



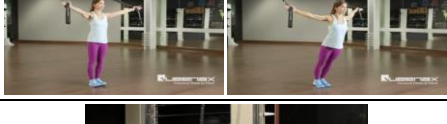





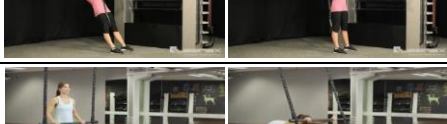



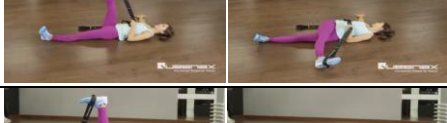




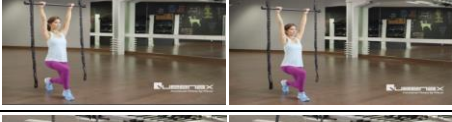
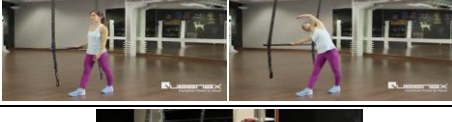


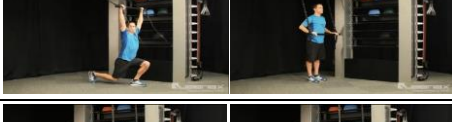





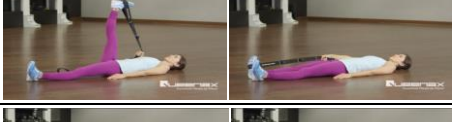
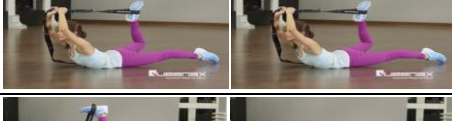






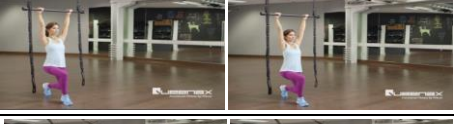










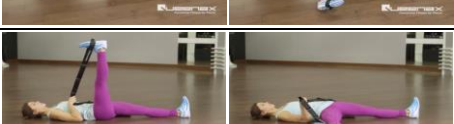

Week 1 Goal: Introduction to functional multi-planar movement

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Lying Side-to-Side Stretch		30 sec per side	Level 8	Hold bar with straight arms and twist torso / one leg over other leg
		Half kneeling Hip Flexor Roll out		30 sec per side	Level 8	Kneel with one knee outside of the straps; press into bar as push it forward
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of thigh as sit back
		Scapular Depression		12 reps	Overhead	Support body in split squat and pull shoulders down and release - repeating
		Standing Chest Opener		30 sec total	Straps only	Maintain tension on both straps and lean forward to open chest
Workout - 2 rounds x 12 reps or for assigned time	Superfunctional	Glute Bridge		12 reps	Ankle	
	Superfunctional	Sit up		12 reps	Ankle	
	Superfunctional	Split Squat		12 reps		
	Superfunctional	Angled Plank		30 sec		
	Superfunctional	Assisted Squat		12 reps		
	Superfunctional	Row		12 reps		
	Superfunctional	Hip Hinge		12 reps		
Cool Down	Superfunctional	Cobra Stretch		10 reps	Ankle	Lie prone with elbows bent and hands on bar
		Hamstring		30 sec per side	strap only	Pull on strap to raise heel to ceiling
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground




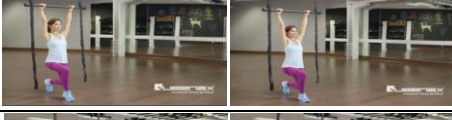







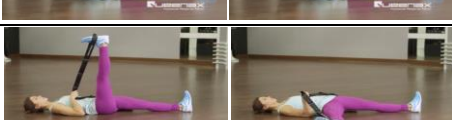

Week 2 Goal: Progression of movement selection; increasing exercise challenge and intensity

