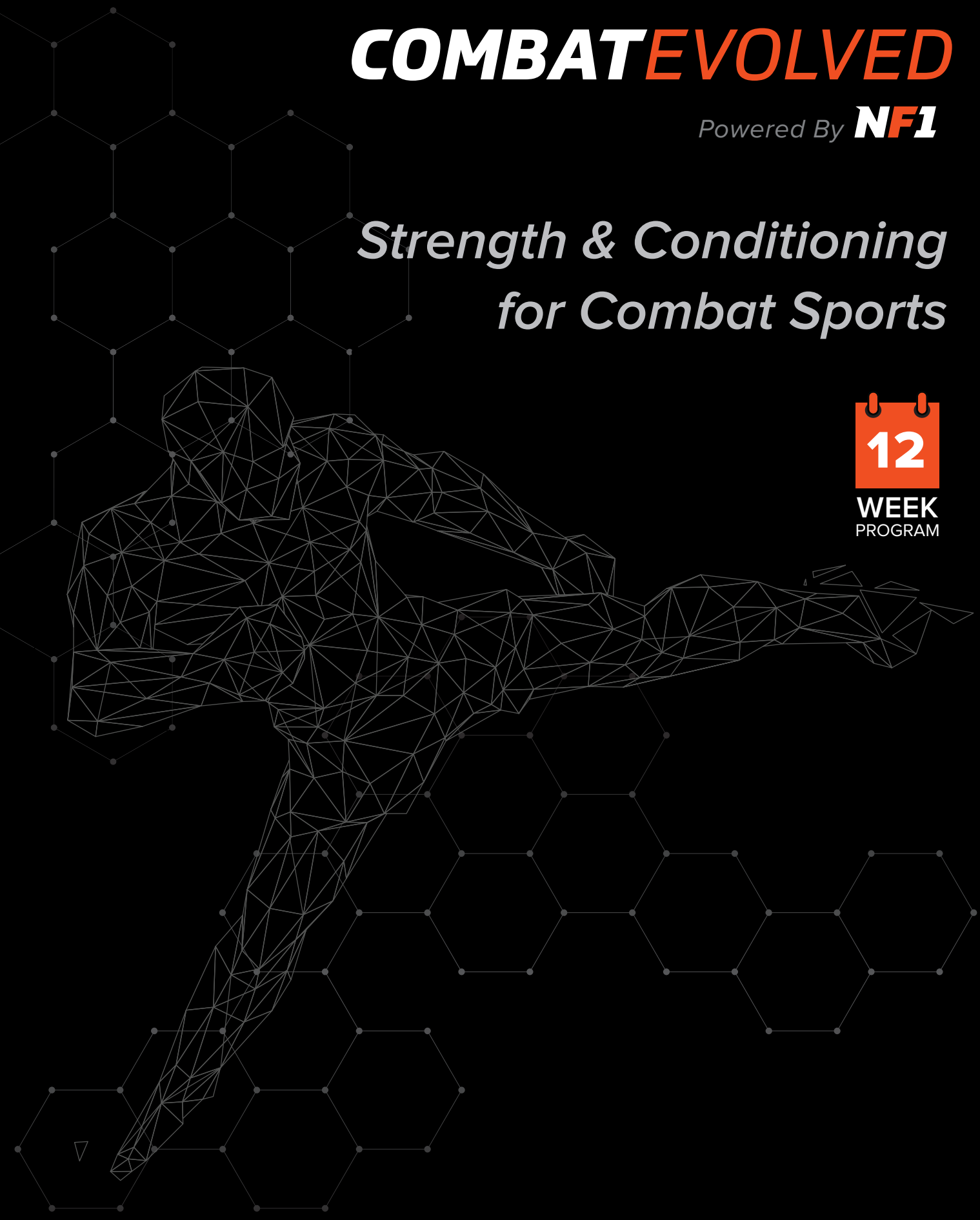
COMBAT EVOLVED

Powered By NF1

Strength & Conditioning for Combat Sports

12 WEEK PROGRAM



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HOW TO USE THIS PROGRAM

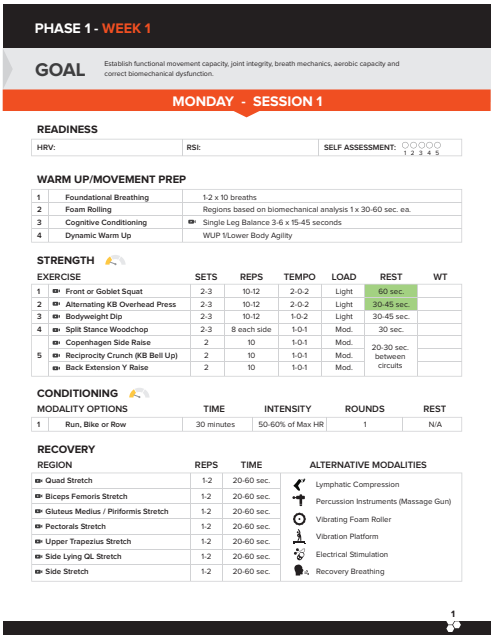
DESIGNED FOR SIMPLICITY.

This program is designed for simplicity. It takes complex periodization and training principles and condenses them into easy to digest and understand daily training routines. Each segment and component of this program is broken down and described in such a way that anyone could complete it.

Our exercise library contains videos of every exercise, from warm up drills to breathing methods to ensure you perform everything properly and learn new combat specific exercises along the way. Simply follow the program day to day as it takes you through each phase of training, you will get a description of what the goal of the phase is and recommendation on which days to do each session (the days listed are recommendations).

Each session will instruct you to perform:

- **Breath training exercises**
- **A series of foam rolling exercises based on your biomechanical assessment (the regions you foam roll will be based on your biomechanical assessment results)**
- **A series of specific cognitive conditioning, dynamic warm up and agility drills**.



PHASE 1 - WEEK 1

GOAL — Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

MONDAY - SESSION 1

