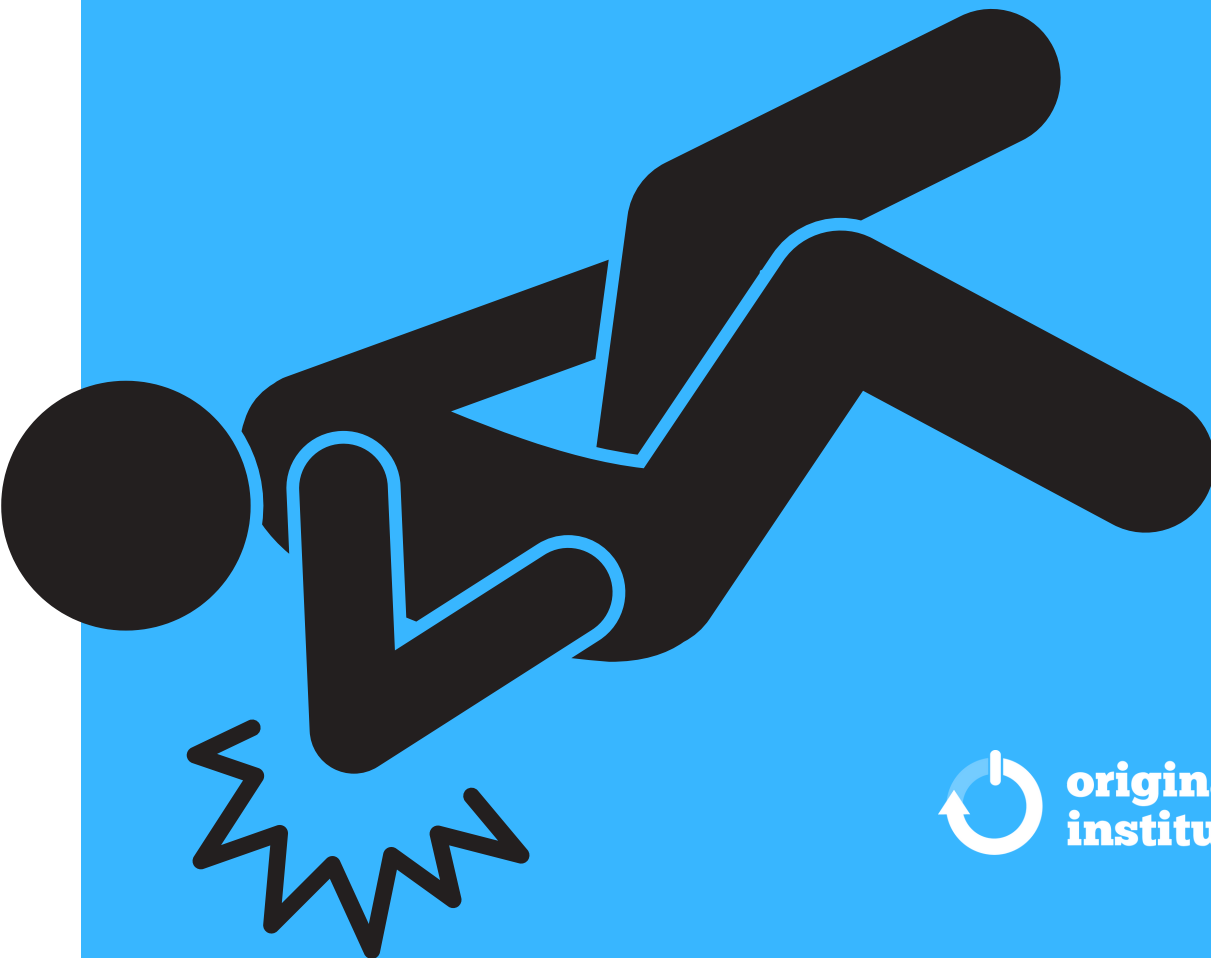


***CRASH*PROOF**

1 MONTH TO A MORE RESILIENT
AND LIMITLESS BODY WITH
COACH JOHN ODDEN



original strength
institute ONLINE

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WELCOME TO CRASH PROOF

THIS PROGRAM IS DESIGNED TO PREPARE YOU FOR WHATEVER LIFE THROWS AT YOU.



Want to learn a new sport? Play harder? Do you want to be able to keep up with your kids or grandkids? It's all in here on a fundamental level.

This program is well suited for someone already currently doing a more traditional gym routine since most “normal” gym routines typically do not address overall athleticism or work the body in authentic functional ways that can be applied optimally to life.

By introducing the body to odd angles and including unique situations that cause your body to react in a safe, natural way, we will undoubtedly be able to prevent injuries and get you moving more gracefully and powerfully through just about any situation. At a minimum we will simply help you stay on your feet should your balance ever be compromised.

That is being “Crash Proof!” And it matters.

Personally, just over 5 years ago I was suffering from chronic low back pain from 2 ruptured discs and I also had a shoulder impingement. I was far from Crash Proof, but I still thought I was athletic, strong, and durable at a svelte 250lbs while competing as a Scottish Highland Games professional all around the world. In reality, I had some serious holes in my game.

Luckily, while attending a StrongFirst certification I found out about Original Strength (a movement restoration system). I saw some of the guys rocking, rolling, and crawling around at the certification, and while I thought it was a little odd, it made sense to me on a fundamental level and it seemed fun. After “surviving” the certification with a great deal of pain and misery, I started on my OS journey.

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Initially, simply getting up and down off of the ground was a challenge and I also had some movement hesitancy with everything that wasn't done in a controlled, set pattern like a Get Up. Thus, I realized I had some work to do so I diligently implemented the Resets 3 times a day and I even used them between the training sets of my main strength lifts too. I made some serious progress on my mobility and my low back was almost pain free in a few months, plus I began to see the benefits on the field as well.

I was throwing farther! Not only that, but I could think more clearly and began to see movement from a much more play based lens. I was also a lot less sore and tight than I would usually be after long practices. Fast forward another couple years and a wise coach named Aaron Tandem showed me some rolling dynamic patterns and I realized I had a lot more work to do. I had some major "fear reactive" aversion to transitions and rolling. I simply could not imagine being able to effortlessly run across the ground and throw myself into a forward roll without serious pain or injury.

After some encouragement and progressive practice, I soon began to understand the value and skill of rolling. A few more months later, I could fairly easily get up and down without my hands in 10+ ways, I could make near-effortless transitions in awkward body positions, and I became able to perform a roll to standing on a hard mat.



I had become Crash Proof and I felt good, really good!

I think the ultimate gift you can give yourself and those around you (especially the kids in your life) is a resilient, strong, balanced body that moves with efficiency and power while being able to react to anything that comes your way. Kids mirror our movements and behaviors. So when they see us play and move with zest, we are planting seeds in them and inspiring them to use their bodies too.

How many 45-year-olds, let alone 65-year-olds, do you see playing actively with their children or grandchildren without limitations or fear? Your body is well capable of doing this with some proper training and focus. This is also the type of life situations that Crash Proof training will prepare you for as well - the good life.

04 WHAT TO EXPECT

This program is essentially a “desert island” plan you can do just about anywhere: **15-20 minutes (25 minutes if you do the bonus die rolls), 3 times a week with minimal equipment.**

Sound too good to be true? Well, it's not and we will show you how with a little effort, creativity, and a playful attitude. This program will not interfere with your time on the slopes or in the gym since it's all complementary and relatively low intensity. After each training session, you will feel refreshed and ready to take on life.

If desired, this program can be used as a warm-up or movement primer for traditional gym training as well. Because this program is also restorative, it will undoubtedly help fill in the gaps that may exist in your current training and strengthen any weak links that may exist in your body. In other words, Crash Proof can also improve your performance with your current training modality.

Crash Proof is about building a platform of resiliency. Because of this, we strongly recommend that you make a habit of pressing RESET daily (just 3-5 minutes is enough to improve your movement quality). If you don't know how to do this, we will show you.

