


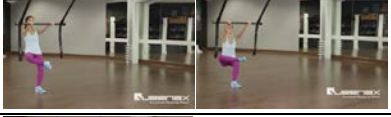


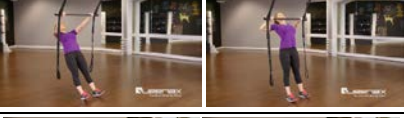
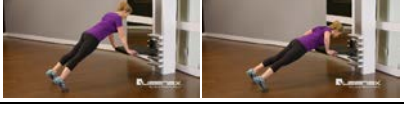












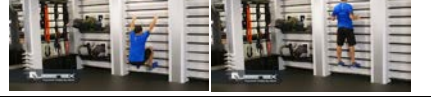


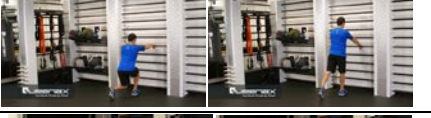









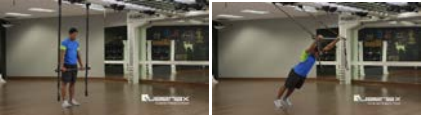
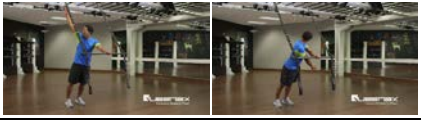
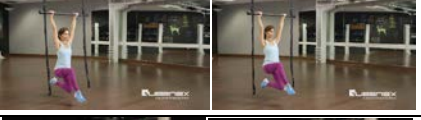




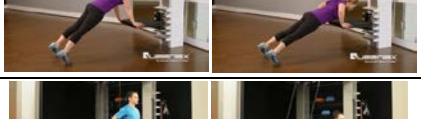
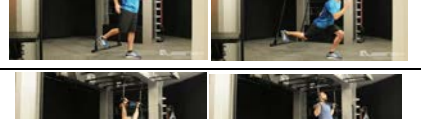



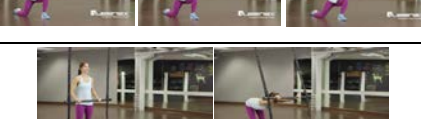
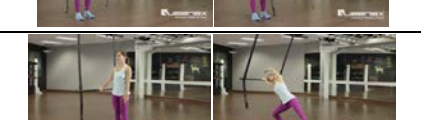

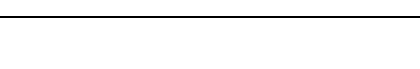
Week 1 Goal: Develop functional movement ability through use of various apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half Kneeling Halos		10 per side	Bar only	Avoid hyperextending spine
		Scapular Depression		15 total	Overhead	Move scapula with control
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Wall Bars	Squat facing the wall		45 sec		Apply pressure on wall bar as squat
	Superfunctional	High Row		45 sec	Thigh	Adjust angle of body to modify/amplify challenge
	Plyo Platform	Angled Push up		45 sec		Minimize lumbar curve during movement
	Superfunctional	Lunge with Rotation		45 sec	Waist	Maintain pressure on bar as lunge
	Superfunctional	Pull up - legs down		45 sec	Waist	Keep chest high during movement
	Superfunctional	Hip Hinge		45 sec	Hip	Maintain lumbar curve during flexion and extension of hips
	Suspension Abs	Single Leg Raise - Category 2		45 sec		Maintain scapula retraction
Cool Down	Superfunctional	Standing Chest Opener		60 sec	Straps only; no bar	Avoid hyperextending spine
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Hamstring		30 sec per side	Strap only	Maintain neutral pelvis during stretch