READINESS

HRV:	RSI:	SELF ASSESSMENT: ○○○○○ 1 2 3 4 5

WARM UP/MOVEMENT PREP

1	Foundational Breathing	1-2 x 10 breaths
2	Foam Rolling	Regions based on biomechanical analysis 1 x 30-60 sec. ea.
3	Cognitive Conditioning	Single Leg Balance 3-6 x 15-45 seconds
4	Dynamic Warm Up	WUP 1/Lower Body Agility

STRENGTH

	EXERCISE	SETS	REPS	TEMPO	LOAD	REST	WT
1	Front or Goblet Squat	2-3	10-12	2-0-2	Light	60 sec.	
2	Alternating KB Overhead Press	2-3	10-12	2-0-2	Light	30-45 sec.	
3	Bodyweight Dip	2-3	10-12	1-0-2	Light	30-45 sec.	
4	Split Stance Woodchop	2-3	8 each side	1-0-1	Mod.	30 sec.	
	Copenhagen Side Raise	2	10	1-0-1	Mod.	20-30 sec. between circuits	
5	Reciprocity Crunch (KB Bell Up)	2	10	1-0-1	Mod.		
	Back Extension Y Raise	2	10	1-0-1	Mod.		

CONDITIONING

	MODALITY OPTIONS	TIME	INTENSITY	ROUNDS	REST
1	Run, Bike or Row	30 minutes	50-60% of Max HR	1	N/A

RECOVERY

REGION	REPS	TIME	ALTERNATIVE MODALITIES
Quad Stretch	1-2	20-60 sec.	Lymphatic Compression
Biceps Femoris Stretch	1-2	20-60 sec.	Percussion Instruments (Massage Gun)
Gluteus Medius / Piriformis Stretch	1-2	20-60 sec.	Vibrating Foam Roller
Pectorals Stretch	1-2	20-60 sec.	Vibration Platform
Upper Trapezius Stretch	1-2	20-60 sec.	Electrical Stimulation
Side Lying QL Stretch	1-2	20-60 sec.	Recovery Breathing
Side Stretch	1-2	20-60 sec.	

1

At NeuroForce1 everything we prescribe, perform and assess is based on the current state of the nervous system.