Pressing Reset daily is just like brushing your teeth or flossing, it's essential for optimal health. It allows you to think, feel, and live your best.

Your daily RESET routine can be done by doing the 5 resets or playing with your own flow variations once you feel comfortable enough to make them unscripted. Don't worry, this will become fun and instinctive, so your own body will guide you over time. It'll become something you crave to do. You may find that you feel off if you don't do it, much like that feeling you get when you forget to brush your teeth. You know that feeling when your teeth feel gritty or you have food stuck in them or people are crying around you because your breath is bad? Pressing Reset is essentially like basic hygiene for your whole body.

One more thing. If you are SUPER active or SUPER ambitious and you want to include this program on top of a traditional training plan PLUS an active lifestyle, then we suggest keeping your traditional training workouts to less than an hour and no more than 3x per week.

05

LAWS OF STRENGTH AND DURABILITY

Wolff's and Davis's law are used in anatomy and physiology to describe how soft tissue models and/or remodels along imposed demands of stress (how you use your body). Wolff's law applies to bone tissue. Davis's law applies to soft tissue (muscle, tendons and ligaments).

These laws of nature can serve as a guide to help us on our journey to become Crash Proof. They can also help us to realize that we need to get outside of our comfort zone and challenge the body (stress the body in a beneficial way) so it can adapt and ultimately give us what we are asking of it.

If we learn how to challenge our bodies in relatively controlled environments and situations, when we are out on the slopes or when we come across any challenging life obstacles, our bodies will be able to respond with familiarity - they will keep us from getting injured and allow us to enjoy our life adventures. Having said that, some of the movements in this program may seem awkward and unfamiliar, but that is the point.

The body wants to adapt and learn. It wants to become excellent at problem-solving innately (reflexively). This allows our bodies to be able to react naturally and powerfully without thought or hesitation in order to avert would-be disasters. This is the key to being Crash Proof. Life is an unfolding of the unknown.

I am not going to tell you that this program will make you unbreakable. But I can tell you that it will surely make you much more resilient, athletic, strong, and confident with whatever life throws at you. And this is ultimately what becoming Crash Proof is all about!

06

THE CRASH PROOF “LITMUS”

BASELINE TEST: Get down to the floor and back up with no hands using the “Sitting-Rising Test”

Starting out in a standing position, get down to the floor to a sitting position without touching your knees, legs, hands, or any part of your arm on the floor. Then reverse the movement and stand back up again without using any compensations again. Check out [this study](#) referenced on the Sitting- Rising Test (SRT) for some interesting findings related to mortality rates as well as more details of the test.

- A perfect score is a 10/10
- You lose a point for every body part your lean on while getting down or up from the ground. (ex- if you touch your knee to the ground on the way down you would lose 1 point out of 5, if you touch your hand and knee on the way up then you would lose 2 points out of 5, total score would be 7/10)
- If you are wobbly during the way up or down then you lose a half point.
- A perfect score is very attainable for just about any age, but may take practice
- This is a great baseline test and will likely improve throughout the program, but be patient, progress takes time.

Already score a 10 out of the gate before completing the program?

Well awesome, that just means you probably already rock, roll, and play with the basics without much trouble. We will call that a score of “GOOD” and should mean Weeks 1 and 2 and will feel quite easy. Your challenges will come in week 3 and 4!

To put it through our “Crash Proof” lens, let's add some complexity and variables to make it a bit more challenging and have something measurable to strive for: Using “10” as the perfect score again, let's take this up a notch by closing our eyes for the following advanced variations to really push our ability if we feel up for it.

*Take a point off if you have to open your eyes and do not attempt the next level until you score a perfect “10”.

- “BETTER”- 2 legs, eyes closed, not hands or arms touching (same as the above test used in the research, just eyes closed)
- “BEST”- 1 leg (pistol), eyes closed, no hands/arms, no wobbles, arms over head.
- Now you have a solid baseline test and probably some room to improve, so let's get into the program.

