



Here's the thing we're finding... if you focus on developing the kinematic chain as a first priority - that is, teach the body how to move itself, where it is in space, how to use its structure and musculature in a coordinated and functional way, when you move to something more technical where efficiency of movement is required (e.g. PCIn, rowing etc) you hardly need to teach the finer points of technique at all. The body seems to recognise and know how to find efficiency in the movement. (Obviously later on we will want to refine technique as the athlete/trainee advances but initially, things just 'click'... magic!)

Take Kay as an example in the video below. She has no strength & conditioning background whatsoever - had never lifted weights before she started training as an IPT client with B32 Coach Joelle at the end of last year, and she had NEVER been on a rowing erg before yesterday. Joelle & Kay have spent the past four months on foundational S&C, CP-based protocols, training the kinematic chain - structure, function, coordination of movement... repetition, patterns...

Joelle put her on an erg yesterday for the FIRST TIME EVER. With very minimal technique coaching, Kay pulled the row stroke you can see in the video. Obviously there may be some natural ability that comes into this, but knowing Kay and her movement patterns when she first started training, this video is testament to the fact that if you get the body familiar with how to move itself first, the rest flows on beautifully...

This concept also has implications then for throwing someone into a workout (or trying to teach something complex) without those kinematic foundations... I'm sure you've all seen someone (or experienced yourself) being thrown into a bangin' workout (or just being coached on a complex movement like an o-lift) without having these foundations dialled. Even when these folks are having technique cues screamed at them their body just doesn't quite know how to move itself to find efficiency, something doesn't click.

[Footage - Kay Rowing](#)

Get the foundations built. Train the kinematic chain. Then build the walls of technique/skill, strength, speed strength, speed etc. and watch the progression...

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