You may have a heavy day of training planned but your nervous system is completely depleted, rather than trying to “beat a dead horse” and press on through the fatigue we recognize that in such a fatigued, overstressed state it is very unlikely that the desired adaptations will be made, so we encourage rest, recovery or a change in our daily game plan. It is important while undergoing this program that you utilize a method of “readiness assessment” each day. There are a variety of technologies that will aid you through this process and though we recommend utilizing the most accurate variations of these such as the NF1 BioStrap.

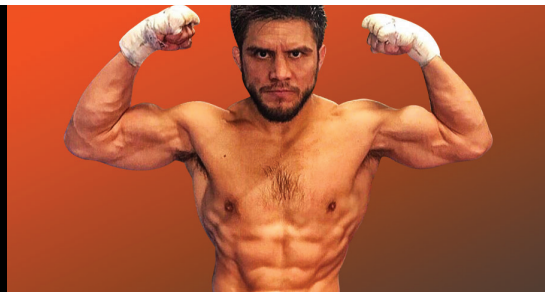
All days in this program are merely recommended training days because they allow for proper adaptation to occur, they are not mandatory training days. Fight camp schedules are rigorous...injury, fatigue and exhaustion can quickly alter your weekly plan, so remember this program is a just a road map, you must rely on your GPS to get you to your destination in the most efficient manner possible. So, if you have to change the day of the week of a training day, have to reschedule a conditioning segment or have to completely cancel a strength and conditioning session due to lack of readiness, it’s not the end of the world this is normal and will not with deter you from reaching your goal, just make sure to record your data for that day so you can see trends in your states over time.

STRENGTH TRAINING

Strength training for combat sports is a heavily debated topic. Working around the rigors of sparring, skill development, and technical training it can be hard for the combat athlete to know what exercises to do and when. Combat athletes often make the mistake of just randomly performing exercises in circuits at the highest intensity, with no structure and with no load or volume tracking.

"This is the best shape of my life, not even for the Olympics have I felt this strong."

Henry Cejudo
Before his fight and victory over TJ Dillashaw



These programs show the athlete how to properly periodize and progress their training so the most optimal outcome can be achieved. All too often programs use static linear periodization year-round that either leads to plateaus or at best some strength and power gains but far short of what could have been achieved. When it comes to strength and conditioning for the combat athlete with highly specific peaking deadlines, we must ask ourselves not "Did it work?" but "Was it optimal?". NF1 CombatEvolved provides you with a scientific approach to peaking for fight night, utilizing a multitude of periodization methods to ensure you are your strongest, fastest and most explosive when it truly counts. Each strength training segment will be graded a 1, 2 or 3. 1's will be the less intense and labelled yellow, 2's will be moderately intense and will be labelled orange and the 3's will be the most intense and labelled red.

CONDITIONING

In regard to conditioning many combat athletes make 3 common mistakes.

1. Training with a "redline" attitude always. Training at max effort every session.
2. Training only in circuits that mimic the time constraints of their sport. Training only 3 5 minute rounds to prepare for a 3 round 5 minute fight.
3. Not taking into consideration the other energy systems trained and conditioning performed in sport specific practice. Combat athletes seem to consistently make the mistake of looking at conditioning as nothing more than a max effort fight like misery circuit. This style of conditioning not only leads to burnout and excess fatigue over time it also misses the mark on fully conditioning the athlete.

The three energy systems are:

ATP-CP Phosphagen System (Anaerobic Alactic Energy System)

This energy system uses creatine phosphate to produce ATP, and does so very rapidly. This energy system is involved in activities lasting from 1 to 10 seconds. Think of this system as a powerful V8 engine, it has a lot of horsepower and is quick off the line but it burns gas very quickly.

Glycolytic System (Anaerobic Lactic Energy System)

This energy system relies on the breakdown of simple carbohydrates or glucose for the production of ATP. This energy system is involved in activities lasting anywhere from 30 seconds to 120 seconds. Think of this energy system as a V6 engine, it has a decent amount of horsepower and is more efficient at gas conservation than the V8 engine.

Slow Oxidative (Aerobic System)

This energy system requires oxygen for the production of ATP and activates once the Phosphagen and Glycolytic Energy Systems have fatigued. This energy system is your 4-cylinder engine, its not powerful or quick off the line but it gets the best gas mileage by far.