07

THE PROGRAM OVERVIEW

This program can be done as a stand-alone plan or addition to just about any current training program. It is designed to only take 15-20 min 3x week with suggested daily movement/resets.

Do not push your body into pain or excessive discomfort. Start slow and listen to your body. If you have any concerns, stop. We can find alternatives and solutions. This program should be fun and it should energize you. It is designed to get you thinking, moving, and playing in new ways outside of the traditional gym “bubble”.

You will not need any specific equipment for this program. Although, a few kettlebells, sandbags, and/or indian clubs would be great to have. Again, if you don't have those things, don't sweat it. Your bodyweight, creativity, and a playful attitude will be all that you need.

Press Reset on Your Days Off and Play Like Your Life Depends on it

Perform a minimum of 5 minutes of resets/breathwork on your days off. Also, consider adding a few extra reps from a more challenging pattern or strength exercises that is especially challenging for you (this is mindful practice). Remember, on your “off” days, rock, roll, crawl, and play like your life depends on it! You can also do a bonus “die” roll on these days to add some spice and keep your skills sharp.

*Start with the video on Original Strength RESETS to unlock your body's potential: <https://youtu.be/oujg2tCi9ho>

08 THE ESSENTIAL PILLARS TO BECOMING CRASH PROOF

THE FOUNDATION OF REFLEXIVE STRENGTH

Your reflexive strength is the foundation for all the wonderful movements your body can make. Reflexive strength, which we often refer to as your Original Strength, is nothing more than your body's ability to anticipate, predict, proact, and react to movement before and as it happens. It's the predictive strength and the reactive strength that allows your body to move with power, speed, control, and fluidity. It's also the strength that protects your body from injury. The faster your brain can predict and react to how your body needs to move to avoid injury the better.

Reflexive strength is also an automatic strength that does not require thought. When the body has a solid foundation of reflexive strength, it is able to move with inherent wisdom - all the right things fire at all the right times. This makes moving easy and it even makes learning new movements intuitive.

When the body is lacking reflexive strength, not all the right things fire when we need them to. The body has to recruit other patterns and muscles to pull off certain tasks. This results in accidents like tripping without being able to avoid falling. Also, when we lack reflexive strength, learning new movements can become laborious. Our conscious thoughts may even have to get involved to figure out how to do simple movements that we would otherwise learn effortlessly.

The best way to remain Crash Proof throughout your life is to maintain your reflexive strength. The best way to maintain your reflexive strength is to engage in your movement design every single day.

You were designed to breathe with your diaphragm. You were designed to move your eyes and your head. You were designed to rotate and roll. You were designed to rock and sway. And you were designed to crawl, walk, skip and run. These movements are the keys to rebuilding and maintaining your reflexive strength, your original strength. Engaging in these movements strengthens your nervous system in a miraculous way. We call this Pressing Reset.

09 THE ESSENTIAL PILLARS TO BECOMING CRASH PROOF

TRANSITIONS

Transitions are simply moving from one position to another. The more reflexive strength we have, the easier and the smoother we can transition and flow from position to position. Also, the greater the foundation of our reflexive strength, the more options we have to perform transitions. The more options we have to move, the more Crash Proof we become. This means we can enjoy the freedom and joy of movement without having to “think” or worry about hurting ourselves.

This is often where the fun begins and the light bulbs go off...after some practice. It's very interesting to watch adults problem solve and negotiate how to transition from one position to the next (belly to back, knees to feet, etc.). It's very easy to see fear, overthinking, and a disconnect from the body when first asked to perform these tasks. But this is how you are made to move - fluidly from position to position. This is what kids do all day long when allowed to play and move freely. They pick up a ball, crawl on the ground, squat down, jump up quickly, and do summersaults - you get the idea now I'm sure.

You too will reclaim this ability throughout the course of this program. It's easy to start playing and relearning these skills throughout the day once you open your mind and body to the playful kid inside you.

