

First Steps Back to Fitness

By Jacob Orndorff, CSCS, CSPS



5/25/2021

Introduction – Jacob Orndorff, CSCS, CSPS

-I am strength and conditioning specialist that helps people bridge the gap from therapy to performance-based training.

-Favorite hobbies: Fishing, outdoor activities, family time, and archery



Mentor!

What if the way we've always done things was wrong? –Mike Boyle



What's your goal?



Start Small to Build Momentum!



Overcoming Barriers!



Discipline NOT MOTIVATION!



Where Should You Start?



HOW DO YOU

MOVE?



Overhead Squat = Squatting

Hurdle Step= Acceleration drills, running, 1 leg unsupported drills

Inline lunge= lunging patterns, 1 leg unsupported, deceleration

Shoulder mobility= Pushing, pulling

Active straight leg raise= Deadlifting, Swings, SLDL

Trunk stability push up= Anti Extension exercises

Rotary Stability= Gait/locomotion

5 Basic Human Movements

Five Basic Human Movements
Popularity vs. Order of Importance

1. Push	1. Loaded Carry
2. Pull	2. Squat
3. Hinge	3. Hinge
4. Squat	4. Pull
5. Loaded Carry	5. Push

Coach Dan John

Loaded Carries



Squat's



Deadlifts/Hinge



Pulling



Pushing



Strategies to Incorporate This Type of Routine



Thank you!

Question Time

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