PROGRAM KEY

1 PHASE
Depicts which phase of the program you are in.

2 WEEK
Depicts which week of the program you are in.

3 GOAL
Describes the goals for this phase of the program.

4 DAY
Recommended day of the week for this session

SESSION 1
Session number of the week

5 READINESS ASSESSMENT
HRV: (Record Pre-Session HRV)
RSI: (Record Pre Session RSI)
SELF ASSESSMENT: 1-2-3-4-5 (Select the number that represents how you are feeling currently)

1- Feeling completely exhausted, overly sore, fatigued, burnt out, unrecovered and/or possible ill. Feeling absolutely unable to exercise or practice.

2- Feeling fatigued, extremely tired, sore, not properly recovered, and/or early sensations of illness. The thought of exercising or training seems like a like a very large undertaking.

3- Feeling ok but not optimal. Possibly fatigued, tired or sore but capable of exercising and/or training. Completely able to train but not at maximum effort.

4- Feeling good. Not fatigued, tired or sore. Able to exercise and train at max effort with minimal restrictions.

5- Feeling great! Very energized, no fatigue, soreness, or restrictions of any kind. Feeling your absolute best and excited to train!

6 WARM UP/MOVEMENT PREP
Warm up section of the session

7 FOUNDATIONAL BREATHING
Prescribed breath training reps and sets

FOAM ROLLING
Prescribed regions , reps and sets to foam roll for the day

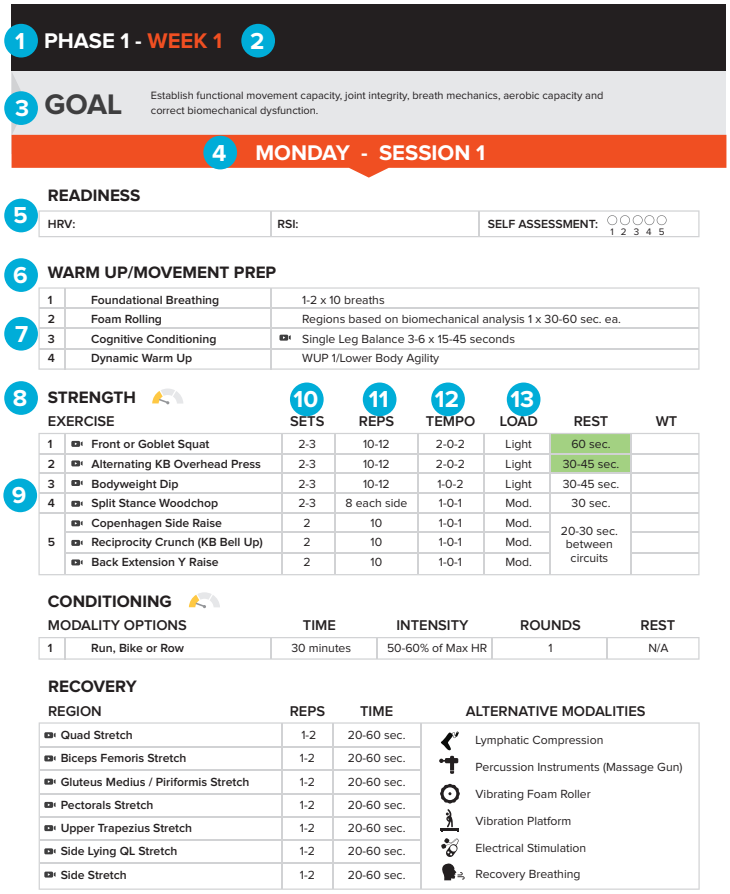
COGNITIVE CONDITIONING
Prescribed cognitive conditioning theme, reps and sets for the day

DYNAMIC WARM UP
Prescribed warm up and agility drills for the day

WUP
Indicates the exercise requires 1-2 sets of lighter weight warm ups prior to performing

SS
Indicates a superset meaning perform the listed exercises back to back

8 STRENGTH
Strength training portion of the session. Icon color indicates the level of intensity for the strength session.



9 NUMBERS
Indicates the order in which the exercise is performed

9 NUMBERS
When a number has two or more exercises in its block this means the exercises are to be performed one after another in a superset, “potentiation” circuit format. Sometimes the program will instruct you to wait a specific amount of time before performing the 2nd exercise but the rest time starts once the esercise is complete.