ROLLING, TUMBLING, AND REACTIVITY (aka RTR)

Rolling, especially in the form of tumbling, is more like a “transition at speed.” This fundamental skill is all about having the ability to quickly adjust and react to changing positions or quick movements while having the agility to “bend not break” by dissipating forces that are acting on the body.

Being able to roll well ensures your body can freely move - it means your body can produce power and also receive, or absorb, power that may be imposed on it from outside forces. This is very important since it decreases your risk of injury when participating in life's many adventures.

10 THE ESSENTIAL PILLARS TO BECOMING CRASH PROOF

Tumbling is also an essential form of rolling that is often forgotten. Having the ability to tumble, to roll through a fall is paramount in avoiding injury should you ever trip, lose your balance, or get knocked off your feet.

Knowing how to tumble and roll through a fall is really “going with the flow of the fall,” or moving with the momentum of the fall, while also protecting your head and your major joints. It is the difference between “walking it off” or being severely injured. On top of that, it’s quite fun and energizing when done well.

Tumbling is a very intuitive “skill” (an expression really) that your body does know how to do when it has its solid foundation of reflexive strength. If you have your reflexive strength but it’s been a while since you’ve tumbled, a few practice sessions can help your mind remember what your body really does know how to do.

Having said that, we are going to remember how to roll and tumble. But don’t worry, the first thing we are going to do is make sure you feel safe on the ground, giving you a safe and solid base to reclaim this ability. Once you feel comfortable, we will add variables to get you back on your feet, reacting like a pro to challenges that you may not have realized you could handle.

GAIT

Your gait pattern is simply the contralateral (opposing arm and leg coordination) pattern that “ties you together” and gets you from one place to another. Believe it or not, many of us have actually neglected our true gait pattern and instead have opted for a less than optimal way to walk or run. What I mean is that many people don’t use their arms when they walk anymore. This means that most people are missing out on the neural rejuvenation and physical health benefits that walking is actually supposed to supply to our bodies.

Walking without engaging all four limbs is a less than optimal expression of our gait pattern. But even still, this way of getting from one place to another is a gift. What I mean is that we often take our gait pattern for granted until we struggle to use it. If a person suffers a serious incident like a stroke or if a person becomes extremely deconditioned, basic locomotion becomes difficult. The loss of our gait pattern is the loss of our freedom.

1 1 THE ESSENTIAL PILLARS TO BECOMING CRASH PROOF

Fortunately for all of us, our nervous system is quite plastic and malleable. We can regain, rebuild, restore, or simply strengthen our gait pattern. This means we can improve and restore the entire health of our nervous system and body - we can become Crash Proof.

An easy way to do this is to start back at the beginning. Crawling is the first effort the human body makes to use gait. Engaging in crawling at any age, builds and strengthens the nervous system. From there, we can progress to walking and eventually sprinting.

Again, one of the greatest secrets to our physical well-being is engaging in our proper gait pattern. Unfortunately, our modern world creates many distractions that keep us from doing this. But the good news is that we can keep our gait pattern sharp easily and nearly effortless with a little tune-up from time to time. All we have to do is engage in it deliberately. This can be quite fun and invigorating. Nothing lights up our entire nervous system and creates body awareness like gait training. The return on investment is amazing and you will feel it with everything you do.

BALANCE

When it comes to movement, the word “balance” often conjures up images of standing on a balance beam, standing on one foot or standing on some unstable surface, like commonly used in a rehab setting while a person is recovering from an ankle injury or another type of injury. These images are a type of balance but they don’t encompass all that balance truly is. Balance is actually the ease and freedom of movement - it’s confidence in movement. A body that has balance is a body that has limitless options in movement and a boldness to move. In my facility, it is common for people over the age of 50 to tell me that their balance isn’t as good and they want it to be and they don’t feel confident and “safe”. They don’t have balance and they don’t feel safe.

But they don’t stay that way.

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Balance can be regained, which means freedom of movement and confidence in movement can be restored. Balance can also be sharpened. You may have “good” balance, but you can fine-tune it even more with some simple practice. This results in even more freedom to move.

Balance is really just a combination of all areas of the brain and body working together harmoniously. This harmony starts and ends with the vestibular system (the balance system). One of the easiest ways to strengthen the vestibular system and ensure that the entire body is moving together as one beautiful dance is to regain control of our eyes and head. This can be done by simply moving the eyes and head in certain ways or it can be done in fun, dynamic ways like rolling and tumbling! Any movement that reinforces great head control and great head protection is a movement that strengthens balance and promotes freedom of movement. Crash Proof checks this box in many ways!

POWER

This area is where we get to express our ability to reflexively move quickly and smoothly, like a gazelle or a lion, if that is your “spirit animal”. Who doesn’t want to feel spring-loaded on the slopes or while playing a game of pick up basketball? Power is where athleticism really gets to be expressed. A body that can express power is a body that has no tethers or restraints.

Unfortunately, power is one of the first areas to go in adults and it often never gets reclaimed. It is easy to spot the decline or loss of power in a person. In an athlete, it can be seen in missing that quick, “first step” in their game. For a gym-goer, it can be seen when they are afraid to jump up or down on a box. For a homebody, it can be seen as the trepidation and fear they approach a flight of stairs with. And in the elderly person, it can be seen as they are unable to get out of a chair easily and quickly or simply walk unassisted.

We should all be able to sprint up a hill, bound up a flight of stairs, hop off a ski lift, or jump out of a chair with ease. And we are going to. In Crash Proof, we are going to establish a proper base of reflexive strength. Along with and on top of that proper base, we are going to intelligently build power and restore our bodies’ springs in a safe manner.

13 THE ESSENTIAL PILLARS TO BECOMING CRASH PROOF

STRENGTH

Finally, let's talk about strength. If power means doing things quickly and explosively, strength would be the base on which our power is built. You cannot be powerful without being strong first. Moving our bodies effortlessly and explosively requires strength.

Strength is tricky as it has many meanings and connotations. Some think of strength as a mental or emotional attribute that allows them to endure or overcome a challenge or trying situation. Others may think of strength as a physical trait that is measurable and quantifiable like a barbell deadlift or a bench press. For the purpose of our Crash Proof journey, I would like to offer an alternative view or definition of strength:

Strength is the capacity or ability of an object or substance to withstand great force or pressure. Strength is often unknown until it is discovered through trial.

Basically, strength is like the diamond inside the coal, and it's the unyielding force buried inside of you.

Again, strength is formed and discovered through trial, through pressure, and through challenge. It's the result of submitting oneself to pressure for the purpose of growth and improved capacity. During the Crash Proof program, we are going to apply pressure through challenge. In other words, we are going to discover and establish your strength so that you can withstand the force of life.

This suits our purpose optimally as it is an essential trait of someone who is athletic and able to move well. It's a "side effect" of putting in the work.

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THE PROGRAM EXERCISE:

- This program is ideally done shoeless to train our feet to be resilient, strong and reactive too, but if you have not been training for at least a few weeks without shoes or have orthopedic limitations, please use whatever footwear generally works best for you during activity and consider starting your warm ups barefoot.
- Rest periods should be under 1 minute and you should always be able to pass the “talk test” and be able to maintain nose breathing with the tongue on the roof of the mouth before starting another set or exercise in the sequence.
- How do you do the “talk test”? Simply say “ I can now pass the talk test” without having to pause or gasp for air and you are good to go. You can create your own talk test too as long as it’s a sentence over 5 words long. You will catch on quick!
- How hard should you be working at most? 6-8 out of 10 is usually the sweet spot, less than that and people often feel bored and understimulated. Over an 8 and the exercise gets too frustrating and hard to learn or sustain short or long term.

Essentially this program should ALWAYS leave you wanting more and feeling refreshed!

