

The Sturdy Athlete Curriculum

Body-Awareness

1. The Cylinder
 - Protects against: rib and shoulder stress injuries, disc issues
 - Enhances: engaged core, low back stability, leg drive, rotation, posture
2. Shoulders, neck, and hands
 - Protects against: forward head position, shoulder/arm injuries, rib stress
 - Enhances: sitting tall, healthy breathing, stable end range mobility
3. Legs and Feet
 - Protects against: hip limitations, musculoskeletal imbalances
 - Enhances: effective leg drive, core control, gait, posture

Self-Awareness

1. Peak Performance
 - Clear breakdown of “the zone”, techniques to get and stay there
 - Breathwork for focus and calm, combats negative thought patterns
2. Wellness
 - Supports psychological recovery with self-regulation techniques
 - Emphasizes the mental discipline and clear communication

The Process

Semester-long Program

- 3-4 Day in-person observation + custom program creation
- 15 Week virtual program with weekly team sessions + individual check-ins

I sit in with your program (erg, water, weights) to create a custom routine which incorporates my observations and your goals. Your team gets **weekly online sessions** with office hours plus an **on-demand video library** to keep training consistent. You will see the benefits outlined above: physiologically and **psychologically sturdier, safer athletes** who know how to **protect their minds and bodies from repetitive stress injuries**.

BOOK A FREE CONSULTATION