9 EXERCISE
The name of the exercise you need to perform
Icon indicates an associated video

10 SETS
Prescribed sets of the exercise

11 REPS
Prescribed reps of the exercise

12 TEMPO
Prescribed tempo of the exercise. The first number refers to the (eccentric) lowering phase of an exercise, the second number refers to the (isometric) pause or junction bewteen lowering phase and raising phase, and the third number refers to the (concentric) raising phase of an exercise.

13 LOAD
Prescribed load (% or 1RM), velocity (speed of movement if using accelerometer or linear positional transducer) and rating of percieved exertion (your subjective perception of difficulty

PHASE 1 - WEEK 1

GOAL

Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

MONDAY - SESSION 1

READINESS

HRV:	RSI:	SELF ASSESSMENT: ○ ○ ○ ○ ○ (1 2 3 4 5)

WARM UP/MOVEMENT PREP

1	Foundational Breathing	1-2 x 10 breaths
2	Foam Rolling	Regions based on biomechanical analysis 1 x 30-60 sec. ea.
3	Cognitive Conditioning	Single Leg Balance 3-6 x 15-45 seconds
4	Dynamic Warm Up	WUP 1/Lower Body Agility

STRENGTH

	EXERCISE	SETS	REPS	TEMPO	LOAD	REST	WT
1	Front or Goblet Squat	2-3	10-12	2-0-2	Light	60 sec.	
2	Alternating KB Overhead Press	2-3	10-12	2-0-2	Light	30-45 sec.	
3	Bodyweight Dip	2-3	10-12	1-0-2	Light	30-45 sec.	
4	Split Stance Woodchop	2-3	8 each side	1-0-1	Mod.	30 sec.	
5	Copenhagen Side Raise	2	10	1-0-1	Mod.	20-30 sec. between circuits	
	Reciprocity Crunch (KB Bell Up)	2	10	1-0-1	Mod.		
	Back Extension Y Raise	2	10	1-0-1	Mod.		

CONDITIONING

	MODALITY OPTIONS	TIME	INTENSITY	ROUNDS	REST
1	Run, Bike or Row	30 minutes	50-60% of Max HR	1	N/A

RECOVERY

REGION	REPS	TIME
Quad Stretch	1-2	20-60 sec.
Biceps Femoris Stretch	1-2	20-60 sec.
Gluteus Medius / Piriformis Stretch	1-2	20-60 sec.
Pectorals Stretch	1-2	20-60 sec.
Upper Trapezius Stretch	1-2	20-60 sec.
Side Lying QL Stretch	1-2	20-60 sec.
Side Stretch	1-2	20-60 sec.

ALTERNATIVE MODALITIES

- Lymphatic Compression
- Percussion Instruments (Massage Gun)
- Vibrating Foam Roller
- Vibration Platform
- Electrical Stimulation
- Recovery Breathing

GOAL

Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

TUESDAY - SESSION 2

READINESS

HRV:	RSI:	SELF ASSESSMENT: ○ ○ ○ ○ ○ (1 2 3 4 5)

WARM UP/MOVEMENT PREP

1	Foundational Breathing	1-2 x 10 breaths
2	Foam Rolling	Regions based on biomechanical analysis 1 x 30-60 sec. ea.
3	Cognitive Conditioning	Peripheral Reaction 3-6 x 15-45 seconds
4	Dynamic Warm Up	WUP 2/Upper Body Agility

STRENGTH

	EXERCISE	SETS	REPS	TEMPO	LOAD	REST	WT
1	Pull Up	2-3	10-12	2-1-2	Light	60 sec.	
2	Single Leg Deadlift	2-3	10-12	2-0-2	Light	30-45 sec.	
3	Bent Over Row	2-3	10-12	1-0-1	Light	30-45 sec.	
	Goodmorning or Reversehyper			1-0-1	Light		
4	Pallof Hold	2	20 sec.	N/A	Mod.	20-30 sec. between circuits	
	Hamstring Slides	2	10	1-0-1	N/A		
	Weighted or Banded Deadbugs	2	10	1-0-1	Mod.		

