

# M.A.P.P.S. Intern Reference

Five layers of the system, three non-negotiable rules, exercise naming taxonomy, and the movement paradigm.

## M MOVEMENT

### Movement

The map

Every drill lives somewhere: gait/locomotion or stationary; ballistic, dynamic/integrated, or isolated; pattern type and limb involvement. Know where it sits before you prescribe.

*"Before you write anything down, find it on the map."*

## A ASSESSMENT

### Assessment

The paradigm

Ask the five questions in order. Each answer tells you where to start and where not to go yet. The paradigm is a diagnostic tool first, a teaching sequence second.

*"The paradigm is a gate, not a schedule."*

## P PRESCRIPTION

### Prescription

The variables

Exercise variables (setup, equipment, surface, position, grip, direction, combination) and program variables (sets, reps, tempo, load, rest, density) make the same movement harder or easier without changing the pattern.

*"Individualize with variables. Change the wrapping, not the movement."*

## P PROGRESSION

### Progression

The pathway

ISO to Dynamic to Loaded to Ballistic to Speed/RSA. Advance only when the athlete shows they own the position. Adding load is the last thing you do.

*"Earn the position. Own the position. Load it. Make it fast."*

## S SPECIFICITY

### Specificity

The purpose

Every exercise connects to a physical quality, sport demand, or kinetic chain correction. If you cannot explain why an athlete is doing something, it should not be in the program.

*"If you cannot answer why, it does not belong."*

### 3 RULES — NON-NEGOTIABLE

- 1. Never load what you cannot control.** If the pattern breaks, regress immediately. No exceptions, no matter what the program says.
- 2. Always assess before you prescribe.** The paradigm tells you where to start. Do not skip it because the athlete looks fit.
- 3. Know the why behind every exercise.** If you cannot connect it to a quality or demand, cut it.

EXERCISE NAMING TAXONOMY — INCLUDE EACH FIELD ONLY WHEN RELEVANT, ALWAYS IN THIS ORDER	
<b>01 Setup</b>	Bilateral Unilateral Single leg Single arm Alternating Double leg Double arm Toes In/IR Toes Out/ER Fly Build Up Dead Iso 3 Way 4 Way 2 to 1 1 to 2
<b>02 Equipment</b>	Barbell Trap Bar Safety Bar Swiss Bar EZ Bar Dumbbell Kettlebell Cable Landmine Band Mini Band Med Ball Swiss Ball PVC Tennis Ball Gripper Plate Belt Bodyweight
<b>03 Surface</b>	Slant board Deficit Heels elevated Toes elevated Valslide Slideboard Bench Incline Low incline Steep Decline Wall Bosu Ramp Airex Turf Floor Naboso Mat
<b>04 Position</b>	Supine Prone Hook lying Side lying Side Bridge Hinge 90-90 Wall Seated Tall kneeling Half kneeling Lateral half kneeling Standing Staggered Split FFE RFE Single leg Lateral split Bent knee
<b>05 Grip</b>	Overhand Underhand Neutral Alternate grip Fat grip Parallel Close grip Wide grip Goblet Zombie Forearm Hand Front Back Off-set Rack Suitcase High bar Low bar Overhead Farmer
<b>06 Direction</b>	Sagittal Frontal Transverse Horizontal Vertical Rotational Lateral Diagonal Forward Backward Reverse Overhead Front Back Behind the Back Side High Low Anterior Posterior Antero-Medial Antero-Lateral Posterior-Medial Posterior-Lateral Crossover Cross-behind Zig-zag Altitude Drop Depth
<b>07 Movement</b>	Squat Split squat Lunge Walking lunge Deadlift RDL SLDL Hip hinge Hip thrust Leg curl GHR Nordic curl Press Push-Up Bench press OHP Row Pull-Up Chin-Up Pulldown Carry Plank Chop Dead bug Bridge Jump Hop Bound Throw Slam March Reach Rotate Slide
<b>08 Combination</b>	"to" auto-connects any movement option e.g. Split squat → to → Press
<b>09 Isolation</b>	Joint / Muscle + Action e.g. Glute Medius Abduction Forearm Squeeze Shoulder External rotation
<b>EXAMPLES</b>	Bilateral trap bar deadlift Single leg KB deficit split squat Alternating DB Reverse lunge to Press Anterior lunge Push-Up

MOVEMENT PARADIGM — 5 QUESTIONS EVERY ATHLETE, EVERY MOVEMENT	
<b>1</b>	<b>Can you get into position?</b> Isometric (ISO) — joint mobility, stability, motor control
<b>2</b>	<b>Can you get in and out of position?</b> Dynamic — bodyweight movement quality through full range
<b>3</b>	<b>Can you get in and out of position under load?</b> Loaded Dynamic — Strength; pattern integrity under resistance
<b>4</b>	<b>Can you get in and out of position with speed?</b> Ballistic — power, rate of force development, plyometrics
<b>5</b>	<b>Can you get in and out of position with speed, repeatedly?</b> Ballistic / Speed Endurance, RSA — motor capacity under fatigue

"Earn the position. Own the position.  
Load it. Make it fast."

COACH B PATEL M.A.P.P.S. SYSTEM