



THE SYNERGISTIC DOMINATOR

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OVERVIEW

Even very fit individuals might not be firing on all muscle cylinders, and this can bring about injury risks and decreases in performance.

One very common example of this is with what is known as synergistic dominance. For the deskbound, sitting on your seat can put the dampener on your gluteal firing. After an 8-hour day, you get up to go out for a long bike ride and through your ride you feel grief in the hamstrings.

This session looks at how your gluteals can literally take a vacation and not bring themselves to the training party when you need them because they have been sat on and stopped working properly.

This session gives guidelines to re-establish muscle firing balance. This includes muscle release and muscle firing drills using Trigger Point™/myofascial release methods, as well as muscle energy technique (MET) stretching.

This is beneficial for riders and non-riders.

OBJECTIVES

- Systematically go through assessments relating to the gluteals, hamstrings and back and put some training methods into practice and improve performance.
- Use methods or recovery/conditioning off the bike including myofascial tissue release and trigger-point therapy.

SUMMARY

A look at a common example where synergistic dominance can occur in the body and ways of putting the joint movement back to better practice for enhanced posture, movement and sports performance.

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