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half kneeling Hip Flexor Roll out		30 sec per side	Level 8	Kneel with one knee outside of the straps; press into bar as push it forward
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of thigh as sit back
		Marching		12 reps per side	Hip	Maintain straight arms and lean back as march in place
		Scapular Depression		12 reps	Overhead	Support body in split squat and pull shoulders down and release - repeating
		Side Reach		30 sec per side	Hip	Maintain pressure on bar with one hand as reach overhead with the other hand
Workout - 2 rounds x 12 reps	Superfunctional	Single Leg Glute Bridge		12 reps	Ankle	
	Superfunctional	Crossover Sit up		12 reps	Ankle	
	Superfunctional	Overhead Lunge		12 reps per side		
	Superfunctional	Push up		12 reps		
	Superfunctional	Assisted Wide Squat		12 reps		
	Superfunctional	Pull up - legs down		12 reps		
	Superfunctional	Hip Extension		12 reps per side		
Cool Down	Superfunctional	Quadruped Chest Stretch		30 sec per side	Level 8	Set one hand on bar and press into bar as push it away from body
		Hamstring		30 sec per side	strap only	Pull on strap to raise heel to ceiling
		Lying Quadriceps		30 sec per side	strap only	Lie prone with bottom of one strap around foot and elevate foot
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground

Week 3 Goal: Demonstrate stability through multi-planar movement

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Lying Side-to-Side Stretch		30 sec per side	Level 8	Hold bar with straight arms and twist torso / one leg over other leg
		Half kneeling Hip Flexor Roll out		30 sec per side	Level 8	Kneel with one knee outside of the straps; press into bar as push it forward
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of thigh as sit back
		Scapular Depression		12 reps	Overhead	Support body in split squat and pull shoulders down and release - repeating
		Standing Chest Opener		30 sec total	Straps only	Maintain tension on both straps and lean forward to open chest
Workout - 2 rounds x 12 reps	Superfunctional	Hanging Glute Bridge		12 reps	Ankle	
	Superfunctional	Sit up		12 reps	Ankle	
	Superfunctional	Overhead Lunge with Rotation		12 reps per side		
	Superfunctional	Push up		12 reps	lower bar	
	Superfunctional	Squat		12 reps		
	Superfunctional	Single Leg Pull up - legs down		12 reps		
	Superfunctional	Roll out		12 reps per side		
Cool Down	Superfunctional	Cobra Stretch		10 reps	Ankle	Lie prone with elbows bent and hands on bar
		Hamstring		30 sec per side	strap only	Pull on strap to raise heel to ceiling
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground

Week 4 Goal: Increase exercise volume; demonstrate exercise mastery

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half kneeling Hip Flexor Roll out		30 sec per side	Level 8	Kneel with one knee outside of the straps; press into bar as push it forward
		Glute Stretch		30 sec per side	Hip	Cross one ankle on top of thigh as sit back
		Marching		12 reps per side	Hip	Maintain straight arms and lean back as march in place
		Scapular Depression		12 reps	Overhead	Support body in split squat and pull shoulders down and release - repeating
		Side Reach		30 sec per side	Hip	Maintain pressure on bar with one hand as reach overhead with the other hand
Workout - 3 rounds x 12 reps	Superfunctional	Hanging Glute Bridge		12 reps	Ankle	
	Superfunctional	Sit up		12 reps	Ankle	
	Superfunctional	Overhead Lunge with Rotation		12 reps per side		
	Superfunctional	Push up		12 reps	lower bar	
	Superfunctional	Squat		12 reps		
	Superfunctional	Single Leg Pull up - legs down		12 reps		
	Superfunctional	Roll out		12 reps per side		
Cool Down	Superfunctional	Quadruped Chest Stretch		30 sec per side	Level 8	Set one hand on bar and press into bar as push it away from body
		Hamstring		30 sec per side	strap only	Pull on strap to raise heel to ceiling
		Lying Quadriceps		30 sec per side	strap only	Lie prone with bottom of one strap around foot and elevate foot
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground