



Ground Based GOATA

WARM-UP



CHAMPIONS ALWAYS FIND A WAY

— **Shea Pierre**

Welcome to the Ground Work GOATA Routine. Outlined in this document are the exact steps you need to take to ensure your body and your mind are geared and prepared for each day of training. It's the exact routine that I personally use on myself as well as all my athletes who are looking to go from average to great.

This routine should be done **before every single training session**. Let me repeat that again - **before every single training session**. In order to become a great athlete you have to be willing to do what the majority of people won't and you need to do it consistently.

Please start by watching the video below (or in the member's area) to make sure you know how to properly perform each movement. It might seem slow at first, but over time you will begin to remember the sequence and it will become easier to do in a short amount of time. Let's dive in.

 [Click here to watch the video](#)



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🔴 Exercise 1 GOATA Rockers (Parallel/45 degrees Set) *x20 Each*

INSTRUCTIONS: Start in a narrow stance or parallel position (knees in line with the hips and shoulders) with an emphasis on the heels out and pointing away from the body! You are going to place your hands out in front of you for added support. Now you're going to rock back in the evolutionary rocker position while making sure to keep the butt below and behind the ribcage which is back chain dominant behaviour while also keeping your head and chest up. It's also extremely important to only rock back to where your range of motion allows you and slowly over time you will gain more range to where you can rock all the way back so your butt touches your heels!

🔴 Exercise 2 GOATA Rockers Toes Tucked *x20 Each*

INSTRUCTIONS: Open up the toes, the metatarsals of the feet, here you want to emphasize awakening the power side of the foot which is the outside edge of our foot. We will pivot and rotate to generate force and power in the 45 degree pressure wave during the propulsive phase of forward locomotion and which sets us up for our next exercise.

🔴 Exercise 3 GOATA Rockers to Usain Bolt Squat *x10 reps*

INSTRUCTIONS: Keep your toes tucked throughout the duration of the movement and shift your bodyweight back from the rocker position into the Usain Bolt Squat.

🔴 Exercise 4 GOATA cornering DragonFly Kickouts (Support or No Support) *x20 reps*

INSTRUCTIONS: The first variation will be with support (hands out in front) and if this becomes too easy you can move to the more advanced version with no support. You start this movement by shifting your weight back into the rocker and then transitioning back, then you will pivot and rotate your knees inwards, kicking your legs and heels away from the body.



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🔴 Exercise 5 GOATA S Corners (Parallel/45 Degree Set) x20 Each

INSTRUCTIONS: Start in a narrow stance or parallel position (knees in line with the hips and shoulders) with an emphasis on the heels out and pointing away from the body! You can start by placing your hands out in front of you for added support and coordination of the movement. Once you understand the movement you can take your hands off the ground and into a more athletic position. You're then going to shift and sway your hips laterally side to side while making sure to keep the butt below and behind the rib cage. Keep your head and chest up.

🔴 Exercise 6 Hip Mobility Flow

INSTRUCTIONS: Start off with movement number one called Pigeon Pose which you will hold for 1 minute. Place whichever hip first in front of your body – bend and drop that hip in front of you while extending the opposite leg straight back behind you and assure that the heel is pointing out and away. To increase the stretch in the front hip scot the back leg closer inside the body. After the one minute is up you will sit up and place your hands on the ground in front of you and push yourself forward and back 10 times to open and close the hip. Once complete, you will then drop your front side hip laterally 10 times to further open the hip to increase the range of motion from another angle and to finish the flow you will place one hand on the ground for balance or if you want to make the stretch more intense then take the hand off the ground and rotate towards the front knee 10 times to squeeze out all the extra juice in the hip to prime it for game action. Make sure once you're finished to repeat the same sequence on the other side.

🔴 Exercise 7 GOATA Cornering w synchronized Dragonfly Kicks x20 reps per side

INSTRUCTIONS: Two knees down and one knee down as the pivot point for the rotation. When completing the rotation on one knee, start slow as this highly increases the intensity of the stretch but really does free up more space within the hip casual.



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🔴 Exercise 8 **World's Greatest Stretch Flow** *3-5 reps per side*

INSTRUCTIONS: Start off in a push-up plank position and then pick up one leg and bring the foot down inline with the opposite hand. From here you will drop the inside elbow down as close to the ground as possible. Hold for just a few seconds. Next you will raise your hips and straighten out your front leg while pulling your front toe towards the shin into dorsiflexion. This will put the front side hamstring on stretch – hold for 2-3 seconds. From here you will drop the back knee to the ground and go into a lunge with rotation while pushing the hips forward to get a stretch in the hip flexor and quadricep.

🔴 Exercise 9 **GOATA Half Crawl** *x10 reps per side*

INSTRUCTIONS: Start with your left knee up and forward pointing 22.5 degrees outside and away from the midline of the body with the heel away and the same side front hand placed in front of the knee. While the back-leg knee is sitting on the same parallel line as the front knee pointed 22.5 degrees across the midline with the heel pointed away from the body and the same side hand out in front of the body. Make sure to place the pressure on the outside edge of the feet and hands. In order to move forward you must look to mirror the position you are currently in by rotating and spinning the energy from one side to the other. Pick up and move the left hand up and forward at the same time as you drive the back knee up and forward.