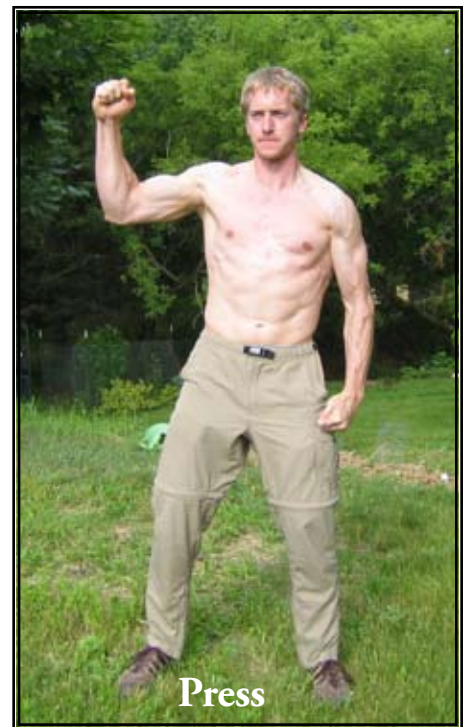




Feed Forward Tension Sample Exercises and Techniques



This is the final position of the clean. Tension is being drawn up from the left arm and pours across to the right arm, helping the lat suck the elbow into the side of the body. The fist closes harder as the shoulder flexes harder. The legs are tight, providing a solid base for the press.

The tension from the left arm is pouring up into the mid back repelling the right arm and providing additional strength for the press. As the tension pours up from the left arm you think of it pushing the right arm away. Everything else is tight, with a focus on breathing out through a straw and keeping the core contracted.



Tension pours across the upper back. The arms are magnetized towards returning to the center of the back, unlike the press where one arm repels the other. The right shoulder is being sucked up, the left is being sucked down. The legs are tight and provide a solid connection to the ground. This is an exercise for learning how to use the opposite arm to assist in the one arm chin.

This is part of the technique I use for closing grippers. The visualization is that I'm pulling up energy from the ground, and the shoulder is packed. As the shoulder packs in tighter, the hand must close more, this is the sensation you want to experience. Towards the final moments of the squeeze, the left arm can be recruited (i.e. flexed) to provide additional strength. The legs stay tightly flexed with a sensation of all energy returning to the center.