RECOVERY

REGION	REPS	TIME
Quad Stretch	1-2	20-60 sec.
Biceps Femoris Stretch	1-2	20-60 sec.
Gluteus Medius / Piriformis Stretch	1-2	20-60 sec.
Pectorals Stretch	1-2	20-60 sec.
Upper Trapezius Stretch	1-2	20-60 sec.
Side Lying QL Stretch	1-2	20-60 sec.
Side Stretch	1-2	20-60 sec.

ALTERNATIVE MODALITIES

- Lymphatic Compression
- Percussion Instruments (Massage Gun)
- Vibrating Foam Roller
- Vibration Platform
- Electrical Stimulation
- Recovery Breathing

GOAL

Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

WEDNESDAY - SESSION 3

RELEASE, MOBILIZE, CORRECT

Click on exercise name to view video

MODALITY	SHOULDER	T-SPINE (Upper Back)	HIP	ANKLE	LUMBAR-SPINE (Lower Back)	WRIST
MFR (Foam Roll)	Lat Foam Roll	Levator Scapulae Lacrosse Ball	Rectus Femoris Foam Roll	Calf Foam Roll	QL Lacrosse Ball	Forearm Flexor Lacrosse Ball
	Pectoral Lacrosse Ball	Lat Foam Roll	Piriformis Foam Roll	Peroneals Foam Roll	Rectus Femoris Foam Roll	Forearm Extensor Lacrosse Ball
	Posterior Deltoid "Scapula" Lacrosse Ball	Rhomboids Foam Roll	QL Foam Roll or Lacrosse Ball	Anterior Tibialis Foam Roll	Piriformis/Gluteus Medius Foam Roll	
	Upper Trapezius Foam Roll	Upper Trapezius Lacrosse Ball	TFL Foam Roll or Lacrosse Ball	Biceps Femoris Foam Roll	Spinal Erectors Foam Roll	
	Anterior Deltoid Lacrosse Ball	Pectorals Lacrosse Ball	Biceps Femoris Foam Roll	Plantar Fascia Lacrosse Ball	Lat Foam Roll (Lower Region)	
1 x 30-90 seconds each						
STRETCH	Side Stretch	Upward Facing Dog	Hip Flexor Stretch	Calf Stretch	QL Side Stretch	Forearm Flexor Stretch
	Pectorals Stretch	Side Stretch	Adductor Side Stretch	Peroneals Stretch	Piriformis/Gluteals Stretch	Forearm Extensor Stretch
	Trap Stretch	Rhomboid Stretch	Piriformis/Gluteals Stretch	Biceps Femoris Stretch	Upward Facing Dog	
	Anterior Deltoid Stretch	Trap Stretch	Biceps Femoris Stretch		Childs Pose	
	Tricep Stretch	Pectorals Stretch	Rectus Femoris Stretch		Seated Spinal Twist	
1-2 x 30-60 seconds each						
MOBILIZATION	GHJ Mobilization	T-Spine Segmental Foam Roll Mobil.	Quadruped or Standing Hip Mobilizations	Front/Back Rocks	Mckenzie Press Up	Palm Down Front to Back Rock
	Shoulder Wall Circles	Quadruped Thoracic Rotations	90/90 Rocks	Ankle Circles (Preferably in rice or sand bucket)	Supine Lateral Knee Rock	Palm Down Side to Side Rock
	Shoulder Swimmers	Ball Hug T-Spine Circles	Hurdle Over & Unders	Angel Toes (Preferable in rice or sand bucket)	SIJ Mobilization	Wrist Circles
1-2 x 8-12 repetitions each						
(Select 1-2 from each)						
INTEGRATION	YTA	Around the World	Single Leg Deadlift	Banded Arch Raises	Glute Bridge	Rice/Sand Grips
	Band Pull Aparts	Back Extension Y Raise	3 Directional Squat	Banded Dorsiflexion	Side Plank	Rice/Sand Extensions
	Row to External Rotation	Prone Cobra Raise	Single Leg Glute Bridge	Single Leg Squat (on Airex Pad)	Birddogs	Plate Pinch Carries
	Spinners	Back Extension Row	Side Lying Clamshell	Single Leg Deadlift (on Airex Pad)	Deadbugs	Bar Twists
2x10-12 repetitions (Slow Tempo 2-2-2)						
NOTES	Perform the MFR, Stretching, Mobilization and Integration routine for the areas where you exhibited the most dysfunction in your movement assessement. These routines should be done everyday throughout a fight camp and focused on heavily during RMC days.					