PRESS RESET DAILY

(3-5 MIN TOTAL)

- Diaphragm breathing 20-30 breaths
- Head Nods and Rotations prone on elbows 10 reps each
- Segmental Rolls 3 lower/ 3 upper per side
- Rocking dorsi and plantarflexed 10 reps each
- Slow crawling on knees all directions 1 min
- Standing Cross Crawls slow 10 reps per side

DAY 1

B1) TRANSITIONS
Rocking to squat stands 45 sec

B2) RTR
Rocking Chair 30 sec

2 ROUNDS
**add 1 round starting Week 2*

C1) GAIT TRAINING
Marching forward and backward x 45 sec

C2) BALANCE
Slow Cross Crawl with holds 45 sec

2 ROUNDS
**add 1 round starting Week 2*

D) POWER TRAINING
2 leg landings from a low box 12-24 in.

- 3 sets x 5 reps, progress to 1 leg if able

E) STRENGTH
Goblet Squat with 5 sec Pause

- Hold moderate weight, 3 sets x 3 reps to 8/10 effort

DAY 2

B1) TRANSITIONS
- Lego Rocking/Single Leg Walkover Rocking (switch legs halfway) 45 sec

B2) RTR
Egg Rolls 30 sec, controlled first, then play with speed.

2 ROUNDS
**add 1 round starting Week 2*

C1) GAIT TRAINING
- Slow Axis Crawling off Knees 45+ sec

C2) BALANCE
Cross Crawl Lunges 45 sec, slowly!

2 ROUNDS
**add 1 round starting Week 2*

D) POWER TRAINING
Power Skipping 30 sec x 3 rounds

E) STRENGTH
Reverse Lunge 3 x 8/10 effort with slow lowering, per side.

- goal would be 15 slow reps, then add weight

DAY 3

B1) TRANSITIONS
Get Up with a cup of water (1 rep per side slow and smooth)
**add 1 round starting Week 2*

B2) RTR
Dynamic rocking, off knees if able, 45 sec

2 ROUNDS
**add 1 round starting Week 2*

C1) GAIT TRAINING
Loaded Carry with Marching

- 45 sec
- moderate weight, awkward load ie. a sandbag or heavy stone

C2) BALANCE
Single Leg Deadlifts with touch off center (3 x 5 reps with slow hold at end range)

2 ROUNDS
**add 1 round starting Week 2*

D) POWER TRAINING
Push Ups 5 reps x 4

- Regress to rocking push ups if needed or preferred) from the ground or box (keep these explosive)

E) STRENGTH
Cossack Squat

- 3 sets per side x 8/10 effort
- Progress to weighted once 8 reps with full range of motion can be achieved).

PRESS RESET DAILY

(3-5 MIN TOTAL)

- Diaphragm breathing 20-30 breaths
- Head Nods and Rotations prone on elbows 10 reps each
- Segmental Rolls 3 lower/ 3 upper per side
- Rocking dorsi and plantarflexed 10 reps each
- Slow crawling on knees all directions 1 min
- Standing Cross Crawls slow 10 reps per side

DAY 1

B1) TRANSITIONS
Rocking chair to roll over single leg rock (alternate legs, 45 sec).

B2) RTR
Kneeling forward roll to get up (45 sec)
3 ROUNDS

C1) GAIT TRAINING
Marching with clubs + head load (45 sec)
**use sled if available*

C2) BALANCE
Slow, Eye Closed Cross Crawl (45 sec)
3 ROUNDS

D) POWER TRAINING
Vertical Jump Repeats
• 3 sets x 10 jump up, land soft, repeat quickly, keep it explosive!

E) STRENGTH
Airborne Lunge
• Start with 3 x 5 reps
• 8/10 effort level
• start with the level that you can handle for 8 solid reps at your best, progress as able
BONUS - DIE ROLL

DAY 2

B1) TRANSITIONS
- Table top to squat to plank walkout (45 sec)

B2) RTR
Single Leg RDL balance with ball toss/catch (30 sec per leg)
3 ROUNDS

C1) GAIT TRAINING
Fast 4 way crawling
• *Square pattern, off knees, progress to spiderman if able (60+ sec)*

C2) BALANCE
Cross Crawl Lunges
• 30 sec per side
• SLOW!
• Progress to 4-5 patterns
3 ROUNDS

