

## ★ Technique First

☞ Technique is the most important component of any strength and conditioning plan. If an athlete cannot squat or lunge their bodyweight with perfect technique, then there is no need to add external load to the exercise.

☞ Bodyweight training is a corner stone of any strength program and athletes learn to respect their bodyweight when proper technique is introduced.

☞ Technique is important for 2 reasons:

- i. Reduce Chance of Injury
- ii. Improve Performance