STRENGTH AND POWER ASSESSMENTS

These assessments are used to not only gauge what loads to utilize throughout training but also to determine what areas you may need to focus on. This program provides a list of normative ranges for each test that show where you lie on the spectrum of suboptimal to optimal. If you find that you are suboptimal in any category it is suggested you focus on developing that attribute throughout the entire program. This program is static but its efficacy will not be harmed by adding in extra work for your deficiency. See deficiency recommendations for more instruction.

QUALITY BEING ASSESSED	TEST	HOW TO PERFORM	DEFICIENCY RECOMMENDATIONS	EXERCISES TO ADDRESS DEFICIENCY
Upper Body Power	Seated Medball Chest Throw	From a seated position chest press an 8lb medicine ball as far possible. Mark the distance. Rest and repeat 3 times. Record furthest distance in inches.	Scoring suboptimally in this category indicates a deficit in upper body power which is vital to a combat athlete who must throw punches and pull opponents explosively. A lack of upper body power should be addressed using explosive upper body pulling and pushing exercises at maximum effort, for low repetitions and under moderate to heavy loads. These exercises should be performed at the beginning of workouts after the warm up and or after upper body strength exercises such as bench presses, push presses and pull ups.	Plyometric Push Up Split Jerk Push Press Explosive Bench Press Med Ball Chest Throw Explosive Pulley Row Med Ball Overhead Throw Med Ball Chest Drop Reaction Press
Lower Body Strength	1RM, 3RM or 5RM Front Squat, Back Squat or Deadlift	Warm up on back squat or deadlift. Start with 8 to 10 reps at a choosen weight and continue adding weight for following sets until only 5, 3 or 1 rep is achievable. Rest 3-5 minutes between bouts. If using a 5RM or 3RM use 1RM calcualtor to figure out the true max.	Scoring suboptimally in this category indicates a lack of lower body strength. Without lower body strength it is difficult to develop lower body power and this limits the combat athletes ability to produce strong kicks, hold their ground and generate overall power output. A lack of lower body strength should be addressed by performing heavy load, lower repetition compound exercises such as squats and deadlifts. These exercises should be performed at the beginning of a workout as the primary lower body exercise after the warm up.	Back Squat Front Squat Zercher Squat Split Squat Deadlift Reversehyper Glute Bridge Lunge
Upper Body Strength	1RM or 3RM or Bench Press	Warm up on bench press. Start with 8 to 10 reps at a choosen weight and continue adding weight for following sets until only 5, 3 or 1 rep is achievable. Rest 3 minutes between bouts. If using a 5RM or 3RM use 1RM calcualtor to figure out the true max.	Scoring suboptimally in this category indicates a lack of upper body strength. Without upper body strength it is difficult to control opponents in space, generate punching power, and hold opponents in submissions. A lack of upper body strength can be addressed by performing heavy load, lower repetition compound exercises such as bench presses, pull ups, and push presses. These exercises should be performed at the beginning of a workout as the primary upper body exercise after the warm up.	Bench Press Incline Press Push Press Pull Up Bent Over Row Floor Press
Upper Body Strength Endurance	Max Rep Strict Pull Up	Hang from a pull up bar with locked elbows and bent knees. Place a band or object under the knee just so that you can feel it lightly touching the knees. This is the depth you must hit for each rep. Perform as many pull ups as possible ensuring the elbows lock out each rep.	Scoring suboptimally in this category indicates a lack of upper body strength endurance. Lacking upper body strength endurance puts you at risk of burning out in the clinch, holding submissions or trading strikes with your opponent. A lack of upper body strength endurance should be addresssed by first developing high repetition hypertrophy (muscle size) then by developing strength and increasing your capacity to utilize that strength over repetitive bouts of exertion. This program does a good job of addressing these components in sequence so extra effort isnt necessary. Just ensure that you retest your max strict pull ups somewhere in week 6-8 to assess improvements. If improvements havent been made you can increase the number of sets of your upper body strength exercises such as the pull up, bench press,push press, floor press, or rowing exercises.	Bench Press Incline Press Push Press Pull Up Bent Over Row Floor Press