D) POWER TRAINING
Power Skipping
• 30 sec x 5
• Rest 45 sec per round
• Add backward skipping if able

E) STRENGTH
Single Leg RDL
• 3 x 10 reps or 30 sec/side
• Variable "alive", offset load
BONUS - DIE ROLL

DAY 3

B1) TRANSITIONS
Get Up with uneven load/angles
• 8-10 effort level
• 1-2 reps per side
• Faster tempo

B2) RTR
Backward Rolling to get up as many ways as possible
• 60 sec of work
• Alternate shoulders
3 ROUNDS

C1) GAIT TRAINING
Loaded Carry
• 60 sec
• 8/10 effort level
• Stay smooth, medium speed and step length

C2) BALANCE
Loaded Segmental Rolling
• 60 sec ea side
• Hold small weight
3 ROUNDS

D) POWER TRAINING
Lateral Hops with rolling transitions
• 3 x 10 reps total
• 5 each way
• Fast but controlled
• Only hop if able

E) STRENGTH
Cossack Squat with load
• 2x 5 per side
• 8/10 effort
• Only load if ready and use a lighter weight
BONUS - DIE ROLL

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BONUS CHALLENGE

HAVE SOME EXTRA TIME AND WANT TO OPTIMIZE YOUR CRASH PROOF BODY?

Choose one exercise challenge in the area you need the most work or simple use the dice roll to keep it fun and variable to maximize all areas of Crash Proof athleticism.

- **Roll a “1”...** Rolling patterns 2 minutes (egg rolls, rocking chairs, barrel rolls, any roll counts. Keep it intuitive and fresh by changing directions and speed too)
- **Roll a “2”...** Build an obstacle course with minimal equipment and play for 5 minutes (something to jump on, jump over, a board, some rocks and uneven surfaces, make it playful yet challenging)
- **Roll a “3”...** Get Up/ Get Down without hands as many ways as possible with control for 5 minutes (change speed, angles, and try new ways to get up, I’ve found over 15 ways to get up without using my hands, now you try!)
- **Roll a “4”...** Sprinting 10 rounds 15-20 meters on the minutes with various starting positions (keep the body fresh and reactive, start from -kneeling, back on ground, rolling, change the environment and reap the benefits!)
- **Roll a “5”...** Monkey Around with monkey squat hops and squat walks for 2 minutes (change speed, angles, squat depth, arms, no arms)
- **Roll a “6”...** Off the Knees Movement Flow for 5 minutes without letting the knees touch the ground. (Nose breathing, smooth transitions, good body mechanics, how well can you problem solve and create different ways to flow off the ground for a full 5 minutes? Rest if you need to rest, but keep challenging yourself too!

“YOU DON’T HAVE TO GET READY, IF YOU STAY READY”
- DR. ERIC THOMAS

18 FINAL THOUGHTS ON CRASH PROOF

Have you completed the program now?

If so, thank you for allowing us to be a part of your life. Now we want you keep honing, playing, and sharing the benefits of being Crash Proof.

The journey never has to end. You will enjoy the ride if you simply keep moving and learning everyday.

SO HOW DO YOU KNOW WHEN YOU HAVE BECOME CRASH PROOF?

GRAD STANDARDS

CRASH PROOF ENDURANCE*

Rucking with 10% of body weight over uneven terrain for 20+ minutes with mouth closed (ideally full of water)

*Crawling 10 min crawl test

CRASH PROOF STRENGTH*

Get up with $\frac{1}{2}$ bodyweight men and $\frac{1}{3}$ BW women
Single Leg Airborne Lunge or Pistol Squat for 5+ reps per side

CRASH PROOF REACTIVENESS/READINESS*

Jump from box into multidirectional rolls from moving position to ground and back with with control/power while being able to sprint away seamlessly in 3+ different ways

PASS THE SITTING-RISING TEST* WITH AT LEAST A "BETTER" OR BEST" RATING.

"PLAY AS IF YOUR LIFE DEPENDS ON IT."

Frank Forencich