

## **3 Strategies to Dominate the Open Webinar Review**

### **Strategize**

- Pull-Ups
  - Have pullup bar close to your hands so you're not jumping too much
- Make sure to have equipment close and you don't have to move too far for each movement.
- Breathing
  - DO NOT RED LINE but give it your all.
  - Know your balance and your endurance on these workouts.
- Repeat only 1x
  - It is ok to repeat the workout once but not ok to repeat twice. Too much of the workout can lead to too much fatigue and overloading of the nervous system

### **Nutrition**

- Green or black tea in the morning
  - Natural way to get caffeine
- Night before load up on carbs
  - sweet potatoes, quinoa, & vegetables

### **Recovery**

- Sleeping at least 8 hours
  - Blackout LED lights using black tape
  - Emily said between 2013-2014 this enhance performance the most
- See your chiropractor within 24 hours of 1<sup>st</sup> workout
  - Increase movement, better biomechanics, enhanced performance, and overall function
- Wear compression socks within 24 hours
  - Increased blood flow and circulation especially for box jumps, snatches, etc

### **Warm-Ups**

- For workout with lifts, be sure to warmup with that movement and prime the nervous system.
- Do not get overexcited to hurry up and do the workout but spend appropriate time warming up
- Do jump rump, rowing, or run for a few minutes to get body warm and have the heart rate moving slightly

### **Visualization**

- Be grateful you are able to compete.
- In the 10 second countdown, see yourself dominating the workout and being your best.
- Watch someone who inspires you before you go instead of watching someone who will fail multiple times as that puts a negative pattern in your brain.
- Don't complain over things you can't control
  - Wake up that morning positive and anytime anyone asks how you are feeling then the answer is great.

**Follow @draustincohen and @emilybridgers on Instagram for more strategies and tips the next 5 weeks.**