

ANGULAR SHANK LOADING MODEL & INTEGRATED FOOT SHIFT
PROTOCOLS

Hip Thrust Coaching Points

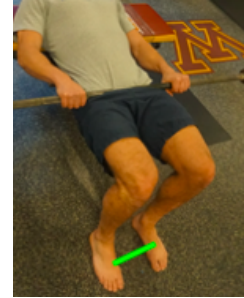
1. Stance **Strength – Wide**



Power – In-line



Speed – Narrow



2. 3-Way Foot **External**



Neutral



Inverted



3. Foot Roll **Strength**



Power



Speed



4. Squeeze Big Toe

5. Hips Moving Down = Toes Up