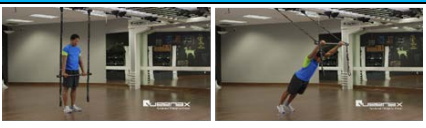

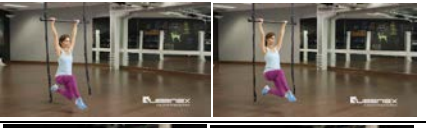







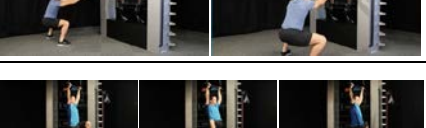


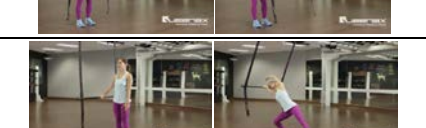

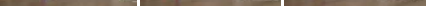
Week 2 Goal: Demonstrate progression of functional movement through use of various apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half Kneeling Halos		10 per side	Bar only	Avoid hyperextending spine
		Scapular Depression		15 total	Overhead	Move scapula with control
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Wall Bars	Spider Squat - category 3		45 sec		Pull shoulders down and back as extend through hips
	Superfunctional	Single Side Row		45 sec	Knee	Keep chest high and glutes contracted during movement
	TRX®	Push up		45 sec		Avoid hyperextending spine
	Wall Bars	Split Squat - category 2		45 sec		Apply pressure on training bar during movement
	Superfunctional	Single Leg Pull up - legs down		45 sec	Waist	Keep chest high during movement
	Superfunctional	Hip Extension		45 sec	Waist	Avoid elevating shoulders during movement
	Suspension Abs	Hanging Crunch		45 sec		Maintain scapula retraction during movement
Cool Down	Superfunctional	Standing Chest Opener		60 sec	Straps only; no bar	Avoid hyperextending spine
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Hamstring		30 sec per side	Strap only	Maintain neutral pelvis during stretch

Week 3 Goal: Enhance cardiovascular capacity through functional movement

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Roll out		15 total	Hip	Avoid hyperextending spine
		Angled Plank Rotation and Reach		10 per side	Hip	Maintain pressure on bar with opposite arm
		Hanging Scapular Depression		15 total	Overhead	Avoid hyperextending spine
		Assisted Squat		15 total	Hip	Change foot position with each rep
		Skipping		10 per side	Hip	Maintain tension on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Wall Bars	Jump Squat		45 sec		Land softly with hips flexed
	Superfunctional	Single Side Row with Rotation		45 sec	Knee	Maintain glute activation during movement
	Plyo Platform	Push up		45 sec		Avoid hyperextending spine
	Superfunctional	Suspended Lunge		45 sec	Ankle	Reach elevated foot back as lunge
	Superfunctional	Jump Assisted Pull ups		45 sec	Overhead	Lower body slowly to ground
	Strong++	Deadlift (Low Pull Point)		45 sec		Maintain lumbar curve during flexion and extension of hips
	Suspension Abs	Hanging Rotation		45 sec		Maintain scapula retraction
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Hip Hinge		30 sec	Hip	Maintain lumbar extension during movement
		Lateral Reach with Step		30 sec per side	Hip	Maintain pressure on bar as step
		Glute Stretch with Rotation		30 sec per side	Hip	Rotate torso to the left and right with straight arms

Week 4 Goal: Achieving optimal work capacity through increased work volume and advanced exercise selection

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Roll out		15 total	Hip	Avoid hyperextending spine
		Angled Plank Rotation and Reach		10 per side	Hip	Maintain pressure on bar with opposite arm
		Hanging Scapular Depression		15 total	Overhead	Avoid hyperextending spine
		Assisted Squat		15 total	Hip	Change foot position with each rep
		Skipping		10 per side	Hip	Maintain tension on bar
Workout - 3 rounds; 30 seconds AMRAP/ 30 seconds recovery per exercise	Superfunctional	Assisted Jump Squat		30 sec	Thigh	Maintain tension on bar
	Up Strength	Single Ladder Climb		30 sec		
	Superfunctional	Mountain Climbers		30 sec	Ankle	Avoid hyperextending spine
	Plyo Platform	Step ups with Jump		30 sec		Reach arms high as step up
	Mobile Parallels	Supine Row		30 sec		Maintain glute activation during movement
	Strong++	Side Shuffle Squat		30 sec		Keep tension on tubing and scapula retracted during shuffle
	Superfunctional	Hanging Switch		30 sec	Overhead	Maintain scapula retraction
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Hip Hinge		30 sec	Hip	Maintain lumbar extension during movement
		Lateral Reach with Step		30 sec per side	Hip	Maintain pressure on bar as step
		Glute Stretch with Rotation		30 sec per side	Hip	Rotate torso to the left and right with straight arms