scissors R&L [3's] <b>5</b> Swivel R&L [3's]
<b>F</b>	<b>Pelvic Tilt Complex to Get-Ups</b> <b>1</b> IsoLated Pelvic Tilts <b>2</b> Pole Vaulters' Crunches <b>3</b> Vaulters' Crunches w/ double Twist <b>4</b> Get-Ups w/ Ovhd Sqt <b>5</b> Get-Ups w/ [a] Sqt J b) Rot Sqt J]	<b>F Spiderman</b> [a] IP b) Walking] <b>1</b> Standard [a] R b) L c) Alt] <b>2</b> to Horizontal Rot [a] R b) L c) Alt] <b>3</b> to Vertical Rot [a] R b) L c) Alt] <b>4</b> to Hamstring Stretch [a] R b) L c) Alt]	<b>F Primal Warm Up #2</b> [a] Back b) Overhead c) Pr] <b>1</b> Xo Step to LatLunge [a] R b) L c) Alt] <b>2</b> Deep Step Up R&L [a] O b) Xo] <b>3</b> Lunge J's to Sqt R&L [a] O b) Xo] [a] BW b) Bdb c) Bb]	<b>F Shark Steps</b> [a] Supine b) sL Sqt Pos] <b>1</b> Front-to-Back [a] R b) L] <b>2</b> Side-to-Side [a] R b) L] <b>3</b> 1/2 Circles Fw [a] R b) L] <b>4</b> 1/2 Circles Bw [a] R b) L] [a] BW b) dDb c) sDb d) SpCd Lat Loaded]
<b>G</b>	<b>Dynamic 90's</b> [a] Side-Lying "SL" b) Standin (90o Hip Flexion-High Step Up Position) <b>1</b> SL w/ Snow Angels [a] R b) L] <b>2</b> SL w/ MA (Roll Db away) [a] R b) L] <b>3</b> Standing (Step-Up Pos) [a] R b) L] [a] BW b) sDb c) Tb d) MA]	<b>G SpCd Lunge Position w/ Horizontal Rotati</b> <b>1</b> Towards R [a] Ld b) Lag c) Alt R&L] <b>2</b> Towards L [a] Ld b) Lag c) Alt R&L] <b>3</b> Away R [a] Ld b) Lag] <b>4</b> Away L [a] Ld b) Lag]	<b>G See-Saw Walk Cplx to Burpies</b> (Hug-the-World w/ wrap around touches) <b>1</b> Forwards <b>2</b> Backwards <b>3</b> to Burpies [a] Fw b) Bw] [w/ Rotation @: a) 90o b) 180o]	<b>G Soldier March Cplx</b> <b>1</b> Walk [a] Fw b) Bw] <b>2</b> Skips [a] Fw b) Bw] <b>3</b> Paw Strides <b>4</b> Backwards Run [a] BW b) SpCd rstd]
<b>H</b>	<b>Filipino Get-Ups</b> (Modified Turkish Get-Ups) <b>1</b> Lateral to Overhead Sqt [a] R b) L] <b>2</b> Lt High & Hvy Low [a] R b) L] <b>3</b> Fw to Ovhd Lunge [a] R b) L] <b>4</b> Lt High & Hvy Low [a] R b) L] [a] Slow MobL b) sSki Pole]	<b>H Carioca Lunge Cplx</b> [a] Back b) Ovhd c) Pr] <b>1</b> Carioca Steps Patterning [a] R b) L] <b>2</b> Quick Swivel [a] R b) L] <b>3</b> Carioca Lunge [a] R b) L] [a] double Leg b) single Leg]	<b>H Spiral Primals</b> [a] Bottom R&L b) Top R&L] <b>1</b> Parallel Sqt <b>2</b> Staggered Sqt [a] R b) L] <b>3</b> Lunge Pos [a] Ld b) Lg c) Alt] <b>4</b> Lat Lunge [a] Ld b) Lg c) Alt] [a] Up-2-Up & D-2-D b) Snatch Catch]	