



## Emmet Louis: The Variables and Parameters of Flexibility Training



Emmet Louis is the creator of the Modern Methods of Mobility, Co-creator of Handstand Factory and has worked as a teacher and coach for 15 years. He is best known for his flexibility coaching, but offers a full range of acrobatics, hand balancing and personal development coaching as well. Explore an alternative perspective on flexibility and how you can achieve it!

**TOP EMBODIMENT TIP:** Time is a continuous thing and there are no breaks between anything you think. If you become completely aware and embodied, time becomes and this is what generates true presence!

### A perspective on flexibility:

- Think of flexibility as a skill. It takes time to actually get skilful at the exercises, to be able to perform correctly and to be able to digest the sensations.
- Every single flexibility position is just as skillful as any other exercise, you might encounter in the gym.
- Looking at it as a journey and therefore it is a form of consistent training over a period of time which will change the body significantly.
- If you develop this negative self image of not being a flexible person, it means you just haven't tried long enough and you haven't done possibly the right type of flexibility training for you.

### Gravity, Rhythm and Simplicity:

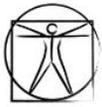
- The way we use gravity, can teach us how to actually do the exercises we have, using the force of gravity on my body weight to increase the vector force on the body in this direction.
- We're always trying to look for a task and something to do in the flexibility. The task has to be achievable!
- You can work with a partner to push against them and they can change the task every single increment.
- Ballistic stretching or rhythmic ; play with tempos between each repetition and think about this as a training variable that we can play with to give us this full spectrum of our capabilities.

### The Training stimulus:

- Tasks have to be simple to use as the understanding is what allows the person to generate the intent.
- Treating it like a skill. The more you do it, the more familiar your body comes with expressing the demands outside of a training context.
- Develop your potential by increasing the volume and velocity. Yet, if you do too much intensity with too much volume, you're going to regress.
- It's about good quality work that gives you the training stimulus.

### Resources

- ❖ **Website:** <http://emmetlouis.com/>



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