

One Four Four One (1441) Training Systems

I SPINAL STABILITY	II SHOULDER GIRDLE (ShG)
A Dead Bugs (Neutral spine) [Hand/Foot: R&R-R&L-L&R-L&L-dR-dL] 1 Dead Bugs [:10 hold down] 2 Dying Bugs [:05 down then :05 up] 3 Perpetual Motion (single arm-Alt feet) [a) Wtd b) Tb-Hurdle c) Contact]	A Foam Roller 1 IT-Band [a) R b) L c) Alt R&L] 2 Quads [a) R b) L c) BiLateral] 3 Alt ITB & Quads (Dwn & Up: R-Middle-L)
B 1 Front Pillar X) Knees-to-Chest Y) Hip Rotation Alt R&L Z) Walking Wide Alt Ld R&L 2 Lat R&L [a) Stacked b) Cpt. Morgans] X) Knee-to-Chest Y) Reach Underneath Z) Starfish 3 Back Pillar (Reverse Quadruped) X) Knee-to-Chest Y) Hip Rotation Alt R&L Z) Walking Wide Alt Ld R&L	B Shoulder Warm Up Complexes 1 Row - Extrot - Press 2 Retract - Abd - Extrot - Pull 3 Jimmy Buffetts (Fins to the R&L) [a) seated b) Lunge R c) Lunge L] [a) BW b) dWt]
C IT-Band Slow Twisting (Tw) Kick Alt R&L 1 Hands stay glued to floor 2 Low kick & Low reach 3 Butt Drop w/ High kick & High Reach [a) Push-Up Pos b) Quad Pos]	C Job Exercises w/ Depressed ShG 1 [a) 0o b) 90o Extrot] 2 [a) Full Cans b) Empty Cans] 3 [a) Hugs b) Shypers] [a) Tb b) dWt w/ single knee on bench]
D Superman Complex (externally rotated arms) [a) BW b) Wtd c) Tb] 1 Straight out w/ thumbs up 2 Bird (T-Position) 3 Cobra (Hands tucked into sides) [Feet: a) St b) Wide c) Scissors]	D Bear Crawl Complex 1 [a) Fw b) Bw] 2 F-2-B w/ [a) R spin b) L spin] 3 Lateral [a) R b) L] 4 S-2-S [a) Fw spin b) Bw spin] [a) BW b) sWt Push b) sWt Pull c) Lb]
E Geometry [a) Continuous b) CoD] 1 Triangle 2 Square 3 Fig. 8's 4 5-pt Star [a) Mb b) sWt c) SpCd Lat Loaded R d) L]	E Inch Worms [a) Fw b) Bw] 1 BW Neck Rolls [a) Clock b) Counter] 2 From Push-Up Pos 3 Over-extended Push-Up Pos 4 w/ Tumbling Warm Up [a) IP b) Moving c) Walking]
F Pelvic Tilt Complex to Get-Ups 1 IsoLated Pelvic Tilts 2 Pole Vaulters' Crunches 3 Vaulters' Crunches w/ double Twist 4 Get-Ups w/ Ovhd Sqt 5 Get-Ups w/ [a) Sqt J b) Rot Sqt J]	F Spiderman [a) IP b) Walking] 1 Standard [a) R b) L c) Alt] 2 to Horizontal Rot [a) R b) L c) Alt] 3 to Vertical Rot [a) R b) L c) Alt] 4 to Hamstring Stretch [a) R b) L c) Alt]
G Dynamic 90's [a) Side-Lying "SL" b) Standing] (90o Hip Flexion-High Step Up Position) 1 SL w/ Snow Angels [a) R b) L] 2 SL w/ MA (Roll Db away) [a) R b) L] 3 Standing (Step-Up Pos) [a) R b) L] [a) BW b) sDb c) Tb d) MA]	G SpCd Lunge Position w/ Horizontal Rotation 1 Towards R [a) Ld b) Lag c) Alt R&L] 2 Towards L [a) Ld b) Lag c) Alt R&L] 3 Away R [a) Ld b) Lag] 4 Away L [a) Ld b) Lag]
H Filipino Get-Ups (Modified Turkish Get-Ups) 1 Lateral to Overhead Sqt [a) R b) L] 2 Lt High & Hvy Low [a) R b) L] 3 Fw to Ovhd Lunge [a) R b) L] 4 Lt High & Hvy Low [a) R b) L] [a) Slow MobL b) sSki Pole]	