



Renegade System Course 2 – *Unilateral Loading*

Learn how to turn the bar into a lever arm and unleashed your clients' strength that matters regardless of age or fitness level. We use a pragmatic approach of biomechanics and force lines to teach you how the body was designed to properly lift **heavy** without ever adding unwanted joint stress. The Renegade System is a sustainable strength training system that will help your clients increase work capacity thanks to its **ergonomic tools** that helps maintain proper joint alignment throughout the entire range of motion.

The Renegade versatility and easy setup will help you prescribe movement patterns that offers a higher carry over **to increase work capacity** for real life activities such as athletics, tactical situations or any other purpose-based physical activity.

This course will give you a better perspective how PurMotion incorporate force vectors and load variations to efficiently load the body using ground based integrated movements.

Course Education Overview

- 4 hours of mind blowing theory and practice
- Course Manual
- Exercise Poster
- Product Discounts
- CEUs
- No Prerequisite required

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This course is divided in three parts:

I. **PurMethod overview** – attendees will learn how PurMotion:

1. Defines fitness, movement selection,
2. Explains the “why” behind our product design
3. Explains the rationale behind program design

II. **Unilateral Load**

1. **War Hammer** - Attendees will appreciate the ergonomic design of the War Hammer to do asymmetrically loaded upper body movements. The course will cover start position, execution and finished position for all exercises in the manual. In addition regressions, progressions and common faults will be covered as well.

2. **War Hammer Plus** – you will learn why this tool is our favorite for ground-based contralateral movements under load to develop trunk and lower extremity strength. You will be expose to multiple squat, lunges and RDLs variations using asymmetrical loads that perfectly complements bilateral lower extremity loading to create maximize strength required for purpose-based physical work!

III. **Programming**

Learn how to designed workouts using the Renegade System and other tools by following the PurMotion Method. Participants will learn the practical approach to constructing workouts by selecting the right movement s, in the right sequence and using simple constraints as auto-feedback to ensure compliance with the PurMethod.

CECs

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