



# RMU Training Low D1

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Thank you!



# Stronger = Faster



# Be Honest About Your Job

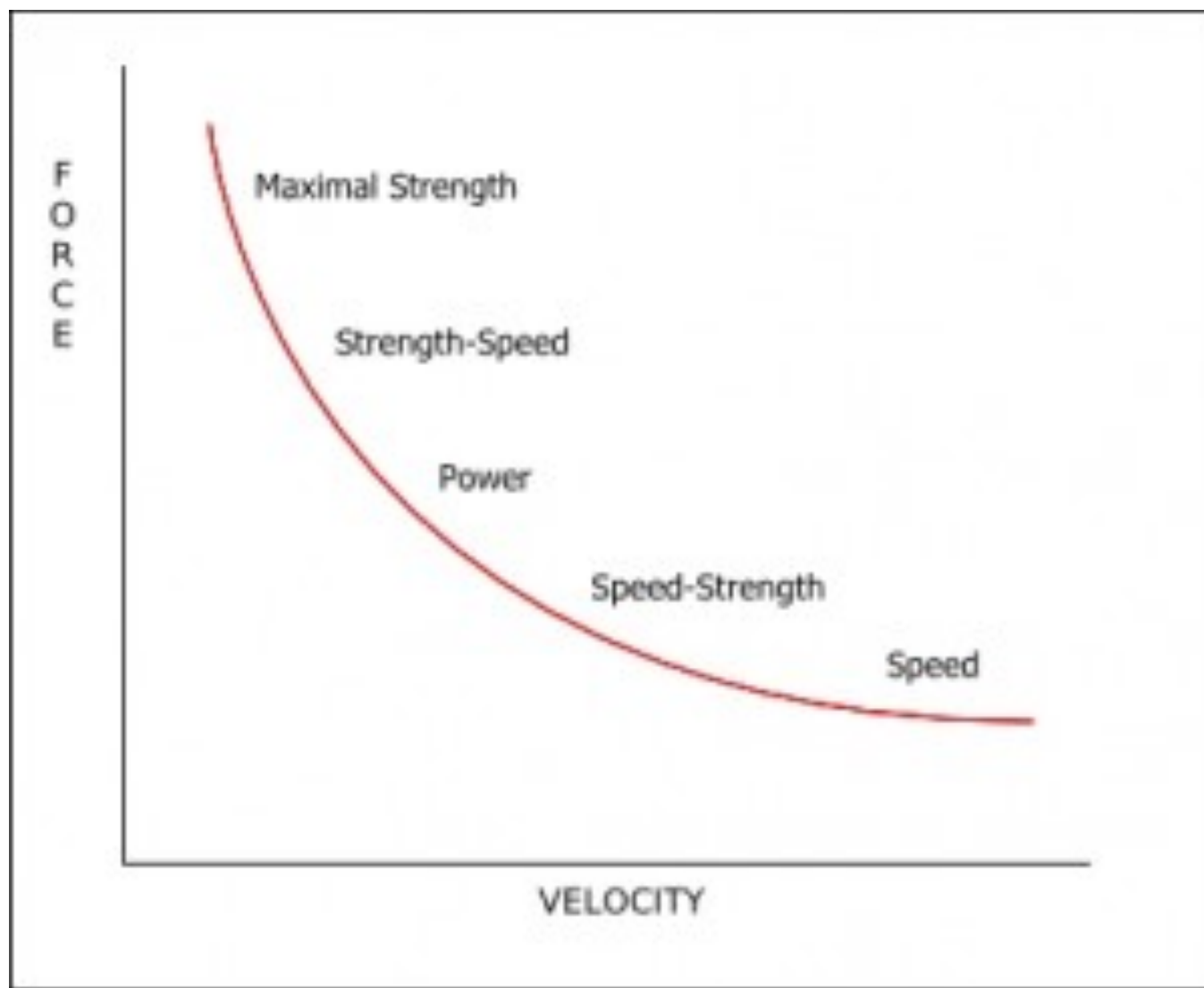
- Do you know the answer without the question?
- Teach Basic Movements
  - Work Capacity
  - Improve Movement Patterns
  - Improve RFD
  - Throw stuff, press stuff, squat stuff, row stuff
  - KISS

Stronger = Faster



# LOAD DISFUNCTION

- What is perfect function?
- What is a corrective?
  - Squats are corrective
  - Snatches are corrective
  - Cleans are corrective
  - Turkish Get Ups are corrective
  - Curls are corrective for my underdeveloped #gunz



# Start with this!

No one cares how  
much you know,  
until they know  
how much you  
care.

*Theodore Roosevelt*





"He who has a why to live for  
can bear almost any how."  
-Friedrich Nietzsche

# This Is My Why





# Be on Time and Work Hard

- Every job in the world requires two things:
  - Be on time.
  - Work hard.
    - These are the two things that will put anyone in a position for success.
    - These are also the most important lessons you will ever learn in college or in life.

# Contact

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