

Jason Masek's Presentation From The 2018 NSCA Coaches Conference Is Now Online: Push, Pull, and Propulsion – The 10-20-30-40 Concept

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PROPULSION

- Propulsive force generation comprises two primary factors: ankle moment and the position of the center of pressure relative to the body's center of mass. (Hsiao, et. al., 2015)
- These in turn encompass a variety of other complex biomechanical considerations including ankle dorsiflexion and plantar flexion, knee extension and flexion moments and the timing and magnitude of action of plantar flexors and energy consumption. (Groner, 2016)

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At this talk for the National Strength and Conditioning Association's (NSCA) Coaches Conference the Hruska Clinic's Jason Masek talks about how to implement and properly execute push, pull, and propulsion movement patterns and variations into athlete programming. The presentation is available to NSCA members online. Click [HERE](#) to access it.