



9-10:00am: **Neurology & Performance**

- How does IKN look at performance?
- Neurology 101
- How can neurology affect strength, power and speed?

10:00am-12:00pm **Movement Neural Modifiers**

(Practical breakout)

- How to make any movement more stimulating to the nervous system?
- Stop/Start
- Drop/Catch
- Isometrics
- Extreme Eccentrics

1:00pm-2:00pm **Muscle Sequencing & Co-Contraction**

(Practical Breakout)

- How to facilitate co-contraction during movement
- Cueing and training concentric contraction during eccentrics

2:00pm-3:30pm **Brain Safety & Force Absorption**

(Practical Breakout)

- Understanding threat, and progressions to improve output
- Force absorption exercises

3:30pm-5:00pm **Chaos Training**

(practical breakout)

- Reflexive reactivity training
- Creating resilient athletes