Male Front Squat

BODYWEIGHT	BEGINNER	NOVICE	INTERMEDIATE	ADVANCED	ELITE
110	67	101	144	195	250
120	77	113	159	211	269
130	87	125	172	227	287
140	96	136	185	242	303
150	106	147	198	257	320
160	115	158	210	271	335
170	123	168	222	284	350
180	132	178	234	297	364
190	140	188	245	309	378
200	148	197	256	322	392
210	156	206	266	333	404
220	164	215	276	345	417
230	172	224	286	356	429
240	179	233	296	366	441
250	187	241	305	377	452
260	194	249	314	387	464
270	201	257	323	397	474
280	208	265	332	407	485
290	215	272	340	416	495
300	221	280	349	425	505
310	228	287	357	434	515

Female Front Squat

BODYWEIGHT	BEGINNER	NOVICE	INTERMEDIATE	ADVANCED	ELITE
90	46	71	104	142	184
100	51	77	111	150	194
110	55	83	117	158	203
120	60	88	124	165	211
130	64	93	129	172	218
140	68	98	135	178	225
150	71	102	140	184	232
160	75	106	145	190	239
170	78	110	150	196	245
180	82	114	155	201	250
190	85	118	159	206	256
200	88	122	163	210	261
210	91	125	167	215	266
220	94	129	171	220	271
230	97	132	175	224	276
240	99	135	179	228	281
250	102	138	182	232	285
260	105	141	186	236	289

FREQUENTLY ASKED QUESTIONS

How do I perform the assessments?

Ensure you have the proper equipment or professional required to perform the assessment, follow the instructions for each assessment and record the results using the metric prescribed.

What do I do once I have the results of my assessments?

View the Normative range charts to see how you performed relative to your population, size and/or gender. If the results are not optimal follow the recommendations on what to do to bring your numbers into the optimal range.

What do I do with the HRV, RSI and Self Assessment Data?

Trend it using the trend chart and use it to dictate your training intensity for each day. Trending the data over time helps you see what training, recovery, and nutrition styles enhance or hinder your performance.

What if I don't have the technology to perform the readiness assessments?

Use what you have access to. Sometimes all you have to go off of is the self assessment. Obviously this isn't the most informative form of regulation but it will yield better results than just blindly pushing through every workout with a "redline" mindset.

What do I do if my Readiness Assessment indicates that I shouldn't train today?

It depends on the severity. If all assessments are indicating not training you should take a full rest day. If the results indicate fatigue, but not full exhaustion it may be beneficial to perform a Level 1 strength and conditioning session, do your RMC program, and/or do low intensity technical combat training.

When do I do breathing exercises?

Foundational Breathing should be done prior to each training session. Competition Breathing should be done during conditioning sessions. Recovery Breathing should be done between rounds, in rest periods, and during recovery sessions.

Where do I buy products mentioned in the program?

View the equipment section listed in the glossary.

What if I don't have access to a piece of equipment required for an exercise?

Do the best you can with what you have. Try to mimic an exercise pattern as closely as you can. Sometimes a piece of equipment, assessment tool, and or technology isn't available, this doesn't mean you can't do the program, you just have to improvise. Do what you can, with what you have.

What if I can't train on the day listed in the program?

This program is laid out in a "recommendation" style platform. If you cant do Session 1 on Monday that's fine, simply move the sessions around in the week in a way that fits your schedule. The only thing that matters is that you perform them in the order (Session 1-Session 2-Session 3...) they are prescribed. Performing Session 6 earlier in the week than Session 1 would be ill-advised.

How do I do the Biomechanical Assessment?

It is highly recommended to seek out a licensed Physical Therapist, Chiropractor, exercise specialist or NF1 Performance Specialist (through the NF1 app) to perform your assessment. If these practioners are not financially available to you, you can film yourself performing the assessment exercises and use the "What to Look For" guidelines to determine which areas you displayed the most dysfunction.

Once I know which areas I have the most dysfunction in the Biomechanical Assessment, what do I do?

Simply visit the RMC page and perform the exercises for your region in the order prescribed. All of the RMC exercises can be found in the exercise library.